

Red Deer Family Resource Network

February 2025



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 FEBRUARY 17

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 February 3 & 24. 10:00-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

Snow Fun

Come join us for Snow Fun! We will be getting outside and playing in the snow!!

REGISTRATION REQUIRED Contact Natasha to Register

Tuesday February 25. 1:00-2:30

Walk & Play

Join me for a walk around Bower Ponds where we finish up at the playground. We leave for the walk at 2:35

REGISTRATION REQUIRED Contact Natasha to Register

Tuesday February 25. 2:30-4:00

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

Explore the Outdoors

I want to get some fresh air and move about in nature. Would you like to join me? We will meet on Monday afternoon and different walking paths around Red Deer. We can chat, walk and maybe even make new friends. For families with children of all ages. Registration required

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays. 1:00-2:30 **NO PROGRAM FEBRUARY 17

Drop In Baby & Me

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

DROP IN- NO REGISTRATION REQUIRED

Mondays. 1:00-4:00 **NO PROGRAM FEBRUARY 17

Bower Community Hall: 85 Boyce Street

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

Discover Time

This is an early childhood program with parents who have children aged 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 **NO PROGRAM FEBRUARY 18

McMan FRN Office: Unit 103, 5214-47 Ave

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

Tammy.Predovic@mcmancentral.ca

403-896-5348

Timi.Everett@mcmancentral.ca

403-896-4820

Natasha.Wilton@mcmancentral.ca

403-896-6401

Shellsey.Blandin@mcmancentral.ca

403-396-3419



For one on one Family Support or general program information, contact Lindsey @ 403-896-6543 or lindsey.diebolt@mcmancentral.ca

Chapters and Playdates

A book club for caregivers! Twice a month we will meet, the children will be able to play, and the adults will talk about the books. Lets read a book without pictures, and have some adult conversation! One book a month, for readers of all speeds, and for those who love books.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays February 6 & 27. 10:00-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

Little Wanderers

Join us for a walk around different parks with our littles. We will end our walk with some park play. February 7 – Heritage Ranch. We leave for our walk at 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Friday February 7. 1:00-2:30

Valentine's Day Fun!

Activities, crafts, and friends Hooray, Join us for a fun and fabulous Valentine's Day. For families and their littles, ages 0-6.

REGISTRATION REQUIRED Contact Tammy to Register

Friday February 14. 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

LEGO

Building, creating, thinking outside the box are all things you can do with LEGO. Youth between the ages of 7-13yrs old can join Miss Shellsey on Mondays after school, 4:00-6:00pm to create with LEGO. All creations made at the program will be photographed but will stay at the program.

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays. 4:00-6:00 **NO PROGRAM FEBRUARY 17

McMan FRN Office: Unit 103, 5214-47 Ave

Online Book Club

Reading can take you anywhere, how would you like to explore with Miss Shellsey? Join Book Club as we make our way through the awesome, magical, mystical world of Percy Jackson and the Lightning Thief. Miss Shellsey will read 2-3 chapters while you follow along, and then we do activity booklets together. This group can be accessed from anywhere due to it being online. It is on Wednesdays from 4:00-5:30 for young people ages 7-13yrs of age. Let your imagination soar.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays 4:00-5:30 **NO PROGRAM FEBRUARY 12 & 19

VIRTUAL

Playground Pals

Come join us for some outdoor play. We will be meeting up at a different park around Red Deer. February 7 – Heritage Ranch.

REGISTRATION REQUIRED Contact Natasha to Register

Friday February 7. 2:30-4:00

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 **NO PROGRAM FEBRUARY 14

McMan FRN Office: Unit 103, 5214-47 Ave

Saturday

Come join us for an afternoon of fun at the Family Resource Network. Burn off some energy and explore our center. Please register by February 20.

REGISTRATION REQUIRED Contact Timi to Register

Saturday February 22. 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Programs

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

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 **NO PROGRAM FEBRUARY 5 & 12

McMan FRN Office: Unit 103, 5214-47 Ave



For one on one Family Support or general program information, contact Lindsey @ 403-896-6543 or lindsey.diebolt@mcmancentral.ca

**Timi.Everett@mcmancentral.ca
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**Natasha.Wilton@mcmancentral.ca
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403-896-5348**

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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 **NO PROGRAM FEBRUARY 13

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 REQUIRED Contact Tammy to Register

Wednesday February 5. 4:30-6:30

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. Each month they host our Tabletop gang to gather and play board games, so whether you are new to the group, or a board game 'geek' Join us for fun, make friends, bring friends.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday February 26. 4:30-7:00 WIZARDS LOFT

5 REASONS TO Foster

- 1 MAKE A POSITIVE DIFFERENCE
- 2 HELP CHILDREN FEEL SAFE AND SECURE
- 3 ENABLE CHILDREN TO ACHIEVE THEIR FULL POTENTIAL
- 4 DEVELOP CHILDREN'S SELF ESTEEM AND SENSE OF PRIDE
- 5 SUPPORT CHILDREN TO FACE THEIR FUTURES WITH CONFIDENCE



TO FIND OUT MORE CONTACT

JACKI @

403-227-5580



Arty Art Art

Are you creative in Art? Do you want to try new Art skills? Would you like to meet other artists your age? Well, here is a program for you. This art group is for young people aged 9-13yrs old. We meet and create art projects in different styles of art. You do not need to bring anything; we take care of it all.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays. 6:00-8:00 **NO PROGRAM FEBRUARY 13 & 20

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Board Games

This is a Saturday program for youth ages 7-13yrs of age. We will be playing board games, and card games with each other. Games such as LIFE, Monopoly, Skip Bo, and Bananagrams. If there is a board game, they would like to play they can also bring that to group for us all to play.

REGISTRATION REQUIRED Contact Shellsey to Register

Saturday February 8. 10:00-12:00

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 February 7th.

REGISTRATION REQUIRED Contact Tammy to Register

Wednesday February 12. 4:30-6:30

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. Meets every 2 weeks.

REGISTRATION REQUIRED Contact Tammy to Register

Thursdays February 13 & 27. 4:30-6:00

McMan FRN Office: Unit 103, 5214-47 Ave



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

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

Parent Enrichment Programs

Parent Pop Up

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

REGISTRATION REQUIRED Contact Tammy to Register

Saturday February 1. 1:00-3:30

McMan FRN Office: Unit 103, 5214-47 Ave

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

Monday February 24. 1:30-4:00

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 an afternoon of socializing and resources. Drop in anytime between 1-4pm.

DROP IN- NO REGISTRATION REQUIRED

Tuesday February 11. 1:00-4:00

McMan FRN Office: Unit 103, 5214-47 Ave

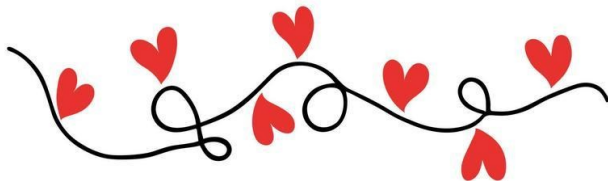
Group Triple P

A 4-week group program, for families of children ages 2-12, interested in promoting their child's development and potential or they may have concerns about their child's behavioral problems or simply wish to prevent behavior problems from developing. Please contact Tammy for more details and to see if this program is a fit for your family. Limited spots for child-minding available.

REGISTRATION REQUIRED Contact Tammy to Register.

Wednesdays. 9:30-11:30 **NO PROGRAM FEBRUARY 26

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

Mondays. 1:30-3:30 **NO PROGRAM FEBRUARY 17

McMan FRN Office: Unit 103, 5214-47 Ave

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

How Money Works

We will have a financial representative coming in to talk about how to overcome the most common financial challenges that people face. Join us for an educational afternoon and have your money questions answered.

REGISTRATION REQUIRED Contact Timi to Register

Tuesday February 25. 1:30-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Group Teen Triple P

For families of teens ages 13+, who have concerns about their teenager's level of behavioral problems or simply wish to prevent behavioral problems from developing. This is a 4-week workshop with connections to support an additional 4 weeks, as needed.

REGISTRATION REQUIRED Contact Tammy to Register

Starts Wednesday February 26. 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Discussion Group Triple P

For families of children ages 0-6. A weekly parent and caregiver discussion group that focuses on common parenting struggles, concerns, and strategies to support. Parents have the opportunity to visit and share while your little ones play. This month's topics will include Hassle Free Shopping with your kids.

REGISTRATION REQUIRED Contact Tammy to Register.

Thursday February 6. 10:00-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

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Anger Management for Families

Anger is a healthy emotion that everyone feels at one time or another; however, when it begins to impact our relationships, parenting, and daily lives, it may be time to look at strategies to help manage it better. Join us for this 8-week workshop where we discuss what anger is, how it impacts us, strategies, and a coping plan to help us deal with this emotion in a more positive way.

REGISTRATION REQUIRED Contact Tammy to Register
Thursdays. 6:00-8:00 ****NO PROGRAM FEBRUARY 27**
McMan FRN Office: Unit 103, 5214-47 Ave

Chapters and Playdates

A book club for caregivers! Twice a month we will meet, the children will be able to play, and the adults will talk about the books. Lets read a book without pictures, and have some adult conversation! One book a month, for readers of all speeds, and for those who love books.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursdays February 6 & 27. 10:00-12:00
McMan FRN Office: Unit 103, 5214-47 Ave

Fear Less Triple P

A 6-week group program, for families of youth ages 6-14 with anxiety. Each week we will focus on new strategies to help families manage through Anxiety. Please contact Tammy for more details and to see if this program is a fit for your family.

REGISTRATION REQUIRED Contact Tammy to Register
Starts Thursday February 20. 1:00-3:00
McMan FRN Office: Unit 103, 5214-47 Ave

LGBTQ2A++ Caregiver Connect

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

REGISTRATION REQUIRED Contact Tammy to Register
Thursday February 27. 6:30-8:00
McMan FRN Office: Unit 103, 5214-47 Ave

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

Red Deer Family Resource Network

For more information:
Lindsey Diebolt
403-896-6543
lindsey.diebolt@mcmancentral.ca

FAMILY SUPPORT

THE FRN FAMILY SUPPORT PROGRAM
SERVES FAMILIES WITH CHILDREN AGES
0-18.

THIS PROGRAMMING IS INTENDED TO
BUILD PARENTAL/CAREGIVER RESILIENCY
AND IS FOCUSED ON THE FAMILY UNIT
TO PROMOTE FAMILY WELLNESS.

PROGRAMS ARE FREE, FLEXIBLE, AND
GOAL ORIENTED TO FIT EACH FAMILY'S
SPECIFIC NEEDS WITH A FOCUS ON
STRENGTHENING PROTECTIVE FACTORS
AND REDUCING RISK FACTORS FOR ALL
THE MEMBERS OF THE FAMILY.



McMan

Alberta
Provincial Family
Resource Networks

**For one on one Family Support or general program information,
contact Lindsey @ 403-896-6543 or lindsey.diebolt@mcmancentral.ca**