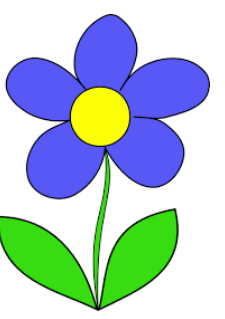


Red Deer Family Resource Network



May 2026

YOUTH PROGRAMS

Alberta Provincial Family Resource Networks

Youth Trivia Night

Having fun with others their age, sharing knowledge, feeling the rush of competition. Just some of the fun things that come along with Trivia Night. For youth ages 7-13yrs.

REGISTRATION REQUIRED Contact Shellsey to Register
Mondays 4:00-5:30
McMan FRN Office: Unit 103, 5214-47 Ave

Library Lunch

Lunch, books, and conversation. If you have a youth between the ages of 7-13yrs who like conversations, reading and chilling, this is a nice group to check out. Bring lunch/snack, chat and chill.

REGISTRATION REQUIRED Contact Shellsey to Register
Tuesdays 1:00-2:00
GH Dawe Library: 6175 67 Street

Movie Study

Movies!! Movies!! Movies!! Join Shellsey for an evening enjoying movies. Watch the movie, and after have discussions about characters and their achievements and goals, themes, concepts, and ratings for the movie. The movies are rated G, and the discussions will help the youth to look for certain things during the movie.

REGISTRATION REQUIRED Contact Shellsey to Register
Mondays 6:00-7:30
McMan FRN Office: Unit 103, 5214-47 Ave

Homeschool Connections

Attention homeschool families! Join us for some interactive, nature playtime. A chance for your children who are homeschooled to meet other homeschoolers, and a chance for the adults to meet other adults. We will be at various parks around Red Deer this month! Locations will be shared when you register.

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays 1:30-3:30 ****NO PROGRAM MAY 27**
McMan FRN Office: Unit 103, 5214-47 Ave

Youth @ the Y

After school do you want to create, play board games and card games, make some friends? Well, we have that for youth ages 7-13yrs at the YMCA in the Arts and Culture room. Youth have access to craft supplies, games, imaginative activities and Shellsey is there to have some fun with them.

REGISTRATION REQUIRED Contact Shellsey to Register
Tuesdays 3:00-5:00
YMCA (Northside Community Centre) 6391-76 Street

Drivers Safety

Do you have youth who is going to be taking their learners test soon? A teen who might be driving soon? Would you like us to help them to learn some driving do's and don'ts, and help with how to take the test? This program is for ages 13-18.

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays 6:00-8:00 ****NO PROGRAM MAY 27**
Virtual

LEGO

This program is for youth ages 7-13. We will spend our time together creating Lego masterpieces, meeting new friends and maybe having some contests as well. Let's learn while we create!

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays 4:00-5:30 ****NO PROGRAM MAY 27**
McMan FRN Office: Unit 103, 5214-47 Ave

Arty Art Art

Art is such a great way to express yourself, and with so many ways. This art group is for youth ages 9-13yrs old. Every week we try new types of art... painting, paper, lines, pastels etc. Program takes place at 5214 47Ave, and registration is required. Join us and show us your creativity.

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesday May 27 4:00-6:00
McMan FRN Office: Unit 103, 5214-47 Ave

Empowered Youth

We are strong, good and caring people. We know strong, good and caring people. Let's show the world us and awesome others. This group meets on Thursdays from 4:00-6:00pm at 5214 47Ave, for youth ages 7-13yrs old. We do weekly projects on how to lift ourselves and others up, and to look at ourselves to realize how awesome we truly are.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursdays 4:00-6:00
McMan FRN Office: Unit 103, 5214-47 Ave

Youth Flower Art

Creating flowers can be relaxing, but also tricky and a learning experience. We will create a variety of artistic flowers that won't wither and die, such as 3D and abstract flowers. This program is for ages 9-13.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursdays 6:00-8:00 ****NO PROGRAM MAY 28**
McMan FRN Office: Unit 103, 5214-47 Ave

Homeschool Around the World

Homeschool youth interested in other countries, cultures, history, food and interesting facts? We offer a program that will explore other countries in our awesome world. Reading, activity booklets, crafts and if possible, food to try from each of the countries we explore. For youth ages 7-13yrs old.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursdays 1:00-3:00 **** NO PROGRAM MAY 7**
McMan FRN Office: Unit 103, 5214-47 Ave

Young Readers Book Club

This is a book club for youth ages 9-13. We will pick a book to read together at our first meeting. We will read and discuss the book together at our following meetings. There will also be some activities and play time after our reading is done.

REGISTRATION REQUIRED Contact Shellsey to Register
Fridays 4:00-5:30 ****NO PROGRAM MAY 15 & 29**
McMan FRN Office: Unit 103, 5214-47 Ave



Shellsey.Blandin@mcmancentral.ca
403-396-3419

We are closed Monday May 18 for Victoria Day. Enjoy your long weekend!

Board Game Night

This program is for youth age 7-13. We will be playing board games and card games together. We have a variety of games available such as LIFE, Monopoly, Skip Bo and Bananagrams. Youth are also welcome to bring a board game that they would like to play with the group.

REGISTRATION REQUIRED Contact Shellsey to Register

Fridays 6:00-7:30 **NO PROGRAM MAY 15 & 29

McMan FRN Office: Unit 103, 5214-47 Ave

Sunshine Circle

An 8 week group therapy program based on Theraplay, focusing on the emotional and social development of children. Sunshine Circle encourages healthy relationships through playful activities that build trust and emotional connections among participants, helping to develop important social skills. Some of these skills include empathy, communication and cooperation, contributing to the resilience of the children involved. Facilitated by Angela Bennik of Karameon Counselling.

REGISTRATION REQUIRED Contact Kennedy to Register

Wednesdays 5:00-5:50 ** STARTS MAY 6

AGES 10-13

McMan FRN Office: Unit 103, 5214-47 Ave

TEEN PROGRAMS

Teen Walk and Talk

Join us on Monday afternoons to walk the lap at Bower Ponds. This group is a great way to unwind afterschool, boost your mood and

strengthen social supports. Come hangout with friends and make new ones too!

REGISTRATION REQUIRED Contact Kennedy to Register

Mondays 3:30-5:30

Bower Ponds: 4715 Fountain Drive

The Teen Lounge

Come check out the Teen Lounge for our weekly activities! This is a fun, low-pressure space to relax, try new things, and connect with others.

You'll enjoy great snacks, build new friendships, and have something to look forward to each week!

REGISTRATION REQUIRED Contact Kennedy to Register

Tuesdays 3:30-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

Teen Leadership

Come join our monthly teen leadership group, where you have the space to grow, connect, and challenge yourself. You'll have opportunities to

build confidence, collaborate with others, and explore what leadership looks like to you and your community.

REGISTRATION REQUIRED Contact Kennedy to Register

Friday May 29 3:30-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

PARENT ENRICHMENT PROGRAMS

Parents Supporting Parents

Join our support group for parents of children with specialized needs. We are a compassionate space to connect, share experiences, and find strength in community. Come chat and gain valuable insights, support, and resources to help navigate unique parenting journeys.

In-Person Sessions. Programming is completely free with no costs to participants. Limited Space Available. Kid-Friendly.

REGISTRATION REQUIRED Contact Kennedy to Register

Mondays 9:00-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

Group Triple P

Group Triple-P is being offered over 8-weeks with 4 group sessions + 4 phone-call follow-ups designed to help parents, caregivers and families of children up to age 12, who are exhibiting behavioral and emotional concerns. Through guided sessions, participants will build practical tools, engage in interactive discussions and gain valuable resources in relation to managing behaviours.

Discussion opportunities include:

What is Positive Parenting, Causes of Child Behavioral Problems, Managing Misbehavior, Family Survival Tips, Problem Solving and much more...

REGISTRATION REQUIRED Contact Kennedy to Register

Tuesdays 5:30-7:30

McMan FRN Office: Unit 103, 5214-47 Ave

Car Seat Safety

Join us for an information session all about car seat safety for your littles.

REGISTRATION REQUIRED Contact Timi to Register

Monday May 4 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Family Transitions Triple P

Family Transitions Triple-P is being offered over 5-weeks in group sessions designed to help parents, caregivers and families of children ages 0-16, who are transitioning through separation or divorce. Through guided sessions, participants will build practical tools, engage in interactive discussions and gain valuable resources in relation to managing changing family dynamics.

Discussion opportunities include: Positive Emotional Coping, Managing Conflict, Balancing Work, Family & Play, Co-Parenting, Problem Solving and much more...

REGISTRATION REQUIRED Contact Kennedy to Register

Wednesdays 1:00-3:00 **STARTS MAY 13. NO PROGRAM MAY 6

McMan FRN Office: Unit 103, 5214-47 Ave



Kennedy.Andrew@mcmancentral.ca
403-896-5348

We are closed Monday May 18 for Victoria Day. Enjoy your long weekend!

Parent Pop-Up

Hey caregivers! At this group, your kiddos have the chance to build important social and motor skills in a fun, supportive environment. Meanwhile, you can take time to recharge, get out of the house, and connect with other adults through a relaxed, low-pressure activity. Join us this month for our FREE, KID-FRIENDLY events!

REGISTRATION REQUIRED Contact Kennedy to Register

Wednesdays 9:00-12:00 **NO PROGRAM MAY 20

McMan FRN Office: Unit 103, 5214-47 Ave

Fear-Less Triple P

Fear-Less Triple-P is being offered over a 6-week group designed to help parents, caregivers and families of children ages 6-14 with anxiety. Through guided sessions, participants will build practical tools, engage in interactive discussions and gain valuable resources in relation to managing anxiety.

Discussion opportunities include How Anxiety Works, Parents as Models, Emotional Coaching, Overcoming Avoidance, Constructive Coping and Problem Solving and much more...

REGISTRATION REQUIRED Contact Kennedy to Register

Fridays 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Baby & Me with ASQ's

Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers, we will also have ASQ's for families who are interested.

DROP IN- No registration required.

Mondays 2:00-4:00

Bower Community Hall: 85 Boyce Street

Baby Kindermusik

Do you have a baby with you at home between the ages of 0-18mths of age? Would you like to introduce them to music? Songs? And Instruments? We have a baby music program available. We participate in half an hour of music, singing, dancing, playing with "instruments", and then some visit time for babies and adults.

REGISTRATION REQUIRED Contact Timi to Register

Mondays 1:00-2:00

McMan FRN Office: Unit 103, 5214-47 Ave

Play & Learn

Play is the foundation of learning. Through guided activities, free exploration, and hands on experiences, children develop confidence, curiosity, and a strong sense of self. Join us Tuesdays at the YMCA where we build relationships and the belief that every child learns best when they feel safe, supported, and understood.

REGISTRATION REQUIRED Contact Natasha to Register

Tuesdays 9:30-11:30

YMCA (Northside Community Centre) 6391-76 Street

Timi.Everett@mcmancentral.ca

403-896-4820

Natasha.Wilton@mcmancentral.ca

403-896-6401

Kennedy.Andrew@mcmancentral.ca

403-896-5348

Tip Sheet Sips

Join us Thursday mornings for a FREE small cup of coffee or tea and a new Triple-P Tip-Sheet Topic each week at Bower Ponds. Whether you're looking share

experiences, pick up some skills or simply enjoy a welcoming place to spend the morning with your kiddos, Tip-Sheet Sips is for you!

REGISTRATION REQUIRED Contact Kennedy to Register

Thursdays 9:00-12:00

Bower Ponds: 4715 Fountain Drive

Anger Management

This 8-week anger management group is designed to help parents, caregivers and families better understand, express, and regulate intense emotions. Through guided sessions, participants will build practical tools, engage in interactive discussions and gain valuable resources in relation to managing anger. This group is 16+ as material and discussions are not developmentally suitable for younger participants.

REGISTRATION REQUIRED Contact Kennedy to Register

Thursdays 6:00-8:00

McMan FRN Office: Unit 103, 5214-47 Ave

EARLY CHILDHOOD

PROGRAMS

Drop In Stay & Play

Drop in anytime between 9:00 am and 12:00pm for an inclusive, play-based early childhood development program designed to support young children and their caregivers through meaningful interactions, social connection, and hands-on learning experiences.

DROP IN- No registration required.

Mondays 9:00-12:00

Bower Community Hall: 85 Boyce Street

Lego Explorers

Let's use our fine motor skills and create something cool out of Lego! This program is for ages 3-6.

REGISTRATION REQUIRED Contact Timi to Register

Mondays May 11 & 25 1:30-3:30

McMan FRN Office: Unit 103, 5214-47 Ave

Kidz Club

Join us at Parkland Mall, every other Tuesday and one Saturday per month for some indoor play, crafts and more. We look forward to seeing you. This program is drop in. Unit 225 across from The Shoe Company.

DROP IN- No registration required.

Tuesdays May 5 & 19 1:00-3:00

Saturday May 2 11:00-1:00

Parkland Mall

Nature and Animals

This program is designed to give children the opportunity to explore and learn about the natural world around them and the animals on the farm.

REGISTRATION REQUIRED Contact Natasha to Register

Tuesdays 1:00-3:00 ** NO PROGRAM MAY 5 & 19

McMan FRN Office: Unit 103, 5214-47 Ave



We are closed Monday May 18 for Victoria Day. Enjoy your long weekend!

Discover Time

This is an early childhood program with parents who have children aged 0-6yrs old. Every week we explore art, sharing, communication, fun, excitement, and feelings.

REGISTRATION REQUIRED Contact Shellsey to Register

Tuesdays 9:30-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

Art in the Park

Join us for an art project at Kiwanis Picnic Park and then spend some time playing at the playground (weather permitting). This program is for ages 3-6.

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays May 12 & 26 1:00-2:30

Kiwanis Picnic Park

Outdoor Fun

Join us for a fun-filled program to help kids burn some energy and enjoy the outdoors.

REGISTRATION REQUIRED Contact Timi to Register

Wednesdays 9:30-11:30 **NO PROGRAM MAY 20

Kiwanis Picnic Park

Mother's Day Tea

Celebrate the special bond between caregivers and children at our Mother's Day Tea. Enjoy a relaxed afternoon together with iced tea and treats, while the little ones take part in creating a craft for you. Registration required by May 4.

REGISTRATION REQUIRED Contact Timi to Register

Thursday May 7 1:00-4:00

Bower Community Hall: 85 Boyce Street

Drop In Preschool Pals

Drop in anytime between 1:00-4:00pm for some child-led indoor play and tabletop activities. Children can explore, play and learn at their own pace. This program is for ages 0-6.

DROP IN- No registration required.

Thursdays 1:00-4:00 **NO PROGRAM MAY 7

Bower Community Hall: 85 Boyce Street

Little Friends

This is a play based program designed to support young children in building social skills, emotional understanding, and positive peer relationships. Through guided interactions, cooperative activities, and hands on learning, Little Friends helps children learn how to connect, communicate, and play with others in a supportive, nurturing environment.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

Outdoor Baby & Me

Ages 0-18 months Learn, play grow with other caregivers and their babies. We will be interacting in nature with our littles. I will have some toys and learning materials each week. May 1 - Heritage Ranch, May 8- McKenzie Trails, May 15 - Kiwanis Park, May 22- Bower Ponds, May 29 - Heritage Ranch.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 1:00-3:30



Little Wanderers

Let's get outside and go for a winter walk while we explore the beauty of the season. We will meet at the gazebo at Kiwanis Picnic Park and head out for our walk at 2:35pm.

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays May 12 & 26 2:30-4:00

Kiwanis Picnic Park

Little Steppers

Join me for some social interaction and the ability to get active with our littles. We will be going for a walk around Bower ponds and ending our walk at the playground to burn a little more energy.

REGISTRATION REQUIRED Contact Natasha to Register

Wednesdays 2:30-4:30 **NO PROGRAM MAY 27

Bower Ponds

Baby Buddies

This program is for our littles (under 18 months) and their caregivers. Join us for a relaxed and welcoming baby group where parents and caregivers can enjoy quality time with their little ones. This program offers a safe and nurturing space for babies to explore, play and learn.

REGISTRATION REQUIRED Contact Timi to Register

Thursdays 9:30-11:30

Bower Community Hall: 85 Boyce Street

Chapters & Playdates

Attention All Adult Readers!!! We have a book club. If you have littles, bring them along. While the adults are sitting suggesting books, picking books, and discussing books, the littles can play with toys and each other. We will meet up and pick a book at the beginning of the month, and at the end of the month we discuss the book. We welcome all kinds of readers...actual books, Kindles, and Audible.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays May 7 & 28

McMan FRN Office: Unit 103, 5214-47 Ave

Play Learn Grow

Come enjoy some quality time together in the FRN playroom with your littles. Engage in child-led play or get creative with an art activity together. This program is for ages 0-6.

REGISTRATION REQUIRED Contact Timi to Register

Fridays 1:00-3:00 **NO PROGRAM MAY 15

McMan FRN Office: Unit 103, 5214-47 Ave

Playground Pals

This is an outdoor group designed to help children build social, physical, and emotional skills in a natural, active environment. May 1 - Heritage Ranch, May 8 - McKenzie Trails, May 15 - Kiwanis Park, May 22 - Bower Ponds, May 29 - Heritage Ranch.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 3:30-4:30

Shellsey.Blandin@mcmancentral.ca

403-396-3419

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