Movember program calendar

For more information contact Amber @ 403-575-4000

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
		1 Veteran Play & Leam 10am-12pm Veteran Afterschool 3:30pm-5pm	2 Consort Slumberkins 3pm-4:30pm	3	5
6 Brownfield Magic Carpet	7	8	9	10	11
10am-12pm Altario Afterschool 3:15pm-5pm		Veteran Afterschool 3:30pm-5pm	Consort Slumberkins 3pm-4:30pm	Castor Library Fun Day 2pm-3:30pm	12
13	14	15	16	17	18
					19
20 Brownfield Magic Carpet 10am-12pm	21 Coronation Baby Buddies 9am-11am	22 Veteran Play & Leam 10am-12pm	23	24	25 26
Altario Afterschool 3:15pm-5pm					20
27 Brownfield Magic Carpet 10am-12pm Altario Afterschool 3:15pm-5pm	28 Coronation Baby Buddies 9am-11am	29 Veteran Afterschool 3:30pm-5pm	30 Consort Chat & Play 1pm-3pm	Alberta	Provincial Family Resource Networks

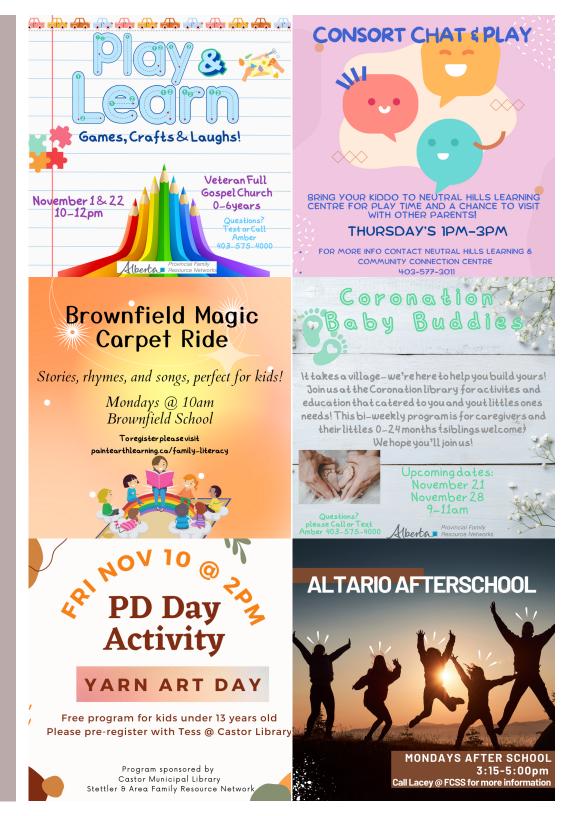


# The Family Resource Network helps with:

Positive Parenting
Child Development
Youth Life Skills
Communication Tools
Healthy Relationships

You want your family to be as strong and thriving as possible and so do we! Send us a message or give us a call to find out how we can help:

403-740-2558



## November program calendar

# Stettler & Area Family Resource Network

4901 51st Street, Stettler 403-740-2558

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
		1 10:00 Donalda Baby Buddies 1:45 Castor Book Club 6:30 Circle of Security Parent Class	10:00 Stettler Baby Buddies 11:00 Take A Trip Thursday @ Stettler RCMP Station	3 <b>10:00</b> Stettler Little Fingers Sensory Play	5
9:00 Stettler Sip, Play & Learn 12:45 BV Empower Program 1:25 BV Lego Club	10:30 Learn English Together 10:00 Take A Trip @ Stettler Auction Market	<b>6:30</b> Circle of Security	<b>11:00</b> Take A Trip Thursday @	10:00 Stettler Little Fingers Sensory Play	11
1:55 BV Kids Have Stress Too! 2:55 Erskine Lego Club	12:30 The First 5 Years Parent Class 4:00 Family Yoga	Parent Class	All That Buzz Big Valley	2:00 Castor Library Fun Day	18
	10:30 Learn English Together 12:30 The First 5 Years Parent Class 1:00 Stettler Crafternoon	10:00 Donalda Baby Buddies 6:30 Circle of Security Parent Class		<b>10:00</b> Stettler Little Fingers Sensory Play	10:30 -12:00 Children's Day Celebration @ the FRN
9:00 Stettler Sip, Play & Learn 12:45 BV Empower Program 1:25 BV Lego Club 1:55 BV Kids Have Stress Too! 2:55 Erskine Lego Club	21  10:30 Learn English Together  4:00 Family Yoga	10:00 Donalda Baby Buddies 1:45 Castor Book Club 6:30 Circle of Security Parent Class	23 <b>10:00</b> Stettler Baby Buddies	10:00 Stettler Little Fingers Sensory Play 10:30 Grandma & Me	26
9:00 Stettler Sip, Play & Learn 12:45 BV Empower Program 1:25 BV Lego Club 1:55 BV Kids Have Stress Too! 2:55 Erskine Lego Club	10:30 Learn English Together 1:00 Stettler Crafternoon	10:00 Donalda Baby Buddies 6:30 Circle of Security Parent Class	30  10:00 Stettler Baby Buddies  11:00 Take A Trip Thursday     @Tim Hortons Stettler  3:30 DIY Christmas Gifts @     Stettler Elementary		

### Sip, Play & Learn

Mondays 9:00-12:00 @ Stettler FRN

An opportunity for parents/caregivers & children 0-6 to grow, learn, & play through song, movement, games, crafts and more.





Enjoy a coffee or tea during the program and drink it while its HOT!

SENSORY PLAY & FINE MOTOR

FRIDAYS IN OCT & NOV.

STETTLER FAMILY RESOURCE NETWORK

Pre-registration is required. Text/call Morgan @ 403-323-8207



It takes a village- we're here to help you build yours! Each month features a discussion or activity led by a local expert for you and babe to enjoy together. This weekly program is for caregivers and their infants (0-18 months). We hope you'll join us!

> Donalda: Wednesdays 10am - 12pm @ Donalda Public Library

Stettler: Thursdays 10am - 12pm & Stettler Family Resource Networl





executer Family Resource North



Join us at the Family Resource Network aturday, November 18 from 10:30-12:00 for fun, games, and activities celebrating





### **Learn English** together!

**Family Resource Network** 4901 51 Street, Stettler









Tuesdays - 10:30am Families with Children ages 0-6 FREE!









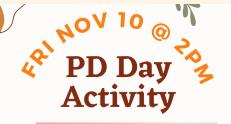
Join Morgan Monday, Nov. 14th & 28th for crafts and play! Stettler FRN 1:00-3:00pm











Once Per Month

-crafts and fun activities-

### YARN ART DAY

Free program for kids under 13 years old Please pre-register with Tess @ Castor Library

> Program sponsored by Castor Municipal Library



Fun, hands on activities for

2 - 6 year olds.

Focusing on fine motor play & sharing

information on the benefits of fine

10:00AM - 12:00PM

motor skill development.

Join us at the FRN Wednesday's @1:30pm in October & November

fun filled cooking experiences \*learn about different foods \*practice food safety

Register with Morgan @ 403.323.8207.



This month parents and kids can take a trip to: November 2- Stettler RCMP Station November 7- Stettler Auction Mart November 9- All That Buzz November 30- Tim Hortons

\*check out our Facebook or Instagram page for more information\*

Stettler & Area Family Resource Network

### Your child's first

ACTIVE PARENTING
First Five Years...

few years are so important!

Learn how to make the most of those years and how to nurture your child with a "just right" combination of freedom & nonviolent discipline.

> **October 17 & 24** November 7 & 14