



The Stettler & Area Family Resource Network

May Program Calendar



4901 51st Street
Stettler
403-740-2558

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
<p>Scan to meet our staff, get up to date info, and learn more about the FRN!</p> 				<p>01</p> <p>9:00-10:30 Little Fingers Sensory Play Sun Catchers</p>	<p>02</p> <p>10:00-1:00 Play Zone Drop In</p>
<p>04</p> <p>9:00-12:00 Stettler Play Zone Drop In</p>	<p>05</p> <p>9:00-10:30 Kimochis Tea Party</p>	<p>06</p> <p>1:00-3:00 Stettler Play Zone Drop In</p>	<p>07</p> <p>9:30-11:30 Homeschooling Group: Wrap Up Picnic 11:30-12:30 Bounce Bingo 3:30-5:00 Youth BINGO Night 4:00-7:00 Stettler Play Zone Drop In</p>	<p>08</p> <p>9:00-11:00 Mothers Day Tea & Crafts</p>	<p>09</p>
<p>11</p> <p>9:00-12:00 Stettler Play Zone Drop In</p>	<p>12</p> <p>9:00-10:30 Yoga for Littles 12:00-1:00 Babies On Board with Rhonda Missikewitz on Pelvic Health</p>	<p>13</p> <p>1:00-3:00 Stettler Play Zone Drop In 6:30-8:30 Active Parenting for Step Families</p>	<p>14</p> <p>3:30-5:00 Youth Pearler Beads 4:00-7:00 Stettler Play Zone Drop In</p>	<p>15</p>	<p>16</p>
 <p>18</p>	<p>19</p> <p>9:00-10:30 Yoga for Littles</p>	<p>20</p> <p>1:00-3:00 Stettler Play Zone Drop In 4:00-7:00 Children's Fair 6:30-8:30 Active Parenting for Step Families</p>	<p>21</p> <p>9:30-10:30 Castor Coffee Crew 3:30-5:00 After School ADHD Sensory Play 4:00-7:00 Stettler Play Zone Drop In 6:30-8:00 Moms Night Stettler</p>	<p>22</p> <p>9:00-10:30 Little Fingers Sensory Play Mud Play</p>	<p>23</p> <p>1:00-3:00 International Doughnut Day - Doughnut Show down</p>
<p>25</p> <p>9:00-12:00 Stettler Play Zone Drop In</p>	<p>26</p> <p>9:00-10:30 Spot of Feelings 12:00-1:00 Babies On Board with Momma Well 3:30-5:00 Youth Fish Hook Making</p>	<p>27</p> <p>1:00-3:00 Stettler Play Zone Drop In 6:30-8:30 Active Parenting for Step Families</p>	<p>28</p> <p>9:30-10:30 Castor Coffee Crew 4:00-6:00 Youth Fishing @ Diplomat Trout Pond 5:00-6:00 Dad & Me Fishing Night @ Diplomat Trout Pond 4:00-7:00 Stettler Play Zone Drop In</p>	<p>29</p> <p>9:00-10:30 Little Fingers Sensory Play Planting Seeds</p>	<p>30</p>
					<p>31</p>

Active Parenting for Stepfamilies

The Active Parenting for Stepfamilies workshops will teach you the skills you need to build a successful stepfamily. You'll learn how to...

- Improve communication and build new relationships based on respect and trust
- Set boundaries that work for your whole family
- Encourage your children to be their very best selves
- Prevent or stop problems such as loyalty conflicts, power struggles, and more

Wednesdays starting May 13th
@ 6:30-8:30pm
8 week IN-PERSON sessions



Youth: FISHING

Come out for fun and fishing!
For youth ages 12-16.
Ages 16 plus are welcome but require their own fishing license



Free Supper is included for all REGISTERED players.
Please let us know when registering if you need assistance with fishing gear

MAY 28TH 4-6PM | DIPLOMAT TROUT POND

Register with Bobbi: (587) 986-7906
REGISTRATION IS REQUIRED

YOGA FOR LITTLES WITH BIG FEELINGS



May 12th & 19th, 9:00-10:30am

Join us while we do some effective yoga poses and breathing practices that help children embrace healthy ways of acknowledging their emotions

Please register with Bobbi: (587) 986-7906

Alberta Provincial Family Resource Networks

SPOT OF FEELINGS

Do you have a little one that has a tough time expressing their feelings?

A Little SPOT of Feelings is a story about a little Scribble SPOT that is an Emotion Detective. He teaches you all about different emotions and facial expressions so you know how to NAME your FEELINGS.

Join us at the FRN starting May 26th to meet SPOT and learn all about your little's feelings!

Please register with Bobbi: (587) 986-7906

A LITTLE SPOT by Diane Alber



Alberta Provincial Family Resource Networks

Dad & Me: FISHING

Come out for fun and fishing!
For ALL AGES and their male caregiver.
Ages 16 plus are welcome but require their own fishing license



Free Supper is included for all REGISTERED players.
Please let us know when registering if you need assistance with fishing gear

MAY 28TH 5-6PM | DIPLOMAT TROUT POND

Register with Bobbi: (587) 986-7906
REGISTRATION IS REQUIRED

LITTLE FINGERS SENSORY PLAY

Join us at the Stettler FRN to support your little's growth and development through playful, sensory-filled activities!

- ✓ For children 2-6yrs
- ✓ Creative activities every week
- ✓ Improves motor development
- ✓ Safe, sensory-rich fun

FRIDAYS 9-10:30AM

Register: 587.986.7906

Stettler Family Resource Network

DOUGHNUT SHOWDOWN



MAY 23RD @ 1-3PM

JOIN US AT THE FRN FOR A DOUGHNUT SHOWDOWN! ALL AGES ARE WELCOME

Alberta Provincial Family Resource Networks

HAPPY Mother's Day Mother's Day Tea @ the FRN!

Happy Mother's Day! Moms and kiddos, drop by on Friday May 8th between 9-11AM for some bonding, crafts, snacks and tea to celebrate all the awesome moms in our community!

Please register with Bobbi: (587) 986-7906



Family Resource Network

YOUTH BINGO

May 7th @ 3:30-5PM

FREE

FREE



Call or Text Bobbi 587-986-7906 to register

Stettler Play Zone Drop In Hours:

Mondays: 9am - 12pm
Wednesdays: 1pm - 3pm
Thursdays: 4pm - 7pm
1st Saturday: 10am - 1pm

No Drop In on May 18th

Please refer to our Facebook or Instagram page for the most up to date information about Play Zone hours

Alberta Provincial Family Resource Networks

Babies on Board

A GROUP FOR EXPECTING MAMAS & THEIR INFANTS UP TO 12 MONTHS OLD

- Peer Support
- Education
- Nutrition
- Movement
- Mental Health
- Labour & Delivery
- Connection & More!

MAY 12TH & 26TH @ 12-1PM
LOCATED AT THE FRN 4901 51ST STREET (LUNCH PROVIDED)

REGISTER WITH BOBBI: 587-986-7906

Family Resource Network

COFFEE CREW

MEET AT EASTOR HOME HARDWARE



May 14, 21, 28 @ 9:30-10:30



SIP, WALK & TALK
COME JOIN US TO GRAB A COFFEE, WALK, AND CHAT ABOUT ALL THINGS PARENTING!

REGISTER WITH BOBBI (587) 986-7906

The 3C's Family Resource Network May Program Calendar



Call or text Marlo
for more info
403-588-8691

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
<p>Scan to meet our staff, get up to date info, and learn more about the FRN!</p> 				<p>10:00-11:00 Coronation Co</p> <p>5:00-6:00 Consort Play Zone Dads Night</p>	<p>01</p> <hr/> <p>02</p> <hr/> <p>03</p>
<p>10:00-12:00 Consort MYM Moms</p> <p>1:40-3:05 Babysitter Course Gus Wetter</p>	<p>11:00-12:00 Storytime @ Coronation Memorial Library</p> <p>1:40-3:05 Babysitter Course Gus Wetter</p>	<p>3:45-5:00 Veteran Teen After School</p>	<p>3:15-5:00 Consort Teen After School</p> <p>5:00-6:00 Consort Play Zone Dads Night</p>	<p>10:00 - 11:00 Coronation Coffee Talk & Walk</p>	<p>04</p> <hr/> <p>05</p> <hr/> <p>06</p> <hr/> <p>07</p> <hr/> <p>08</p> <hr/> <p>09</p> <hr/> <p>10 Happy Mother's Day</p>
<p>10:00-12:00 Consort MYM Moms</p> <p>12:30-1:30 Consort Coffee Connection</p>	<p>3:15-5:00 Youth Lego Club @ Coronation School</p>	<p>10:00-12:00 Consort Messy Art</p> <p>3:45-5:00 Veteran Teen After School</p>	<p>3:15-5:00 Consort Teen After School</p> <p>5:00-6:00 Consort Play Zone Dads Night</p>	<p>10:00-11:00 Coronation Coffee Talk & Walk</p> <p>12:00-5:30 FRN Friday @ Coronation Memorial Library</p>	<p>11</p> <hr/> <p>12</p> <hr/> <p>13</p> <hr/> <p>14</p> <hr/> <p>15</p> <hr/> <p>16</p> <hr/> <p>17</p>
	<p>3:15-5:00 Youth Lego Club @ Coronation School</p>	<p>10:00 - 12:00 Consort Little Scientists</p> <p>3:45-5:00 Veteran Teen After School</p>	<p>9:30-10:30 Castor Coffee Crew</p> <p>3:15-5:00 Consort Teen After School</p> <p>5:00-6:00 Consort Play Zone Dads Night</p>	<p>10:00 - 11:00 Coronation Coffee Talk & Walk</p> <p>3:30 - 5:30 Coronation Youth Yack & Snack</p>	<p>18</p> <hr/> <p>19</p> <hr/> <p>20</p> <hr/> <p>21</p> <hr/> <p>22</p> <hr/> <p>23</p> <hr/> <p>24</p>
<p>10:00-12:00 Consort MYM Moms</p> <p>12:30-1:30 Consort Coffee Connection</p>	<p>3:15-5:00 Youth Lego Club @ Coronation School</p>	<p>10:00 - 12:00 Consort Little Explorers</p> <p>3:45-5:00 Veteran Teen After School</p>	<p>9:30-10:30 Castor Coffee Crew</p> <p>3:15-5:00 Consort Teen After School</p> <p>5:00-6:00 Consort Play Zone Dads Night</p>	<p>10:00 - 11:00 Coronation Coffee Talk & Walk</p> <p>3:30 - 5:30 Coronation Youth Yack & Snack</p>	<p>25</p> <hr/> <p>26</p> <hr/> <p>27</p> <hr/> <p>28</p> <hr/> <p>29</p> <hr/> <p>30</p> <hr/> <p>31</p>

Family Resource Network Programs: 3 C's Community Programs

FRN Fridays @ Coronation Memorial Library

An afternoon of fun early learning activities for littles and parents, facilitated discussions around parenting and prenatal wellbeing, guest speakers, and opportunities for youth to engage in creative and educational activities.

Consort Coffee Connection

Drop-in for coffee, conversation, and community connection for parents and caregivers at FRN Play Zone @ FCSS.

Coronation Coffee Talk & Walk

A relaxed walking group for parents to connect, chat, and enjoy fresh air together. But first, coffee: Meet at Raven's Cravin's.

Consort Messy Art

Hands-on creative play for children and caregivers to explore art and get messy together.

Consort Little Explorers

Let's walk, stroll, hike, and explore. For young children and caregivers. Meet at FRN PlayZone.

Consort Little Scientists

Fun, simple science activities that encourage curiosity and hands-on discovery.

Coronation Youth Lego Club

Creative LEGO building space for youth to design, build, and connect with peers. After-school snack provided. Meet up at Coronation School.

Coronation Youth Yack & Snack

Inclusive youth drop-in group to socialize, chat, game, craft, exercise, and enjoy snacks in a guided and supportive setting. Meet @ Raven's Cravin's.

Consort Play Zone: Dad's Night

Evening program for dads/father figures to engage in child-led play, build & create, socialize, and share a meal.

Castor Coffee Crew

Walk & talk for parents and caregivers. Meet for coffee at Home Hardware.