

Red Deer  
Family  
Resource  
Network

# April 2023

Bower Community Centre (85 Boyce Street) &  
YMCA (6391-76th Street)  
& Online Programs

To register for programs, please contact the person listed under each program:

TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820  
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419  
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348  
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401  
For general program inquiries please contact Lindsey:  
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Mon (Bower)	Tue (YMCA)	Wed (Online)	Thu (Bower)	Fri	Sat
<p>3</p> <p>Get Crafty 9:30-11:30 *Natasha Baby &amp; Me 1:00-3:00 *Natasha</p>	<p>4</p> <p>Play &amp; Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>5</p> <p>Virtual Art Attack 2:00-3:00 *Timi Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>6</p> <p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	7	<p>Parent Enrichment Programs for Parents/ Caregivers</p>
<p>10</p> <p>Easter Monday No Programs</p> 	<p>11</p> <p>Play &amp; Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>12</p> <p>Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>13</p> <p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	14	<p>ECD Programs for Children Ages 0-6 and their Parents/ Caregivers</p>
<p>17</p> <p>Get Crafty 9:30-11:30 *Natasha Baby &amp; Me 1:00-3:00 *Natasha</p>	<p>18</p> <p>Play &amp; Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>19</p> <p>Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>20</p> <p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	21	<p>Programs for Youth Ages 14-18</p>
<p>24</p> <p>Get Crafty 9:30-11:30 *Natasha Baby &amp; Me 1:00-3:00 *Natasha</p>	<p>25</p> <p>Play &amp; Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>26</p> <p>Virtual Art Attack 2:00-3:00 *Timi Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>27</p> <p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	28	<p>Programs for Youth Ages 7-13</p>

# April 2023

Red Deer Family Resource Network : 103, 5214-47 Ave

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Network

Mon Tue Wed Thu Fri Sat

3	4	5	6	7	8
<p>Stepping Stones Triple P 10:00-11:30 *Tammy</p> <p>Fight the Fear 4:00-5:30 *Shellsey</p> <p>LGBTQ+ Teen Support 5:30-7:30 *Tammy</p>	<p>Discover Time 9:30-11:30 *Shellsey</p> <p>Stepping Stones Triple P 10:00-12:00 OR 3:00-4:30 *Tammy</p> <p>Teen Triple P 1:00-3:00 *Tammy</p>	<p>Triple P: The Power of Positive Parenting 9:30-11:30 *Tammy</p> <p>Ready Set Grow 9:30-11:00 *Timi</p>	<p>Toddler Time 9:30-11:30 *Natasha</p> <p>Stepping Stones Triple P 1:00-2:30 *Tammy</p> <p>Empowered Youth 3:00-5:00 *Shellsey</p>	<p>Good Friday No Programs</p>	
10	11	12	13	14	15
<p>Easter Monday No Programs</p> 	<p>Discover Time 9:30-11:30 *Shellsey</p> <p>Stepping Stones Triple P 10:00-12:00 OR 3:00-4:30 *Tammy</p> <p>Teen Triple P 1:00-3:00 *Tammy</p>	<p>Triple P: Raising Confident, Competent Children 9:30-11:30 *Tammy</p> <p>Ready Set Grow 9:30-11:00 *Timi</p>	<p>Toddler Time 9:30-11:30 *Natasha</p> <p>Stepping Stones Triple P 1:00-2:30 *Tammy</p> <p>Empowered Youth 3:00-5:00 *Shellsey</p>	<p>Play Learn Grow 9:30-11:00 *Timi</p> <p>Stepping Stones Triple P 10:00-11:30 *Tammy</p> <p>Friday Fun Times 1:30-3:00 *Shellsey</p>	<p>Youth Hike @ Bower Ponds 11:00-1:00 *Shellsey</p>
17	18	19	20	21	22
<p>Fine Motor Fun 1:30-3:00 *Timi</p> <p>Fight the Fear 4:00-5:30 *Shellsey</p> <p>LGBTQ+ Teen Support 5:30-7:30 *Tammy</p>	<p>Discover Time 9:30-11:30 *Shellsey</p> <p>Stepping Stones Triple P 10:00-12:00 OR 3:00-4:30 *Tammy</p> <p>Teen Triple P 1:00-3:00 *Tammy</p>	<p>Triple P: Raising Resilient Children 9:30-11:30 *Tammy</p> <p>Ready Set Grow 9:30-11:00 *Timi</p>	<p>Stepping Stones Triple P 1:00-2:30 *Tammy</p> <p>Empowered Youth 3:00-5:00 *Shellsey</p>	<p>Play Learn Grow 9:30-11:00 *Timi</p> <p>Stepping Stones Triple P 10:00-11:30 *Tammy</p> <p>Friday Fun Times 1:30-3:00 *Shellsey</p>	<p>Saturday Sillies 1:30-3:30 *Natasha</p>
24	25	26	27	28	
<p>Fine Motor Fun 1:30-3:00 *Timi</p> <p>Fight the Fear 4:00-5:30 *Shellsey</p> <p>LGBTQ+ Parent Info &amp; Support 6:00-8:00 *Tammy</p>	<p>Discover Time 9:30-11:30 *Shellsey</p> <p>Stepping Stones Triple P 10:00-12:00 OR 3:00-4:30 *Tammy</p> <p>Teen Triple P 1:00-3:00 *Tammy</p>		<p>Toddler Time 9:30-11:30 *Natasha</p> <p>Stepping Stones Triple P 1:00-2:30 *Tammy</p> <p>Empowered Youth 3:00-5:00 *Shellsey</p>	<p>Play Learn Grow 9:30-11:00 *Timi</p> <p>Stepping Stones Triple P 10:00-11:30 *Tammy</p> <p>Friday Fun Times 1:30-3:00 *Shellsey</p>	

Parent  
Enrichment  
Programs for  
Parents/  
Caregivers

ECD Programs  
for Children  
Ages 0-6 and  
their Parents/  
Caregivers

Programs for  
Youth Ages  
14-18

Programs for  
Youth Ages  
7-13

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## April Youth & Parent Enrichment Program Info

**Youth @ the Y:** This is a program for youth ages 7-13yrs old. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities.

**Youth Book Club:** This is an online Book Club for children ages 7-13yrs old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home address' are required to deliver the activity envelopes to homes. This month we will be continuing our journey through Prisoner of Azkaban.

**Empowered Youth:** This is a youth program for children ages 7-13yrs old. It is a group that will share ways to feel more comfortable with who they are, what they do and like, and how to stand tall and strong in their own bodies. We will be using the Big Life Journals to help us to move forward in our awesome lives.

**Youth Hike:** This is a Saturday program for youth ages 17-13yrs old. We would take a nice hike from Bower Ponds to Heritage Ranch. Getting some exercise, some fresh air, and a chance to talk to others about stuff.

**Fight the Fear:** This is a three week program for teens ages 14-18yrs old who want to explore and get a better understanding of their anxiety. The areas explored are: What makes you anxious, getting to know your mindful me, and your mindful me in action. We will go through these areas with discussions and exercises.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

**LGBTQ+ Teen Support Group:** A SAFE and CONFIDENTIAL space to explore gender and sexual identity, discuss relevant topics, build community, and have fun! This group will meet twice a month (1<sup>st</sup> and 3<sup>rd</sup> Monday of each month).

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

**Stepping Stones Triple P:** This program is for families of children, ages 2-12, with special needs that have disruptive behaviors. Please contact Tammy for more details as this program is offered 1-1 and not in a group format.

**Teen Triple P:** A four week in-person group program, for families of teens with disruptive behaviors. Please contact Tammy for more details and to see if this program is a fit for your family.

**Triple P Seminar Series:** Do you have a few minor concerns about your child's development? These one-time sessions are a great option for you! Limited number of child-minding spaces are available.

**LGBTQ+ Parent Info:** For parents/carers of young people in the LGBTQ+ community. Join us for an evening of support, information, advice, and guidance. Come and meet others alike and in a non-judgemental environment. This group will take place monthly (last Monday of every month).

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

**Circle of Security (Virtual):** The Circle of Security® is an innovative intervention program designed to improve the developmental pathway of children and their parents. As they grow older, secure children become less likely to live in poverty, have legal problems, or experience chronic emotional difficulties. Join us virtually for this 8-week program. Registration is required.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAM LISTED ABOVE CONTACT  
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401**

## April ECD Program Info

**Friday Fun Times:** This is an afternoon programs for families with children ages 0-6yrs old. A chance to play with new friends, new toys, make crafts and have a wonderful afternoon. Open and welcoming play time.

**Discover Time:** This is an early childhood program with parents who have children ages 0-6yrs old. Every week we explore different themes with crafts, games, coloring, and play.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

**Fine Motor Fun:** Cut, scribble, draw, play, and build. Join us on Monday afternoons for activities that promote fine motor development for your little ones. This program is for ages 2-4 years old. Registration is required.

**Ready, Set, Grow:** Join us on Wednesday mornings for indoor play, table top activities and socialization for yourself and your little. This program is for ages 0-6 years old. Registration is required.

**Virtual Art Attack:** Join us virtually to create a new art project on the 7<sup>th</sup> and 28<sup>th</sup>. This program is for ages 3-6 years old. Kits containing required supplies will be provided. Registration required at least 48 hours in advance.

**Baby Buddies:** This program is for our littles (under 18 months). Join us for some socialization for yourself and your little. Meet new friends and enjoy quality time together! Registration is required.

**Play, Learn, Grow:** Join us for a morning of learning, playing, and growing with your child. This program is for ages 0-6 years old. Registration is required.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820**

**Preschool Pals:** Come join us at the Bower Community Hall on Thursday afternoons. There will be different activities each week. Registration is required.

**Toddler Time:** This program is for our littles (18 months and up). A chance to make new friends, learn to problem solve, get creative and have some fun! Registration required.

**Play and Learn:** Come join us at the YMCA for some indoor play, crafts, and circle time on Tuesday mornings. Registration is required.

**Baby and Me:** Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers. Registration is required.

**Get Crafty:** Come join us for indoor play, crafts, and circle time on Monday mornings at the Bower Community Centre. Registration is required.

**Saturday Sillies:** Join Natasha Saturday April 22<sup>nd</sup> from 1:30-3:30pm for some indoor play. Registration Required by April 19<sup>th</sup>.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401**