

Red Deer
Family
Resource
Network

July 2022

Bower Community Centre (85 Boyce Street)

S Mon T W Thu F Sat

1 2

3 4 5 6 7 8

Little Professors
9:30-11:30
Tip Sheets
*Natasha
Infant Massage
1:00-2:30
*Tammy

Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Tammy
Summer Youth 4 C's
4:00-6:00
*Sherry

Programs
for Youth
Ages
14-18

10 11 12 13 14 15

Little Professors
9:30-11:30
Tip Sheets
*Tammy
Infant Massage
1:00-2:30
*Tammy

Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Natasha
CASASC- Communication &
Conflict Resolution
4:00-6:00
*Sherry

Parent
Enrichment
Programs
for
Parents/
Caregivers

17 18 19 20 21 22

Little Professors
9:30-11:30
Tip Sheets
*Natasha
Infant Massage
1:00-2:30
*Tammy

Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Natasha
Summer Youth 4 C's
4:00-6:00
*Sherry

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

24 25 26 27 28 29 30

Seussville
9:30-11:30
*Shellsey

Baby Buddies
9:30-11:30
*Shellsey
Preschool Pals
1:00-3:00
*Tammy
Summer Youth 4 C's
4:00-6:00
*Sherry

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

SHERRY.ROLLS@MCMANCENTRAL.CA or 403-896-5435

TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820

NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401

SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419

TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348

For general program inquiries please contact Lindsey:

LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Red Deer
Family
Resource
Network

July 2022

YMCA (6391-76th Street)

Sun Mo Tue Wed Thu Fri Sat

1 2

CANADA
DAY!

No
Programs
today.

3 4 5 6 7 8

Play & Learn
9:30-11:30

*Timi

Youth @ the Y

3:00-5:30

*Shellsey

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

10 11 12 13 14 15 16

Play & Learn
9:30-11:30

*Timi

Youth @ the Y

3:00-5:30

*Sherry

17 18 19 20 21 22

Play & Learn
9:30-11:30

*Timi

Youth @ the Y

3:00-5:30

*Shellsey

Programs
for Youth
Ages 7-13

24 25 26 27 28 29 30

Play & Learn
9:30-11:30

*Shellsey

Youth @ the Y

3:00-5:30

*Shellsey

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Red Deer
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July 2022

McMan: 103, 5214-47 Ave & Virtual Programs

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

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For general program inquiries please contact Lindsey:

LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Mon	Tue	Wed	Th	Fri
Programs for Youth Ages 7-13	Programs for Youth Ages 14-18	ECD Programs for Children Ages 0-6 and Parents/ Caregivers	Parent Enrichment Programs for Parents/Caregivers	1 CANADA DAY! No Programs today.
4	5 Teen Triple P 10:00-12:00 *Tammy	6 Group Triple P 10:00-12:00 *Tammy Summer Youth Book Club 1:00-3:00 *Sherry	7 Stepping Stones Triple P 11:00-12:00 *Tammy Virtual Art Attack 2:00-3:00 *Timi	8 Stepping Stones Triple P 3:30-4:30 *Tammy
11	12 Teen Triple P 10:00-12:00 *Tammy	13 Group Triple P 10:00-12:00 *Tammy Summer Youth Book Club 1:00-3:00 *Sherry Baby & Me 1:30-3:00 *Tammy	14 Stepping Stones Triple P 11:00-12:00 *Tammy Virtual Art Attack 2:00-3:00 *Timi	15 Conflict Resolution 10:30-12:00 *Sherry Our Little Helpers 1:00-2:30 *Tammy Stepping Stones Triple P 3:30-4:30 *Tammy
18 Kindermusik 1:00-3:00 *Shellsey	19 Teen Triple P 10:00-12:00 *Tammy	20	21 Stepping Stones Triple P 11:00-12:00 *Tammy Empowered Youth 10:00-12:00 *Shellsey Virtual Art Attack 2:00-3:00 *Timi All About Art 2:00-4:00 *Shellsey	22 Our Little Helpers 1:00-2:30 *Tammy Stepping Stones Triple P 3:30-4:30 *Tammy
25 Kindermusik 1:00-3:00 *Shellsey	26 Teen Triple P 10:00-12:00 *Tammy	27 Group Triple P 10:00-12:00 *Tammy Summer Youth Book Club 1:00-3:00 *Sherry Baby & Me 1:30-3:00 *Tammy	28 Stepping Stones Triple P 11:00-12:00 *Tammy All About Art 2:00-4:00 *Shellsey	29 Our Little Helpers 1:00-2:30 *Tammy Stepping Stones Triple P 3:30-4:30 *Tammy

July 2022

Outdoor & McMan Training Room Programs

S	Mon	Tue	Wed	Thu	Fri	Sat
	NEW Programs for Dads & Father Figures	Programs for Youth Ages 14-18	Programs for Youth Ages 7-13	ECD Programs for Children Ages 0-6 and Caregivers	1 CANADA DAY! No Programs today.	2
3	4 Men's Peer Support Group 6:00-8:00PM @ McMan Training Room 110, 4828-53 Street 403-396-6559 To Register	5 Walk & Play 10:00-12:00 *Natasha Splash Park Fun 1:30-3:00 Central Spray & Play *Natasha	6 Strollercize 10:00-11:30 *Timi Playground Pals 10:00-12:00 *Natasha Art in the Park 1:30-3:00 *Timi Book Club 1:30-3:00 *Shellsey	7	8 Meet Me at the Park with The City of Red Deer <u>9:00-12:00</u> BOWER 85 Boyce Street	9
10	11 Men's Peer Support Group 6:00-8:00PM @ McMan Training Room 110, 4828-53 Street 403-396-6559 To Register	12 Muscle & Movement 1:30-3:00 *Timi	13 Art in the Park 1:30-3:00 *Timi	14	15 Meet Me at the Park with The City of Red Deer <u>9:00-12:00</u> ROSEDALE 2 Roland Street Splash Park Fun 1:30-3:00 Capstone *Natasha	16 Dadurday! 1:00-2:30 @ Kin Kanyon *Natasha
17	18 Men's Peer Support Group 6:00-8:00PM @ McMan Training Room 110, 4828-53 Street 403-396-6559 To Register	19 Walk & Play 10:00-12:00 *Natasha Splash Park Fun 1:30-3:00 Central Spray & Play *Natasha	20 Playground Pals 10:00-12:00 *Natasha	21	22 Meet Me at the Park with The City of Red Deer <u>9:00-12:00</u> ORIOLE PARK 5 Ogden Ave Splash Park Fun 1:30-3:00 Capstone *Natasha	23 Dads & Teens Talent Show 1:00-3:00 *Sherry @ McMan Training Room 110, 4828-53 Street
24	25 Men's Peer Support Group 6:00-8:00PM @ McMan Training Room 110, 4828-53 Street 403-396-6559 To Register	26	27 Book Club 1:30-3:00 *Shellsey	28	29 Meet Me at the Park with The City of Red Deer <u>9:00-12:00</u> MOUNTVIEW 4316-32 Street	30

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

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July Youth & Parent Enrichment Program Info

Youth @ the Y: Let's have some fun. We will have board games, crafts and learning experiences, all with friends our age. We have different themes for each get together to keep us learning and interested.

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 Book Club: Book club is a way to share the love of reading and imagination together with others who love it. It's also a great opportunity for youth who are wanting to give a book club a shot. 2-3 chapters will be read by Shellsey, and then there will be a craft or experience to share afterward.

All About Art: This is a youth program for children ages 7-13 yrs. of age who want to explore their creative sides. There will be a weekly art project available, different every week, that gives the youth a chance to try new art techniques and see how awesome and creative art can be. Creativity and beauty can be found in everyone.

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

Summer Book Club for Teens/Youth Age 13 & Up: What a great way for your teen to devote a Wednesday afternoon. During this wonderful Summer Book Club, teens will learn how anger can change a life forever. "This novel is an amazing story about how anger erupts into violence. For Cole to avoid going to prison, he agrees to participate in an alternative based sentencing through Native American Circle Justice and is sent to a remote Alaskan island." **If your teen struggles with anger issues, this story will make an impact. **

Communication & Conflict Resolution Program: This free one-day-only Communication & Conflict Program is designed for Teens/Youth ages 13 & up. The Red Deer Family Resource Network has teamed up with Central Alberta Sexual Assault Support Centre to present this wonderful communication & conflict program. During this program, youth will focus on the importance of verbal, and nonverbal communication. As well as Using the "I statement."

Summer Youth Group every Thursday from 4 to 6 PM: Connection, Confidence, Champion, Conversation

The 4 C'S explain the entire program.

The importance of Connection for teens!

The importance of feeling Confident for teens!

The importance of feeling like a Champion for teens!

The importance of Conversation for teens!

Dads & Teens/Youth Talent Show: This activity is designed for dads and youth to be able to show off some talents they share together. Whether it is drumming singing or anything that they can do together and have fun. Dad, this is a wonderful activity for you to show off some of your talents, with your teen/youth.

Conflict Resolution Workshop: This Conflict Resolution Workshop is designed for Teens/Youth ages 13 & up. The Red Deer Family Resource Network has teamed up with Cosmos, to present more information and knowledge to our youth. During this program, youth will focus on the importance of verbal, and nonverbal communication. As well as Using the "I statement."

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
SHERRY.ROLLS@MCMANCENTRAL.CA OR 403-896-5435**

Infant Massage: A free five week workshop for infants, ages 0-18 months of age, and their caregivers. Learn, bond, and explore how infant massage techniques can have many benefits for both baby and caregiver.

Group Triple P: Raise happy, confident kids. Learn strategies to manage misbehavior so everyone in the family enjoys life more. Set rules and routines that everyone respects and follows. Encourage behavior you like and take care of yourself as a parent. Feel confident you're doing the right thing!

Teen Triple P: This program provides a great opportunity to meet other parents who are struggling with their teens behavior. Gain tips and suggestions to suit the needs of your family unit!

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

July ECD Program Info

Kindermusik: This 2 week program is a pre-school program that introduces sounds, dance, and instruments to children ages 3-5 yrs old. Join us for different themes, songs, and instruments weekly, and meet some new families.

Seussville: This is an Early Childhood program for children ages 0-6yrs old. We will be entering the Dr. Seuss world of rhyme, colors, imagination, and wonder. We will be making Seuss inspired crafts, playing with toys, and making new friends. And ending our group with Seuss stories and dancing.

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

Little Professors: Join us Mondays July 4, 11, 18 for some science fun. We will be exploring a different experiment each week. Registration is required.

Walk and Play: Join us for a walk and some park play. We will be at a different location each week. July 5th- Bower Ponds (meet up at building), July 19th McKenzie Trails (meet up at gazebo). We will be leaving for the walk at 10:05.

Splash Park Fun: Come join us Tuesdays from 1:30-3:00pm at the Central Spray and Play or Fridays from 1:30-3:00pm at the Capstone spray pad.

Playground Pals: Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. July 6 – Barry Wilson Park, July 20 – Mattie McCullough Playground.

Preschool Pals: Come join me Thursday afternoons for some fun. We will have different activities each week including a circle time.

Dadurday: Dads come spend some quality time with your littles on July 16th from 1:00-2:30pm. Registration required 48 hours prior to the group.

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

Tip Sheets: There are currently 62 Triple P Tip Sheets that give parents and caregivers practical advice on positive approaches to parenting. These Tip Sheets are full of suggestions for preventing and managing common developmental issues and behaviors.

Strollercize: Join us for a walk with your littles in strollers. This is a great chance to socialize with other parents while enjoying some of the great trails that Red Deer has to offer.

6th – Heritage Ranch, 20th – Bower Ponds

Play & Learn: Come join us at the YMCA for some indoor play, crafts, and circle time.

Playground Pals: Join us at Rotary Park for an afternoon of park play and meeting new friends!

Art in the Park: Join us for an art project at McKenzie Trails and then spend some time playing at the playground.

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!

Virtual Art Attack: Join us virtually to create a new art project each week. Kits containing required supplies will be provided.

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

Baby & Me: A program for prenatal and postnatal moms and caregivers of infants 0-18 months of age. Each week we will discuss new topics of interest and provide various resources to support. Older siblings welcome to attend. It takes a village to raise a child, let us help you widen your village circle.

Little Helpers: 'Oh the places you will go!' Little Helpers provides little ones ages 2-5, and their caregivers, the opportunity to practice being community helpers by exploring different helping roles each week with dramatic play and an activity.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
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