

Red Deer Family Resource Network

March 2026

YOUTH PROGRAMS

A Chance to Chill

This is a youth group for ages 9-13yrs old. It is a chance for youth to get together and discuss and find solutions for stress, anxiety, and anger. There is a workbook we work through, activities to try at program and at home, and a chance for the youth to meet others and have some fun.

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

Homeschool Connections

Attention homeschool families! Join us for some free playtime. A chance for your children who are homeschooled to meet other homeschoolers, and a chance for the adults to meet other adults. We offer playtime, crafts, sensory activities for everyone to interact with.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays March 18 & 25 1:30-3:30

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 March 5, 19 & 26 4:00-6:00

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. Join us and show us your creativity.

REGISTRATION REQUIRED Contact Shellsey to Register

Fridays March 6, 20 & 27 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

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 movie is rated G, and the discussions will help the youth to look for certain things during the movie.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursday March 19 6:00-8:00 & Wednesday March 25 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave



Shellsey.Blandin@mcmancentral.ca

403-396-3419

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

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 March 3, 17 & 31 1:00-2:00

GH Dawe Library: 6175 67 Street

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 March 19 & 26 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Walk

Do you have youth who could use some outdoor time? Getting outdoors in the winter crisp air is good for the mind and body. Join Shellsey at local walking paths from 1:30-2:30pm on Fridays for a nice winter trek.

REGISTRATION REQUIRED Contact Shellsey to Register

Fridays March 6, 20 & 27 1:30-2:30



**McMan Central is urgently seeking
over 30 beds for children to call home.**

[Learn More:](#)

Phone: (403) 227-5580

Email: central@mcmancentral.ca

McMan Central ♥ Foster Care

TEEN PROGRAMS

Teen Art Night

Come join us as we tap into our creativity through guided painting sessions. Whether you're an experienced artist or just starting your artist journey, this group is for you!

REGISTRATION REQUIRED Contact Kennedy to Register
Tuesdays March 10, 17 & 31 6:00-8:00 ** NO PROGRAM MARCH 3 & 24
McMan FRN Office: Unit 103, 5214-47 Ave

Homework Help

Are you a teen wanting to stay on top of your school load this year? Come check out our afterschool group designed to let you have the space, time and help for any homework, school projects or studying you need!

REGISTRATION REQUIRED Contact Kennedy to Register
Wednesdays March 11 & 18 3:30-5:30 ** NO PROGRAM MARCH 4 & 25
McMan FRN Office: Unit 103, 5214-47 Ave

PARENT PROGRAMS

Parent Pop- Up

Hey caregivers! We have another fun activity for the adults to do while the kids play. Come join us this month for our Free & Kid Friendly events!

REGISTRATION REQUIRED Contact Kennedy to Register
Wednesdays March 4, 11, 25 9:00-12:00 ** NO PROGRAM MARCH 18
McMan FRN Office: Unit 103, 5214-47 Ave

Anger Management

This is an 8-week anger management group 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. Limited space available. Childcare not available.

REGISTRATION REQUIRED Contact Kennedy to Register
Thursdays March 5, 12 & 19 6:00-8:00 ** NO PROGRAM MARCH 26
McMan FRN Office: Unit 103, 5214-47 Ave

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.

REGISTRATION REQUIRED Contact Kennedy to Register
Saturdays March 7, 14, 21 & 28 2:00-4:00
McMan FRN Office: Unit 103, 5214-47 Ave

Chapters and 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...physical books, Kindles, and Audible.

REGISTRATION REQUIRED Contact Shellsey to Register
Thursday March 5 & 26 10:00-12:00
McMan FRN Office: Unit 103, 5214-47 Ave

Drivers Safety Online

Do you have a 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 learn some driving dos and don'ts, and help with how to take the test? We have an online option this month for just that. A group for 13-18yr olds. Access to Microsoft Teams to log in is required.

REGISTRATION REQUIRED Contact Shellsey to Register
Wednesdays March 4, 11, & 18 4:30-6:30
Online

Teen Walk and Talk

Bundle up this month to join us for a relaxing, outdoors walk around Bower Ponds! Bring friends or come meet new ones too!

Weather Dependent.
REGISTRATION REQUIRED Contact Kennedy to Register
Tuesdays March 10, 17 & 31 3:30-5:30 ** NO PROGRAM MARCH 3 & 24
Bower Ponds: 4715 Fountain Drive

Adulting 101

Come join us for weekly topics that focus on cultivating real-life skills to foster confidence and independence in teenagers. Whether you are looking to develop or sharpen your tools to navigate life, this group is for you!

(Cooking, Career Planning, Job Seeking, Financial Literacy, Goal Setting, Social Engagement and Much More)

REGISTRATION REQUIRED Contact Kennedy to Register
Fridays March 6, 13 & 20 3:30-5:30 ** NO PROGRAM MARCH 27
McMan FRN Office: Unit 103, 5214-47 Ave

Young Mom Walk & Talk

Bundle up to join our Walk & Talk group for young moms! Our group is an uplifting space to connect, share, and support each other while enjoying the outdoors with our kiddos!

Weather dependent.
REGISTRATION REQUIRED Contact Kennedy to Register
Thursdays March 5, 12 & 19 1:00-3:00 ** NO PROGRAM MARCH 26
Bower Ponds: 4715 Fountain Drive

Parent Painting

Come tap into your creativity this month at parent painting! Whether you're an experienced artist or just starting your painting journey, this group is for you!

No skills necessary, supplies provided, we have fun as we go!

REGISTRATION REQUIRED Contact Kennedy to Register
Saturdays March 7, 21 & 28 9:00-12:00 ** NO PROGRAM MARCH 14
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 March 6, 13 & 20 9:00-11:00 ** NO PROGRAM MARCH 27
McMan FRN Office: Unit 103, 5214-47 Ave

Shellsey.Blandin@mcmancentral.ca

403-396-3419

Kennedy.Andrew@mcmancentral.ca

403-896-5348

Car Seat Safety

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

REGISTRATION REQUIRED Contact Timi to Register

Wednesday March 4 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Circle of Security

The Circle of Security® is an innovative intervention program designed to improve the developmental pathway of children and their parents. As they grow older, secure children become less likely to live in poverty, have legal problems, or experience chronic emotional difficulties.

REGISTRATION REQUIRED Natasha to Register

This is a 7-Week Program Tuesdays March 3, 10, 17, 24 & 31 5:30-7:30

McMan FRN Office: Unit 103, 5214-47 Ave

EARLY CHILDHOOD PROGRAMS

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

Strollercize

Join us for a walk with your littles in strollers. This is a great chance to socialize with other parents while getting some activity in! We will meet at the Servus Arena walking track.

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays March 3, 17 & 31 1:00-2:00

Servus Arena

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 March 10 & 24 1:00-3:00

Saturday March 14 11:00-1:00

Parkland Mall

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 Shellsey to Register

Mondays 1:00-2:00

Bower Community Center: 85 Boyce Street

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

Wednesdays 9:30-11:30 ** NO PROGRAM MARCH 18

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

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 1:30-3:30

McMan FRN Office: Unit 103, 5214-47 Ave

Little Builders

Little builders is a hands-on play based early childhood development program designed to inspire creativity, problem solving. Through building, designing, and exploring, children strengthen foundational developmental skills.

REGISTRATION REQUIRED Contact Natasha to Register

Tuesday March 3, 17 & 31 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Shellsey.Blandin@mcmancentral.ca

403-396-3419

Timi.Everett@mcmancentral.ca

403-896-4820

Natasha.Wilton@mcmancentral.ca

403-896-6401

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

Outdoor Fun

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

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays March 3, 17 & 31 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 March 11, 18 & 25 2:30-4:00

Bower Ponds

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

Bower Community Hall: 85 Boyce Street

Playground Pals

This is an outdoor group designed to help children build social, physical, and emotional skills in a natural, active environment. March 6 – Heritage Ranch, March 13 – Bower Ponds, March 20 – Heritage Ranch, March 27 – Bower Ponds. Registration Required.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 2:30-4:00



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403-396-3419

Timi.Everett@mcmancentral.ca

403-896-4820

Natasha.Wilton@mcmancentral.ca

403-896-6401

Alberta
Provincial Family
Resource Networks

Baby Buddies

This program is for our littles (under 18 months) and their caregivers. 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

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 March 13 & 27 1:00-3:00

McMan FRN Office: Unit 103, 5214-47 Ave

Stroller Strides

Come join in a walk with your stroller around either Bower Ponds or Heritage Ranch with your babe, let's get active together. March 6– Heritage Ranch, March 13 – Bower Ponds, March 20 – Heritage Ranch, March 27– Bower Ponds. We will be leaving for our walk by 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 1:00-2:30

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

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