



Alberta

Provincial Family  
Resource Networks

# NOVEMBER 2022

CONTACT MICHELLE: EMAIL -  
MICHELLE.REED@MCMANCE  
NTRAL.CA  
OR  
CALL/TEXT: 403-443-0304

SUN	MON	TUE	WED	THU	FRI	SAT
<p>DH - Drumheller TH - Three Hills TR - Trochu L - Linden C - Carbon</p>		<p>1 NO Tot program in Three Hills</p> <p>Youth Alliance (TH): 3:45pm - 4:45pm</p>	<p>2 Tot n Me: Free Play (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Teen Wellness Workshop (Munson): 5:00pm - 7:00pm</p>	<p>3 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm Youth Alliance (L): 4:45pm - 5:45pm</p>	<p>4 Tot n Me (TR): 1:30pm - 2:30pm Lego Club (TR): 3:30pm - 4:30pm Teen Drop-In (DH): 6:00pm - 9:00pm</p>	5
6	<p>7 Tot n Me (DH): 11:00am - 12:00pm Youth Alliance (DH): 3:30pm - 4:30pm Anxiety Relief for Teens (DH): 5:00pm - 6:00pm</p>	<p>8 Tot n Me (TH): 11:00am - 12:30pm</p> <p>Youth Alliance (TH): 3:45pm - 4:45pm</p>	<p>9 Tot n Me: Free Play (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Kids Have Stress Too!! (DH): 6:00pm - 7:00pm</p>	<p>10 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm Youth Alliance (L): 4:45pm - 5:45pm</p>	<p>11 REMEBRANCE DAY</p> <p>No Programming in Trochu</p>	12
13	<p>14 No programming in Drumheller</p>	<p>15 Tot n Me (TH): 11:00am - 12:30pm</p> <p>Youth Alliance (TH): 3:45pm - 4:45pm</p>	<p>16 NO PROGRAMMING IN DRUMHELLER</p>	<p>17 NO PROGRAMMING IN LINDEN &amp; CARBON</p>	<p>18 Tot n Me (TR): 1:30pm - 2:30pm Lego Club (TR): 3:30pm - 4:30pm Youth Alliance (TR): 4:30pm - 5:30pm Clayworks Studio Teen Event (DH): 6:30pm - 8:30pm</p>	<p>19 Clayworks Studio Family Fun Event @ 6:00 pm (DH)</p> <p><b>CANCELED</b></p>
20	<p>21 Tot n Me (DH): 11:00am - 12:00pm Youth Alliance (DH): 3:30pm - 4:30pm Anxiety Relief for Teens (DH): 5:00pm - 6:00pm</p>	<p>22 No programming in Three Hills</p>	<p>23 Tot n Me: Free Play (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Kids Have Stress Too!! (DH): 6:00pm - 7:00pm</p>	<p>24 Tot n Me (C): 1:30pm - 2:30pm Lego Club (L): 3:30pm - 4:30pm Youth Alliance (L): 4:45pm - 5:45pm</p>	<p>25 Tot n Me (TR): 1:30pm - 2:30pm Lego Club (TR): 3:30pm - 4:30pm Youth Alliance (TR): 4:30pm - 5:30pm</p>	26
27	<p>28 Tot n Me (DH): 11:00am - 12:00pm</p> <p>Youth Alliance (DH): 3:30pm - 4:30pm</p>	<p>29 Tot n Me (TH): 11:00am - 12:30pm</p> <p>Youth Alliance (TH): 3:45pm - 4:45pm</p>	<p>30 Tot n Me: Free Play (DH): 11:00am - 12:00pm Lego Club (DH): 3:30pm - 4:30pm Kids Have Stress Too!! (DH): 6:00pm - 7:00pm</p>	<p>Facebook: drumareafamilyresourcenetwork</p> <p>Instagram: @drumhellerfrn</p>		





# NOVEMBER 2022

## Program Calendar

**Call/Text**  
**Alysha -**  
**403-334-5944**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Y</b> - Youngstown  <b>D</b> - Delia  <b>H</b> - Hanna  <b>M</b> - Morrin  <b>C</b> - Cessford</p>		<b>1</b>	<b>2</b> Tot & Me (Y) 10:30am - 11:30am	<b>3</b> Tot & Me (D) 9:00am - 10:00am Zones of Regulation (H) 12:00pm - 2:00pm Mindful Matter (D) 3:15pm - 4:00pm Teen Anxiety Relief (H) 6:00pm - 7:00pm	<b>4</b> Tot & Me (H) 10:30am - 12:00pm  Youth Alliance (H) 4:00pm - 5:00pm	<b>5</b>
<b>6</b>	<b>7</b> Tot & Me (H) 10:30am - 12:00pm Baby Play (H) 1:00pm - 2:00pm Make-It Monday (H) 4:00pm - 5:00pm	<b>8</b> Tot & Me (M) 9:30am - 11:00am	<b>9</b> Tot & Me (Y) 10:30am - 11:30am  No Afterschool Alliance In Cessford	<b>10</b> No Tot & Me in Delia  Youth Alliance (Y) 4:00pm - 5:00pm Teen Anxiety Relief (H) 6:00pm - 7:00pm	<b>11</b> Remembrance Day  No Programming	<b>12</b>
<b>13</b>	<b>14</b> Tot & Me (H) 10:30am - 12:00pm Baby Play (H) 1:00pm - 2:00pm Make-It Monday (H) 4:00pm - 5:00pm	<b>15</b> Tot & Me (M) 9:30am - 11:00am  Mindful Matter (M) 3:15pm - 4:00pm	<b>16</b> Tot & Me (Y) 10:30am - 11:30am  Afterschool Alliance (C) 3:30pm - 4:30pm	<b>17</b> Tot & Me (D) 9:00am - 10:00am  Mindful Matter (D) 3:15pm - 4:00pm Teen Anxiety Relief (H) 6:00pm - 7:00pm	<b>18</b> Tot & Me (H) 10:30am - 12:00pm  Youth Alliance (H) 4:00pm - 5:00pm	<b>19</b>
<b>20</b>	<b>21</b> Tot & Me (H) 10:30am - 12:00pm Baby Play (H) 1:00pm - 2:00pm Make-It Monday (H) 4:00pm - 5:00pm	<b>22</b> Tot & Me (M) 9:30am - 11:00am  Mindful Matter (M) 3:15pm - 4:00pm	<b>23</b> Tot & Me (Y) 10:30am - 11:30am  Mindful Matter (D) 3:15pm - 4:00pm	<b>24</b> Tot & Me (D) 9:00am - 10:00am Social-Emotional Info (H) 12:00pm - 2:00pm Youth Alliance (Y) 4:00pm - 5:00pm Teen Anxiety Relief (H) 6:00pm - 7:00pm	<b>25</b> Tot & Me (H) 10:30am - 12:00pm  Youth Alliance (H) 4:00pm - 5:00pm	<b>26</b>
<b>27</b>	<b>28</b> No Tot & Me in Hanna Baby Play (H) 1:00pm - 2:00pm No Make-It Monday in Hanna	<b>29</b> No Tot & Me in Morrin  Mindful Matter (M) 3:15pm - 4:00pm	<b>30</b> No Programming in Youngstown or Cessford	<p>Follow Us:</p> <b>drumareafamilyresourcenetwork</b> <b>@drumhellerfrn</b>		