

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
		1 Preschool Pals (LAC) 9:30-11:30 E-Connect 6:30-8	2 Preschool Pals (CLIVE/BLFDS) 9:30-11:30	3 Mother's Grace (LAC) 10-11:30	4 Ignite (BENT) 3:30-5	5			
0-6 7-13 13+ Family Parent Education		6	7 Kindermusik (LAC) 10-11:30 Virtual Book Club 1-3 Building Leaders (LAC) 5:30-6:45 Anger Management (LAC) 7-8:15	8 Baby Buddies (LAC) 10-11:30 E-Connect 6:30-8	9 Preschool Pals (CLIVE/BLFDS) 9:30-11:30	10 Ignite (CLIVE) 3:30-5	 REMEMBRANCE DAY <i>Let Us Not Forget</i>	11	12
13	14 Baby Buddies (BLFDS) 10-11:30 Building Leaders (LAC) 5:30-6:45 Anger Management (LAC) 7-8:15	15 Preschool Pals (LAC) 9:30-11:30 Moms Matter (LAC) 1-3 E-Connect 6:30-8	16 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Moms Matter (BLFDS) 1-3 Potluck & Play (BENT) 6-8 Special Needs Support Group (BLFDS) 6-8	17 Moms Yoga & Lattes (LAC) 7-9	18 Family Bingo (BLFDS) 6:30-8:30	19 Mirror Market 11-3			
20	21 Kindermusik (LAC) 10-11:30 Virtual Book Club 1-3 Building Leaders (LAC) 5:30-6:45 Anger Management (LAC) 7-8:15	22 Baby Buddies (LAC) 10-11:30 Ignite (LAC) 3:30-5 E-Connect 6:30-8	23 Preschool Pals (CLIVE/BLFDS) 9:30-11:30	24 Lego Club (LAC) 3:30-5	25 Art Attack (ALIX) 1-2:30 13+ Escape Room & Pizza (ALIX) 3:30-6	26			
27	28 Baby Buddies (BLFDS) 10-11:30 Building Leaders (LAC) 5:30-6:45 Anger Management (LAC) 7-8:15 Connecting Clans (ALIX) 6:30-8:30	29 Preschool Pals (LAC) 9:30-11:30 E-Connect 6:30-8	30 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Ignite (BLFDS) 3:45-5:15	Facebook & Instagram @LacombeFRN					

To register or more information,
madison.rankin@mcmancentral.ca OR 403.877.7439

REGISTRATION PREFERRED:

Baby Buddies: For parents/caregivers and babies 0-18 months. Social, guest speakers, and more.

Preschool Pals: For parents/caregivers and preschoolers. Craft, story, play!

Kindermusik: Join us for different themes, songs, and dance. Meet new friends too!

Ignite: For 7-13 year-olds. Play, create, plant, cook, paint...whatever Miss Madison comes up with!

13+: For 13-18 year-olds. Fun activities to spend time with friends, do activities, and have some fun!

REGISTRATION REQUIRED:

Building Leaders: 4 weeks 13+ Understanding and responding to communication styles for positive interactions. Exploring self-advocacy and promoting healthy boundaries. Practice identifying strengths. Learning the process of goal seeing to encourage motivation. Discussion of the impacts of social media and mental health. In collaboration with Inspiring Virtues.

Anger Management for Adolescents: 4 weeks 14-18 Gaining tools to understand, control, and manage feelings of anger. Anger isn't just one emotion, it is a family of emotions in our brains and in our behaviour. In collaboration with Inspiring Virtues.

Moms Matter: Crockpot cooking!!

Mother's Grace: Registration Closed. An 8-week post-partum support group for those who are pregnant or have a baby, 18 months old or younger, facilitated by AHS. Childcare is provided.

Virtual Book Club: Bi-weekly get together over Zoom to chat about the book, "I'll Be There (But I'll Be Wearing Sweatpants)" by Amy Weatherly and Jess Johnston.

Special Needs Support Group: Support and care for parents/caregivers of those with special needs, and a time for play and interaction for the kiddos. **To register/more information, call Angela Woodcock 403.877.8438 or angela.woodcock@mcmancentral.ca**

E-Connect/Connect Parent Group: Registration Closed. A 9-week program to support parents/caregivers of pre-teens and teens with difficult behavioural and emotional problems. Each session provides parents with a new perspective on parent-teen relationship and adolescent development. **To register/more information: E-Connect - Karen White 403.896.3408 In person - Maria Meyers 403.307.6221**

Watch FB for additional details.

Lacombe & Area
Family Resource Network
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