

Red Deer  
Family  
Resource  
Network

# May 2023

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

**Mon**  
(Bower)

**Tue**  
(YMCA/Online)

**Wed**  
(Online/Outdoor)

**Thu**  
(Bower)

**Fri**

**Sat**

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/Online)	Wed (Online/Outdoor)	Thu (Bower)	Fri	Sat
<p>1 Get Crafty 9:30-11:30 *Natasha Baby &amp; Me 1:00-3:00 *Natasha</p>	<p>2 Play &amp; Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>3 Playground Pals 1:00-2:30 *Natasha Strollercize 1:00-2:30 *Timi Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>4 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	5	Parent Enrichment Programs for Parents/ Caregivers
8	<p>9 Play &amp; Learn 9:30-11:30 *Natasha Group Teen Triple P 9:30-11:30 (online) *Tammy Youth @ the Y 3:00-5:00 *Shellsey</p>	10 Staff Health and Wellness Day	<p>11 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	12	
<p>15 Get Crafty 9:30-11:30 *Natasha Baby &amp; Me 1:00-3:00 *Natasha</p>	<p>16 Play &amp; Learn 9:30-11:30 *Natasha Group Teen Triple P 9:30-11:30 (online) *Tammy Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>17 Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>18 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	19	Programs for Youth Ages 14-18
<p>22  <b>May Long Weekend</b></p>	<p>23 Play &amp; Learn 9:30-11:30 *Natasha Group Teen Triple P 9:30-11:30 (online) *Tammy Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>24 Playground Pals 1:00-2:30 *Natasha Strollercize 1:00-2:30 *Timi Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p>25 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Natasha</p>	26	Programs for Youth Ages 7-13
29	<p>30 Play &amp; Learn 9:30-11:30 *Natasha Group Teen Triple P 9:30-11:30 (online) *Tammy Youth @ the Y 3:00-5:00 *Shellsey</p>	<p>31 Playground Pals 1:00-2:30 *Natasha Strollercize 1:00-2:30 *Timi Online Book Club 4:00-5:30 *Shellsey Circle of Security (Online) 6:00-8:00 *Natasha</p>	<p><b>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!</b></p>		

# May 2023

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

Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6

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

Discovery Time  
9:30-11:30  
\*Shellsey  
Stepping Stones  
Triple P  
3:00-4:30  
\*Tammy  
Rainbow Teen  
Night  
6:00-8:00  
\*Tammy

Parents Play Too  
1:30-3:00  
\*Tammy  
Group Triple P  
6:00-8:00  
\*Childcare Available  
\*Tammy

Toddler Time  
9:30-11:30  
\*Natasha  
Stepping Stones  
Triple P  
10:00-11:30 OR  
1:30-3:00  
\*Tammy  
Empowered Youth  
3:00-5:00  
\*Shellsey

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

8 9 10 11 12 13

Anger Management  
For youth: 4:00-5:00  
For teens: 5:00-6:00  
\*Tammy OR Shellsey

Discovery Time  
9:30-11:30  
\*Shellsey  
Stepping Stones  
Triple P  
3:00-4:30  
\*Tammy

Toddler Time  
9:30-11:30  
\*Natasha  
Stepping Stones  
Triple P  
10:00-11:30 OR  
1:30-3:00  
\*Tammy  
Empowered Youth  
3:00-5:00  
\*Shellsey

Stepping  
Stones  
Triple P  
10:00-11:30  
\*Tammy

PCN  
Fun Run

15 16 17 18 19 20

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

Discovery Time  
9:30-11:30  
\*Shellsey  
Stepping Stones  
Triple P  
1:30-3:30  
\*Tammy  
Rainbow Teen  
Night  
6:00-8:00  
\*Tammy

Group Triple P  
6:00-8:00  
\*Childcare Available  
\*Tammy

Toddler Time  
9:30-11:30  
\*Natasha  
Stepping Stones  
Triple P  
10:00-11:30 OR  
1:30-3:00  
\*Tammy  
Empowered Youth  
3:00-5:00  
\*Shellsey

Friday Fun  
Times  
9:30-11:00  
\*Shellsey

22 23 24 25 26 27

May  
Long Weekend

Discovery Time  
9:30-11:30  
\*Shellsey  
Stepping Stones  
Triple P  
1:30-3:30  
\*Tammy

Parents Play Too  
1:30-3:00  
\*Tammy  
Group Triple P  
6:00-8:00  
\*Childcare Available  
\*Tammy

Toddler Time  
9:30-11:30  
\*Natasha  
Stepping Stones  
Triple P  
10:00-11:30 OR  
1:30-3:00  
\*Tammy  
Empowered Youth  
3:00-5:00  
\*Shellsey

Play Learn  
Grow  
9:30-11:00  
\*Timi  
Friday Fun  
Times  
1:30-3:30  
\*Shellsey  
Youth & Teen  
Movie Night  
6:00-8:00  
\*Tammy

29 30 31

Fine Motor Fun  
1:30-3:00  
\*Timi

Discovery Time  
9:30-11:30  
\*Shellsey  
Stepping Stones  
Triple P  
1:30-3:30  
\*Tammy  
2SLGBTQIA+  
Parent Support  
6:00-8:00  
\*Tammy

Parents Play Too  
1:30-3:00  
\*Tammy  
Group Triple P  
6:00-8:00  
\*Childcare Available  
\*Tammy

PLEASE BE SURE TO LET YOUR  
FACILITATOR KNOW IF YOU ARE  
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YOU HAVE SIGNED UP FOR. OUR  
PROGRAMS HAVE BEEN FILLING UP  
FAST AND WE HAVE PEOPLE ON THE  
WAITLIST.  
THANK YOU!

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## May 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.

**Anger Management:** This program is a three-session information group on What is? How to recognize. And How to handle anger. The program is for youth ages 7-13yrs of age. We have group discussions and participate in group and individual activities.

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

**Rainbow Teen Night:** 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).

**Youth & Teen Movie Night:** Join us for a movie night including snacks, drinks, and good themed fun! Ages 13-18 invited. Ask Tammy or Shellsey for details.

**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.

**Group Triple P:** A four week in-person group program for families with children ages 2-12, with disruptive behaviors. Please contact Tammy for more details and to see if this programs could be a good fit for your family.

**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).

**Parents Play Too:** Parent focused fun and discussions with different activities and topics weekly. Children are welcome to attend.

**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**

## May 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.

**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.

3<sup>rd</sup> – Bower Ponds, 24<sup>th</sup> – Heritage Ranch, 31<sup>st</sup> – Bower Ponds. Registration is required.

**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.

**Playground Pals:** Come join us for some outdoor play. We will be meeting up at different parks around Red Deer each week. May 3– Bower Ponds, May 24– McKenzie Trails, May 31– Kin Canyon.

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