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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Triple P: Stepping Stones (Zoom) 9:30 Anxiety Management (LAC) 5:30 –6:45	3 Preschool Pals (LAC) 10-11:30 Triple P (LAC/ ZOOM) 7:30-9	4 STAFF WELLNESS DAY	5 Mother's Grace (LAC) 10-11:30 Ignite (CLIVE) 3:30-5:30 Tammy A-D (Zoom) 7:30-9	6 Cinco de Mayo 13+ (BLFDS) 6-8	7
8 	9 Triple P: Stepping Stones (Zoom) 9:30 Anxiety Management (LAC) 5:30 –6:45	10 Baby Buddies (LAC) 10-11:30 Moms Matter (LAC) 1-2:30	11 Baby Buddies (BLFDS) 10-11:30 Moms Matter (BLFDS) 1-2:30 Active Living Fair (LMC) 4-7	12 Mother's Grace (LAC) 10-11:30 Tammy A-D (Zoom) 7:30-9	13 Ignite (BENT) 3:30-5:30	14
15	16 Triple P: Stepping Stones (Zoom) 9:30 Ignite (ALIX) 3:30-5:30	17 Preschool Pals (LAC) 10-11:30 Triple P (LAC/ ZOOM) 7:30-9	18 STAFF TRAINING DAY	19 Mother's Grace (LAC) 10-11:30 Special Needs Support (LAC) 10-12 Ignite (LAC) 3:30-5:30 Tammy A-D (Zoom) 7:30-9	20 Art Attack (LAC) 10-12 PD Day Swim (LAC) 1-3	21 Mirror May Day 12-2
22	23 VICTORIA DAY OFFICE CLOSED	24 Baby Buddies (LAC) 10-11:30 Triple P (LAC/ ZOOM) 7:30-9	25 Preschool Pals (BLFDS) 10-11:30 Ignite (BLFDS) 3:45-5:15	26 Mother's Grace (LAC) 10-11:30 Tammy A-D 7:30-9	27 Moms Matter (BENT) 1-2:30	28 Dad Time 7-9
29	30 Triple P: Stepping Stones (Zoom) 9:30 Worried Warriors (LAC) 5:30 –6:45 Rock It Own It (LAC) 7-8:15 Connecting Clans (ALIX) 6:30-8:30	31 Preschool Pals (LAC) 10-11:30 Triple P (LAC/ ZOOM) 7:30-9	Lacombe & Area Family Resource Network #4-4725 49B Ave. Lacombe, AB 1.877.994.5465 or 403.896.3408 karen.white@mcmancentral.ca			

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ALL PROGRAMS REQUIRE PRE-REGISTRATION

To register for **Baby Buddies**, **Preschool Pals**, and **Moms Matter**: megan.munro@mcmancentral.ca/403.877.9469

To register for all other programs: karen.white@mcmancentral.ca/403.896.3408

BABY BUDDIES: Developmental activities, discussion, support, and presenters focusing on babies 0-18 months.

PRESCHOOL PALS: Developmental activities, story, games and more for preschool children. Siblings welcome.

MOMS MATTER: It's spring! Time for flowers!!!

DAD TIME: TBA

IGNITE: (age 7-12) STEM Projects from Kiwico

ART ATTACK (school age) - Arts and Crafts 10-12

CINCO DE MAYO: (13+) Nacho bar, Throw Throw Burrito and more!

INSPIRING VIRTUES: Anxiety Management (registration closed.) **Worried Warriors** (age 7-10) A workshop to help identify, and work through, their worries and anxieties. **Rock It Own It** (age 11-15) A workshop focusing on defining confidence, realizing the power behind our thoughts, setting boundaries with assertive communication, mindfulness and relaxation, moving out of the comfort zone and celebrating success and confidently moving forward.

SPECIAL NEEDS SUPPORT GROUP: A monthly group providing opportunities for social connection, resource sharing, representatives from community agencies, etc. Facilitator: Angela Woodcock

MOTHERS GRACE: This group is to provide mothers with support within the first 18 months of having baby. Facilitated by AHS, childcare provided by the FRN.

TRIPLE P (Positive Parenting Program): These sessions will be in person, but you can join by Zoom if preferred! Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. Facilitator: Carolyn McLaren

3rd-Developing Good Bedtime Routines

For Parents/Caregivers of Teens:

17th-**Raising Competent Teens**

24th-**Raising Responsible Teens**

31st-**Dealing with Rudeness & Disrespect**

TRIPLE P (Positive Parenting Program): Stepping Stones-This group will help you manage problem behaviour and developmental issues common in children with disability. It also helps encourage behaviour you like, cope with stress, develop a close relationship with your child and teach your child new skills. 6 sessions, 2.5 hours each. Facilitator: Carolyn McLaren

TAMMY AUTEN-DYE: Sessions via Zoom with local psychologist Tammy Auten-Dye.

5th-**Supporting Children with Grief**

12th-**Strategies to Support Your Anxious Child**

19th-**Childhood Trauma**

26th-**Self-Regulation**

CONNECTING CLANS: Activities for the whole family at the Alix Resource Centre.

LOCATIONS:

ALIX- Alix Resource Centre 5008 50Ave.

BENT- Bentley Town Office (basement) 4918 50Ave.

BLFDS- Blackfalds Community Centre 4810 Womacks Rd.

CLIVE-Clive School Library 5016 52Ave.

LAC- Lacombe FRN office #4, 4725 49B Ave.

MIRROR- Mirror Alliance Church 5011 50St.