

Red Deer Family Resource Network

November 2024



Parent Enrichment Programs

Special Needs Family Support Group

For parents and caregivers of children with additional needs, disabilities, medical needs, etc. Join us at the FRN Play Space while your children play. A group for connecting, developing support and resources, sharing, and caring. All are welcome, coffee will be on.

DROP IN– NO REGISTRATION REQUIRED

Mondays November 4 & 18. 1:00-3:45

McMan FRN Office: Unit 103, 5214-47 Ave

Parent Resource Library

A NEW virtual program for families. We have a lot of resources for different family needs that we would love to show you. Log on with Tammy to ask your questions about resources for activities to do with your kids, Tips for managing behaviors, Tips for developmental needs, Ways to connect and build developmental skills with your child, etc.

REGISTRATION REQUIRED

Contact Tammy to Register.

Monday November 18. 9:00-10:00 VIRTUAL

Stepping Stones Triple P– One on One

For families of children ages 2-12 with special needs. This program is offered 1:1 over the course of 6-8 weeks (depending on family's need) to provide strategies that help with behavioral concerns. New spots available.

APPOINTMENTS AVAILABLE WITH PRE-REGISTRATION

Contact Tammy to Register

Tuesdays OR Fridays 9:00-12:00, 1:00-4:00.

McMan FRN Office: Unit 103, 5214-47 Ave

Group Teen Triple P

For families of teens ages 13+ with behavioral concerns. Connect with Facilitator and other families to discuss strategies to support your family's needs. This is a 4-week workshop with connections to support an additional 4 weeks, as needed.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays. 1:00-3:00

VIRTUAL

Tammy.Predovic@mcmancentral.ca

403-896-5348

Timi.Everett@mcmancentral.ca

403-896-4820

Parent Self Care

Self-Care is one of the first things to go by the wayside as caregivers, yet one of the most important things we need to be our best selves. This group provides an opportunity for us to discuss various topics of self-care, de-stressing, positivity etc. and part of our time turning our topic into a practical activity for hands-on skill building and strategies for you and your family.

REGISTRATION REQUIRED by October 31. Contact Tammy Monday November 4. 9:00-10:00 VIRTUAL

Parent Pop Up

Hey caregivers! We have another fun activity for the adults to do while the kids play. Limited spots.

REGISTRATION REQUIRED Contact Tammy to Register Monday November 25. 1:00-3:30

McMan FRN Office: Unit 103, 5214-47 Ave

Triple P Baby

Triple P Baby aims to prepare parents for a positive transition to parenthood and the first year with baby. Topics covered include positive parenting, responding to your baby, survival skills and partner support. This program is for parents at the transition of parenthood or with a baby up to 12 months of age.

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays. 1:30-3:30

McMan FRN Office: Unit 103, 5214-47 Ave

Group Triple P

For families of children ages 2-12, with behavioral concerns. Connect with Facilitator and other families to discuss strategies to support your family's needs. This is a 4 week evening workshop, with connections to support and additional 4 weeks, as needed. Childminding is available for this group, with limited spots.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesdays. 6:00-8:00.

McMan FRN Office: Unit 103, 5214-47 Ave

Group Stepping Stones Triple P

a new option for Stepping Stones! We are now able to offer one of our most popular programs, in group format. This 5-week workshop provides strategies and information to support families of children ages 2-12 with additional needs.

REGISTRATION REQUIRED Contact Tammy to Register

Starts Thursday November 21. 10:00-12:00

VIRTUAL

For General Program Inquiries or Information on our In-home Family Support Program:

Lindsey.Diebolt@mcmancentral.ca or 403-896-6543

Family Transitions Triple P

If you are going through or have gone through a separation or divorce, it may be difficult at times to manage the extended family, the new partner and the ex-partner in addition to everyday issues. This 5-week workshop was designed to help parents who are going through a separation or divorce manage stress, anger, and change as well as teach conflict solving and good communication skills.

REGISTRATION REQUIRED Contact Tammy to Register

STARTS Thursday November 28. 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

ECD Programs (0-6 Years)

Drop In Stay and Play

Drop in anytime between 9:00 am and 12:00pm for some indoor play and some tabletop activities.

DROP IN- NO REGISTRATION REQUIRED

Mondays. 9:00-12:00 **NO PROGRAM NOVEMBER 11

Bower Community Hall: 85 Boyce Street

Little Adventurers

Join us for some nature exploration! The first hour we will be on the trails and the last hour we will have some fun at the playground.

REGISTRATION REQUIRED Contact Timi to Register

Mondays. 1:30-3:30 **NO PROGRAM NOVEMBER 11

Heritage Ranch

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.

REGISTRATION REQUIRED Contact Shellsey to Register

Tuesdays 9:30-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

Sweet & Silly

How does a mid-morning program feel where we could do some sweet memorable crafts and play out all our sillies? Join Miss Shellsey for some fun at McMan downtown office.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays. 10:00-11:30 **NO PROGRAM NOVEMBER 20

McMan FRN Office: Unit 103, 5214-47 Ave



2SLGBTQIA++ Caregiver Connect

A carer group to support families of children/youth/teens in the 2SLGBTQIA+ community. We will meet during the last week each month.

REGISTRATION REQUIRED Contact Tammy to Register

Thursday November 28. 6:30-8:00

McMan FRN Office: Unit 103, 5214-47 Ave

Drop In Bump Club

Are you pregnant and looking to make connections with other Moms-to-be? Join us for a morning of socializing and resources.

Saturday November 2. 9:00-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

Baby & Me

Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers.

REGISTRATION REQUIRED Contact Natasha to Register

Mondays. 1:00-3:00 **NO PROGRAM NOVEMBER 11

Bower Community Hall: 85 Boyce Street

Big Emotions

A group for families of little ones (focus age 2.5 to 5 years) who struggle with their big emotions. In this group we will do fun activities, read stories, and practice strategies with our little ones to help them build social-emotional literacy, self-regulation, and co-regulation skills with their family.

REGISTRATION REQUIRED Contact Tammy to Register

Mondays. 10:00-11:30 **NO PROGRAM NOVEMBER 11

McMan FRN Office: Unit 103, 5214-47 Ave

Play & Learn

Come join us at the YMCA for some indoor play, crafts, and circle time on Tuesday mornings.

REGISTRATION REQUIRED Contact Natasha to Register

Tuesdays 9:30-11:30

YMCA (Northside Community Centre) 6391-76 Street

Inbetweeners

Not quite ready for youth groups, but feeling too old for the little kid programs? This is a special group for our 5-7 year-olds and their caregivers. Join us for some after school fun!

REGISTRATION REQUIRED Contact Timi to Register

Wednesdays. 3:30-5:00

****NO PROGRAM NOVEMBER 6 or 20**

McMan FRN Office: Unit 103, 5214-47 Ave

Timi.Everett@mcmancentral.ca

403-896-4820

Natasha.Wilton@mcmancentral.ca

403-896-6401

Tammy.Predovic@mcmancentral.ca

403-896-5348

Shellsey.Blandin@mcmancentral.ca

403-396-3419

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 REQUIRED Contact Timi to Register

Thursdays 9:30-11:30

Bower Community Hall: 85 Boyce Street

Drop In Preschool Pals

Drop in anytime between 1:00pm-4:00pm for indoor play and tabletop activities.

DROP IN- NO REGISTRATION REQUIRED

Thursdays. 1:00-4:00

Bower Community Hall: 85 Boyce Street

Little Friends

Come join us to explore our FRN play space and connect with new friends and families.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays. 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

Little Builders

Come create something awesome. We will be building with blocks of all sorts! This program is for ages 2-6.

REGISTRATION REQUIRED Contact Timi to Register

Fridays. 1:30-3:30 **NO PROGRAM NOVEMBER 8 or 22

McMan FRN Office: Unit 103, 5214-47 Ave

For General Program Inquiries or Information on our

In-home Family Support Program:

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After School Frenzy

This program is at the YMCA on Tuesday afternoons, from 3:00-5:00pm for youth ages 7-13yrs in the Arts and Culture room. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities.

REGISTRATION REQUIRED Contact Shellsey to Register

Tuesdays. 3:00-5:00

YMCA (Northside Community Centre) 6391-76 Street

Little Artists

Paint...Glue...Glitter...Not wanting to use these things at home with your little between the ages of 0-6yrs of age? Why not join us for some art and not worry about the clean-up. From 1:00-3:00pm Miss Shellsey is going to have different weekly art projects for your littles to explore and create.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays. 1:00-3:00 **NO PROGRAM NOVEMBER 7

McMan FRN Office: Unit 103, 5214-47 Ave

Creative Fun

Does your child enjoy using their imagination and building with Lego/Duplo or even playdough? Then you should come join us!

REGISTRATION REQUIRED Contact Natasha to Register

Thursdays 9:30-11:30 **NO PROGRAM NOVEMBER 21

McMan FRN Office: Unit 103, 5214-47 Ave

Walk & Talk

Join us for a walk and some park play. We will be at a different location each week! Nov 1 – Bower Ponds, Nov 8 – Heritage Ranch, Nov 15 – Bower Ponds, Nov 22 – Heritage Ranch, Nov 29 – Bower Ponds. We will be leaving for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays. 1:30-2:30

Playground Pals

Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Nov 1 - Bower Ponds, Nov 8 – Heritage Ranch, Nov 15 – Bower Ponds, Nov 29 – Bower Ponds.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays. 2:30-4:00 **NO PROGRAM NOVEMBER 22

Saturplay

Come join us for an afternoon of fun at the Family Resource Network. Burn off some energy and explore our center.

REGISTRATION REQUIRED Contact Natasha to Register

Saturday November 23. 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Programs

Anger Management

This is a 2-session youth program, to help children ages 9-13yrs old with Anger. We discuss and learn about What is Anger? What are my Anger Triggers? How can I calm myself down and handle Anger healthier? We have in-group discussions, and some work to do on our own or with family.

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays. 4:00-6:00 ** NO PROGRAM NOVEMBER 11

McMan FRN Office: Unit 103, 5214-47 Ave

Homeschool Connections

Does your family homeschool? Would you like your children to meet and play with some new friends? Would you like to meet other homeschooling parents? Join Miss Timi and Miss Shellsey and make some connections!

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Mnaadendiwin (Respect) Group

Do you have a youth between the ages of 7-13yrs of age, that is wanting to get some knowledge about indigenous peoples and teachings? We have a group for you to try out. Youth become some of our greatest knowledge keepers, join us for a group to explore more of the indigenous culture through crafts, stories, history and more.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays. 6:00-8:00

McMan FRN Office: Unit 103, 5214-47 Ave

LEGO

Does your youth like to create with LEGO? Do they have sets that they want to build but just don't do them at home? Join Miss Shellsey from 4:00-6:00pm, to do just that. There are tubs of LEGO to create with, and if they want to bring packages from home to build and take them back home, they can do that too.

This is a youth group for youth aged 7-13yrs old.

REGISTRATION REQUIRED Contact Shellsey to Register

Fridays November 22 & 29. 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

Cooking Skills for Teens

Every individual can benefit from basic cooking skills. This group helps our teens to develop these skills in a fun and interactive group that meets monthly, and best of all we get to eat what we make! Please register in advance, deadline to register is November 8th

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday November 13. 3:30-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

Emotional Regulation for Teens

Stress, Worry, Sadness, Anger. All four of these are healthy emotions but they can still get in our way at times. Join us for a program to help teens talk, problem solve, reframe, and cope with these big emotions, and develop strategies to manage them. Ages 14-18.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays November 7 & 14. 4:00-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

Tammy.Predovic@mcmancentral.ca
403-896-5348

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

Online Book Club

This is an online Book Club for children ages 7-13yrs old. We read 2-3 chapters in a sitting, and then participate in one or two activities after. Home address' are required to deliver any activity envelopes to homes. The group is through Microsoft Teams. Lets share the love of reading and imagination.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays. 4:00-5:30

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 also explore people and things that can lift us up or who have been empowering. There are weekly journals, readings, creating and discussion.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays. 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

Teen Programs

Creative Circle for Teens

Each month is an opportunity to get creative with a different artistic and craft style, and to explore your creative side. No skills necessary, supplies provided, we have fun as we go. Registration is required, contact Tammy for details.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday November 6. 4:00-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

The Empowered Teen

A *NEW* Resiliency and Connection group for teens ages 14-18. Being a Teen is tough! Build self-confidence, emotional intelligence, social connections, and develop a growth and resiliency mind-set through hands-on activities that are meant to be fun, interactive, and safely challenge your teens to build their identity in a positive and healthy way. This group will meet monthly until the end of December and then move into a bi-weekly format in the new year.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday November 27. 3:30-5:30

McMan FRN Office: Unit 103, 5214-47 Ave

Teen Board Games

Wizard's Loft Game Café is a fun space that provides access to over 500 types of board games that can be played 1:1 or with multiple friends.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday November 21. 4:30-7:00

Wizards Loft