

McMan Spoke Service Wetaskiwin – Family Resource Network



MAY

2022

WORLD CULTURE FACILITATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 No program	5 Cultural Event Centennial Park- Ponoka MMIWGzS Single Parents 5-7pm	6	7
8	9 Creative Kids & Culture-Ponoka 10:30-12:00pm	10 Creative Kids & Culture in Millet 10:30-12:00pm	11 Ribbon Skirts 4:30-6:30pm Wetaskiwin	12 Creative Kids & Culture in Wetaskiwin 10:30-12:00pm Single Parents Group 5-7pm Wetaskiwin	13	14
15	16	17 Creative Kids & Culture in Millet 10:30-12:00pm	18 Ribbon Skirts 4:30-6:30pm Wetaskiwin	19 Creative Kids & Culture in Wetaskiwin 10:30-12:00pm Single Parents Group 5-7pm Wetaskiwin	20	21
22	23 OFFICE CLOSED	24 Creative Kids & Culture in Millet 10:30-12:00pm	25 Ribbon Skirts 4:30-6:30pm Wetaskiwin	26 Creative Kids & Culture in Wetaskiwin 10:30-12:00pm Single Parents Group 5-7pm Wetaskiwin	27	28
29	30 Creative Kids & Culture-Ponoka 10:30-12:00pm	31				

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McMan Spoke Service– Wetaskiwin
4415A 49th Street, Wetaskiwin
Chantel.lindsey@mcmancentral.ca
780-352-1142

TO REGISTER (OR MORE INFORMATION):
Chantel.lindsey@mcmancentral.ca
780-352-1142

Creative Kids & Culture: Let the kiddos play. Culture theme for the month activities. Ages 0 - 6 older sibling's welcome.

Ribbon Skirts: Ages 13-17, Come and learn how to make a traditional ribbon skirt.

**Single Parents Support Group: Meet Thursdays starting April 21,2022
5pm-7pm.
Bring your children for activities while parents meet.**

Wetaskiwin– McMan Office 4415 A 49 Street

Rimbey– Blindman Youth Action Center 4907 49th Street

Millet– Town of Millet (the old school in the gym)

Ponoka– Hudson Green Community Activity Center

McMan Spoke Service Wetaskiwin- Family Resource Network



Sun	Mon	Tue	Wed	Thu	Fri	Sat
McMan Spoke Service- Wetaskiwin 4415A 49th Street, Wetaskiwin Barbara.Docken@mcmancentral.ca 780-360-4124						
1	2 Millet Learn & Play 10:30am-12:00pm Lil Chefs Millet 3:30pm-5:00pm	3 Ponoka Learn & Play 10:30am-12:00pm	4 STAFF DAY	5 Blindman River Hall 10:00am-12:00pm	6 -Wetaskiwin Learn & Play 10:30am-12:00pm -Wetaskiwin Lil Chefs 3:30pm-5:00pm	7
8 Happy Mother's Day	9 Millet Learn & Play 10:30am-12:00pm Lil Chefs Millet 3:30pm-5:00pm	10 Ponoka Learn & Play 10:30am-12:00pm	11 Rimbey Learn & Play 10:30am-12:00pm Rimbey Lil Chefs 3:30pm-5:00pm	12 Ponoka Mani Pedi Spa 5:00pm-6:30pm Single Parents Support Group 5:00pm-7:00pm	13 Wetaskiwin Learn & Play 10:30am-12:00pm - Wetaskiwin Lil Chefs 3:30pm-5:00pm	14
15	16 Millet Learn & Play 10:30am-12:00pm The Do Good Crew 3:30-5:00pm	17 Ponoka Learn & Play 10:30am-12:00pm	18 Rimbey Learn & Play 10:30am-12:00pm Rimbey Mani Pedi Spa 4:30pm-6:00pm	19 Blindman River Hall 10:00am-12:00pm Single Parents Support Group 5:00pm-7:00pm	20 Wetaskiwin Learn & Play 10:30am-12:00pm The Do Good Crew 3:30pm-5:00pm	21
22	23 Victoria Day	24 Ponoka Learn & Play 10:30am-12:00pm The Do Good Crew 3:30pm-5:00pm	25 Rimbey Learn & Play 10:30am-12:00pm The Do Good Crew 3:30pm-5:00pm	26 STAFF DAY Single Parents Support Group 5:00pm-7:00pm	27 Wetaskiwin Learn & Play 10:30am-12:00pm Wetaskiwin Lil Chefs 3:30-5:00pm	28 Wetaskiwin Dad & Me BBQ 11:00am - 1:00pm
29	30 Millet Learn & Play 10:30am-12:00pm -Millet Lil Chefs 3:30pm-5:00pm	31 Ponoka Learn & Play 10:30am-12:00pm				

TO REGISTER (OR MORE INFORMATION):

Barbara.Docken@mcmancentral.ca

780-360-4124

Learn & Play: Let the kiddos play. Developmental activities, stories, games and more. Ages 0 - 6 older siblings welcome.

Lil Chefs: Ages 6 -10, explore in the kitchen making easy and fun snacks.

Rhyming Tots: Drop in program .Oral language fun with rhyming songs & stories
Wednesdays 10:00am- 11:00 am @ McMan office in Wetaskiwin

Mom Baby / Tot Swim: Ponoka May 10th & May 24th 2:45- 3:345
Wetaskiwin May 17th & May 31st 1:00pm- 2:30pm

Single Parents Support Group: Meet Thursdays starting April 21,2022 5pm-7pm.
Bring your children for activities while parents meet.

The Do Good Crew: Ages 10- 17, Let's plant flowers for the seniors to brighten their day.

Mani/Pedi- Come join us for some self care and laughter

Triple P (Positive Parenting Program): These sessions will be in person, but you can Zoom if preferred. Triple P is a parenting program, but does not tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies that you need. You choose the way you want to use them. Facilitator Carolyn McLaren.

3rd Developing Good Bedtime Routines

For Parents/Caregivers of Teens:

17th- Raising Competent Teens

24th- Raising Responsible Teens

31st-Dealing with Rudeness & Disrespect Triple P (Positive Parenting Program):

Stepping Stones- This group will help manage problem behaviour and developmental issues common in children with a disability. It also helps encourage behaviour you like, cope with stress, develop a close relationship with your child and teach your child new skills. 6 sessions, 2.5 hours each. Facilitator Carolyn McLaren.

WATCH FACEBOOK FOR DETAILS

Tammy Auten- Dye: Sessions via Zoom with local psychologist Tammy Auten-Dye

5th- Supporting Children with Grief

12th- Strategies to support Your anxious Child

19th- Childhood Trauma

26th-Self Regulation

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