

Red Deer
Family
Resource
Network

March 2023

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

Mon (Bower) **Tue** (YMCA/Online) **Wed** (Online) **Thu** (Bower) **Fri** **Sat**

<p>PLEASE BE SURE TO LET YOUR FACILITATOR KNOW IF YOU ARE UNABLE TO MAKE IT TO A PROGRAM YOU HAVE SIGNED UP FOR. OUR PROGRAMS HAVE BEEN FILLING UP FAST AND WE HAVE PEOPLE ON THE WAITLIST. THANK YOU!</p>				2	3	<p>Parent Enrichment Programs for Parents/</p>
			<p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>			
6	7	8	9	10	<p>ECD Programs for Children Ages 0-6 and their Parents/ Caregivers</p>	
<p>Parent & Tot Yoga 9:30-11:30 *Natasha</p>	<p>Play & Learn 9:30-11:30 *Natasha Virtual Art Attack 2:00-3:00 *Timi</p>	<p>Bruce Perry Presentation Online 1:00-2:30 OR 7:00-8:30 *registration info in program descriptions</p>	<p>Baby Buddies Sleep Consultant 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>			
13	14	15	16	17	<p>Programs for Youth Ages 14-18</p>	
<p>Parent & Tot Yoga 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey</p>	<p>Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey Self-Regulation with Tammy Auten-Dye (Online) 7:00-8:30 *Timi</p>	<p>Online Book Club 4:00-5:30 *Shellsey</p>	<p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>			
20	21	22	23	24	<p>Programs for Youth Ages 7-13</p>	
<p>Parent & Tot Yoga 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey</p>	<p>Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey Childhood Mental Health with Tammy Auten-Dye (Online) 7:00-8:30 *Timi</p>	<p>Online Book Club 4:00-5:30 *Shellsey</p>	<p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>			
27	28	29	30	31		
<p>Parent & Tot Yoga 9:30-11:30 *Natasha Baby Kindermusik 1:30-3:00 *Shellsey</p>	<p>Play & Learn 9:30-11:30 *Natasha Virtual Art Attack 2:00-3:00 *Timi Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>Online Book Club 4:00-5:30 *Shellsey</p>	<p>Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>			

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

March 2023

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

Red Deer
Family
Resource
Network

Mon

Tue

Wed

Thu

Fri

Sat

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

**Parent
Enrichment
Programs
for Parents/
Caregivers**

1
Family Transitions
Triple P
9:30-11:30
*Tammy
Circle of Security
1:30-3:30
*Natasha
Parent & Teen
Canvas Sign
Painting @ Paint of
Interest
6:00-8:00
*Tammy

2
Family Transitions
Triple P
2:30-4:00
*Tammy

3
Play Learn
Grow
9:30-11:00
*Timi
Stepping
Stones
Triple P
10:00-11:30
*Tammy

4
Stay & Play
9:30-11:00
*Timi

6
Fine Motor Fun
1:30-3:00
*Timi
Parent & Teen
Macrame Workshop @
Handmade Heaven on
Earth
5:00-7:30
*Tammy

7
Stepping Stones
Triple P
11:00-12:30 OR
3:00-4:30
*Tammy
Fear-Less
Triple P
6:00-8:00
*Tammy

8
Family Transitions
Triple P
9:30-11:30
*Tammy
Circle of Security
1:30-3:30
*Natasha

9
Family Transitions
Triple P
2:30-4:00
*Tammy
Slime Time
3:30-5:00
*Natasha
Safety Before Driving
5:30-7:30
PROGRAM FULL

10
Play Learn
Grow
9:30-11:00
*Timi
Stepping
Stones
Triple P
10:00-11:30
*Tammy

11
HipHop &
Graffiti Art
With
Sabatoge
and Smallz
10:00-12:00
*Tammy

13
Fine Motor Fun
1:30-3:00
*Timi
Anger Management
For youth: 4:00-5:00
For teens: 5:00-6:00
*Tammy

14
Stepping Stones
Triple P
11:00-12:30 OR
3:00-4:30
*Tammy
Fear-Less
Triple P
6:00-8:00
*Tammy

15
Ready Set Grow
9:30-11:00
*Timi
Family Transitions
Triple P
9:30-11:30
*Tammy
Circle of Security
1:30-3:30
*Natasha
Parents Play Too
6:00-8:00
*Tammy

16
Toddler Time
9:30-11:30
*Natasha
Empowered Youth
3:00-5:00
*Shellsey
Safety Before Driving
5:30-7:30
PROGRAM FULL

17
Play Learn
Grow
9:30-11:00
*Timi
Stepping
Stones
Triple P
10:00-11:30
*Tammy

**Programs
for Youth
Ages
14-18**

20
Fine Motor Fun
1:30-3:00
*Timi
Anger Management
For youth: 4:00-5:00
For teens: 5:00-6:00
*Tammy

21
Stepping Stones
Triple P
11:00-12:30 OR
3:00-4:30
*Tammy
Fear-Less
Triple P
6:00-8:00
*Tammy

22
Ready Set Grow
9:30-11:00
*Timi
Family Transitions
Triple P
9:30-11:30
*Tammy

23
Toddler Time
9:30-11:30
*Natasha
Empowered Youth
3:00-5:00
*Shellsey
Family Transitions
Triple P
2:30-4:00
*Tammy
Safety Before Driving
5:30-7:30
PROGRAM FULL

24
Friday Fun
Times
1:30-3:00
*Natasha

**Programs
for Youth
Ages 7-13**

27
Fine Motor Fun
1:30-3:00
*Timi
Anger Management
For youth: 4:00-5:00
For teens: 5:00-6:00
*Tammy

28
Stepping Stones
Triple P
11:00-12:30 OR
3:00-4:30
*Tammy
Fear-Less
Triple P
6:00-8:00
*Tammy

29
Ready Set Grow
9:30-11:00
*Timi
Family Transitions
Triple P
9:30-11:30
*Tammy
Slime Time
1:30-3:00
*Natasha
Self Care for Teens:
Natural Skin Care
5:30-7:30
*Tammy

30
Toddler Time
9:30-11:30
*Natasha
Story Time with Elder
Corky
1:30-3:00
*Tammy
Empowered Youth
3:00-5:00
*Shellsey
Safety Before Driving
5:30-7:30
PROGRAM FULL

31
Play Learn
Grow
9:30-11:00
*Timi
Stepping
Stones
Triple P
10:00-11:30
*Tammy
Friday Fun
Times
1:30-3:00
*Natasha

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

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March 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.

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

Slime Time (Ages 7-13 Years): March 9 from 3:30-5:00pm. Arrow Mountain Boutique specializes in hand crafted slime. Come make a slime with Celena and learn about the science behind slime and all the different types. You will get to choose your color, scent, texture and finish it off by coloring your very own custom made sticker. Registration Required.

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

Teen Hip Hop & Graffiti: Do you have a teen between the ages of 14-18yrs. old? Are they into hip hop and graffiti? Well, we have an activity for them!!! Join hip hop instructor Sabatoge for an hour of hip hop dance instruction and fun. After that they will join graffiti artist Smallz for some instruction and creative artwork. A Saturday of creative expression.

Anger Management for Youth/Teens: We are offering a 3-week, one-hour session on how to identify and work on Anger Management. There is a 4:00-5:00pm group for youth ages 7-13yrs old, and then a 5:00-6:00pm group for ages 14-18yrs old. Each week will have a lesson, activity, and chance to be open about Anger Management.

Parent/Teen Feather Macrame Class: Join us for a FREE macrame class with Handmade Heaven on Earth, to make a feather macrame wall hanging. This is a parent and youth/teen class (minimum age of youth is 12yrs.). Limited spots so must register in advance w/Tammy.

Parent/Teen Canvas Sign painting: Join us for a FREE Parent & Teen Canvas Sign painting night with Paint of Interest Studio. Minimum age of youth/teens is 12 yrs. Limited spots available so must register in advance w/ Tammy.

Self Care for Teens/Natural Skincare: The Boho Apothecary Studio is joining us once again, this time to offer some self care through their DIY Natural Skincare Class for Teens. This FREE session is for teens ages 14-18yrs. of age. Limited Spots, must register in advance w/ Tammy.

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

Triple P Family Transitions: A 5 week in-person group program, for families transitioning through separation or divorce. Please contact Tammy for more information, and to see if this program is a fit for your family.

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.

Triple P Fear-Less: A 6 week in-person group program, for families of youth ages 6-14 with anxiety. Please contact Tammy for more details and to see if this program is a fit for your family.

Parents Play Too: Parent focused fun with an evening of activities, games, and/or crafts. Children invited too, to play in FRN play space while Parents/Caregivers have their fun!

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

Dr. Bruce Perry Presentation: Learn how the experiences of a child impact their brain development. Watch from the comfort of your own home via ZOOM, or join us at a watch party hosted at Carnival Cinemas (pop and popcorn provided). To register, please email lesley.whalen@mcmancentral.ca and be sure to let her know if you will be joining the watch party.

March ECD Program Info

Baby Kindermusik: This is an early childhood program for children ages 0-2yrs old. We provide instruments, and we sing songs, play with new friends and sometimes we have a craft to create.

Friday Fun Times: This is an afternoon program 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.

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 7th and 28th. 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.

Sleep Consultant: Join us on March 9 for a presentation from a sleep consultant. Come with any sleep related questions that you have!

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.

Stay & Play: Join us on Saturday, March 4th for indoor play and activities. Registration is required by March 1st.

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Story Time with Elder Corky: Join us for a special story time and sharing circle of our very own, with Indigenous Elder & Author, Theresa 'Corky' Larsen-Jonassen, as she shares her story, "The Sharing Circle". For families of all ages!

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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.

Parent and Tot Yoga: Come join Miss Jamie from Little Lights Yoga. The Kids will take a yoga journey using their imaginations with special themes and storytelling. Children will learn breathing exercises, yoga poses, yoga games and relaxation techniques. These classes are packed full of fun. Ages 2.5-6 years. 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.

Slime Time (Ages 4-6 years): March 29 from 1:30-3:00pm. Arrow Mountain Boutique specializes in hand crafted slime. Come make a slime with Celena and learn about the science behind slime and all the different types. You will get to choose your color, scent, texture and finish it off by coloring your very own custom made sticker. Registration Required.

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