

Please Register

LEGEND

MORRIN

DELIA

HANNA

YOUNGSTOWN

CESSFORD

CARBON

LINDEN

THREE HILLS

TROCHU

DRUMHELLER

ACME

HYBRID

VIRTUAL

FOLLOW



REGISTER



Provincial Family
Resource Networks



601 7 Street East,
Drumheller AB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30-12:00 Tummy Time 1-3:30 Just Breathe	3 9-10 pm Coffee Connect 10:30-12 pm Polar Pups at the Knox Church 3:30-4:30 Teen Games	4 6:30-7:30 Rainbows Support Group 3:30-4:30 Lego Club	5	6 8:30-9:30 Coffee connect 10-12 PM Sensory play 1-3 Teen Hike and Hot chocolate	7 Babysitters Course at Drumheller Library 10-3 PM
8	9 8:30-12:00 Tummy Time w Bailey Massage 1-3:30 Just Breathe	10 10:30-12 pm Polar Pups at the Knox Church 6:00-7:00 Thriving with ADHD	11 2:30-3:30 Drop In 5-6 Triple P Info Session 6:30-7:30 Rainbows Support Group	12 8:45-10:00 Drop In 1-3:30 pm Sensory play 3:30-4:30 Teen Games	13	14
15	16 8:30-12:00 Tummy Time 1-3 Homeschool Group	17 10:30-12 pm Polar Pups at the Knox Church 6:00-7:00 Thriving with ADHD	18 12-1 ASQ 3:30-4:30 Lego Club 6:30-7:30 Rainbows Support Group	19 8:45-10:00 Drop In 10:30-11:30 Triple P Tips 1-2 ASQ	20	21
22	23	24 10:30-12 pm Polar Pups at the Knox Church 6:00-7:00 Thriving with ADHD	25 3:30-4:30 Teen Wellness 6-8 PM Dry Canyon Connections-Dream catchers	26 8:45-10:00 Drop In 10:30-11:30 Triple P Tips 1-2 ASQ	27	28
29	30 8:30-12:00 Tummy Time 1-3:30 Just Breathe	31 6:00-7:00 Thriving with ADHD				

















Surrounding Communities

Please Register



Drumheller & Area
Family Resource
Network

MARCH

✉ frndrumheller@mcmancentral.ca
☎ Maria 403-334-5944
☎ Tara 403-443-0304

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND              FOLLOW  REGISTER   601 7 Street East, Drumheller AB	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

Babies, Toddlers, Children 0-6

 Maria 403-334-5944
 Tara 403-443-0304

Ages & Stages: Do you have questions about your child's development? ASQ's are designed to help answer any questions or concerns you may have. Our facilitators can offer play and educational experiences that promote healthy development. **Registration required call to book a time slot**

Tummy Time : For babies 0-18 months and caregivers. join us to explore sensory and gross motor activities. **Registration required**

Polar Pups : Join us at the the Knox Church for fun activities, including a craft and free play experiences. 2-6 years recommended. **Drop in**

Story Time : Join us with your preschoolers at the Youngstown Library for a story and craft. For ages 0-6.

Sensory Play : Join us at the FRN for fun sensory experiences. 0-6 years recommended. **Registration Required**

Drop In Play : Unfacilitated free play. Come use our space and connect with your littles through play and quality time.

Preschool Free Play : Unfacilitated free play. Join us at the Snake pit in Trochu for some fun and games. **Call or text to register.**

Children & Youth 6-18 years

Rainbows: A targeted group that helps children who are dealing with various stages of grief and loss. (Death, Divorce, Moving etc.) Drumheller group is closed, Hanna group open to participants. **Call 403 443 0304 for more information and to register.**

Thriving with ADHD: An engaging course that helps youth navigate the complexities of ADHD. Join us as we work through a guided journal that helps build strategies that kids can use in real life situations.. Suitable for children 7-12 with social and communication difficulties, ADHD and Autism. **Registration is required.**

Lego Club Linden & Acme: Calling all Lego creators! Join us after school in the library for some Lego building, crafts and more!

Curiosity Co-op: For homeschool families, find us in Trochu for STEM based, child led learning experiences, art projects and more. **Children under 6 years must be accompanied by an adult. Snacks provided.**

Teen Wellness: Join us for a monthly group where we discuss ways we can keep our mind and bodies well. For 13 + **Registration Required**

Youth Open Gym: Join us at the BCF for a variety of sports and games at our sports club. For those 7 and up. No BCF membership required. Drop in.

Teen Games: Join us after school for some fun and games with our facilitators. Bring your own or use our games.

Teen hot chocolate and hike: Meet the facilitators at the Drumheller office and join us for a nice winter walk to the coffee shop for some hot chocolate. **Registration Required**

Lego Club: Join us at our Drumheller Hub for a weekly Lego Club. Lego Club Ages 7-12 **Please Register**

Babysitters: This course can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters. Certification provided. **Registration Required**

Home School Group: Offering a space in Drumheller to gather to meet other families and kids who are homeschooling, a child led learning environment with a family facilitator. **Registration required.**

REGISTER FOR PROGRAMS ONLINE, BY E-MAIL, PHONE, OR TEXT MESSAGE



frndrumheller@mcmancentral.ca




Maria 403-334-5944



Tara 403-443-0304

Parent Education

 Maria 403-334-5944

 Tara 403-443-0304

Connect Parent Group: Pre-register at frninnisfail@mcmancentral.ca or by **calling/texting Kristie Fay at 403-877-7163.**

This program is for parents and caregivers of teens aged 12-18 who struggle with issues that make it difficult for them to do well at home, school, and in their communities. Each session looks at parent-teen relationships and adolescent development to promote secure attachment, enhancing their social, emotional, and behavioral development.

Carbon- Join us for once a month programs at Community Centre. 0-6 year Preschool drop in, Caregiver coffee & craft and Youth Lego club.
Call us to register!

Three Hills- Join us for once a month programs in Three hills at the Community Centre (Main St). 0-6 year Preschool drop in, Caregiver coffee & craft and Youth Lego club. **Call us to register!**

Coffee Connect: Do you have questions about what programs are a good fit for your family? Sit down with a facilitator who can provide information on resources and programming we offer. Coffee is on us.

Open House: Visit us at the FRN, meet our facilitators, tour the building, get to know the **FREE** programs and resources available to you!

Fearless Triple P: Fear-Less Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Call for more information. **Group and 1:1 sessions available.** Sessions run once a week for 6 weeks.

Triple P Tips: Thinking about taking Triple P? Are you needing help with managing behaviors? Drop in to learn more about the course and ask any questions you may have about positive parenting.

Ages and Stages: Do you have questions or concerns about your child's development? Come in and let our facilitators guide you through an ASQ questionnaire. **Call 403 334 5944 to book a time slot.**

Just Breathe-Join us and other caregivers for an afternoon of mindfulness practices, guided meditations and art experiences.
Registration required.

Families 0-18 years


FRN Drop-in and Drop-in Play: Stop by the Drumheller Hub Space at 601 7 Street East to talk to one of our staff about our programs and services. We will have activities and resources available during this time.

Ages and Stages: Do you have questions or concerns about your child's development? Come in and let our facilitators guide you through an ASQ questionnaire. **Call or text 403 334 5944 for a time slot.**


Dry Canyon Connections: Join us the third Wednesday evening each month as a family to learn Indigenous teachings, history, and traditional activities. **Registration required.** Call Lynn 403 856 3556 or Tara 403 443 0304. This month we are making Dream catchers.

Family Art Night: Join us in Delia once a month for an art night. Open to all families with kids 0-18.
Register with Annette at the Delia Library 403 364 3777

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