






LEGEND	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MORRIN</b></p> <p><b>DELIA</b></p> <p><b>HANNA</b></p> <p><b>YOUNGSTOWN</b></p> <p><b>CESSFORD</b></p> <p><b>CARBON</b></p> <p><b>LINDEN</b></p> <p><b>THREE HILLS</b></p> <p><b>TROCHU</b></p> <p><b>DRUMHELLER</b></p> <p><b>ACME</b></p> <p><b>HYBRID</b></p> <p><b>VIRTUAL</b></p>				<p>1</p> <p>3:30-4:30 Lego club</p> <p>6:30-7:30 Rainbows</p>	<p>2</p>	<p>3 OFFICE CLOSED</p> 	<p>4</p>
	<p>5</p>	<p>6 OFFICE CLOSED</p> 	<p>7</p> <p>10:30-12 pm Sensory Play</p> <p>1-3 Home school group- Outdoor Explore</p>	<p>8</p> <p>6:30-7:30 Rainbows Support Group</p>	<p>9</p> <p>Mom &amp; Baby fitness 9:30-10:30</p> <p>1-3 PM Nature Navigators</p>	<p>10</p> <p>8:30-12:00 Tummy Time</p> <p>1-3:30 Just Breathe</p>	<p>11</p>
	<p>12</p>	<p>13</p> <p>8:30-12:00 Tummy Time</p> <p>1-3:30 Just Breathe</p>	<p>14</p> <p>10:30-12 pm Polar Pups</p>	<p>15</p> <p>3:30-4:30 Lego club</p> <p>6-8 PM Dry Canyon Connections</p>	<p>16</p> <p>Mom &amp; Baby fitness 9:30-10:30</p> <p>9-11 AM Nature Navigators</p> <p>1-2 ASQ</p>	<p>17</p>	<p>18</p> <p>DAD PLAY DATE 9:30-12PM</p> <p>1-2 Drop In Play</p> <p>Family Fun Swim 3-5</p>
<p><b>FOLLOW</b></p>  <p><b>REGISTER</b></p> 	<p>19</p>	<p>20</p>	<p>21</p> <p>10:30-12 pm Polar Pups</p> <p>6:00-7:00 Thriving with ADHD</p>	<p>22</p> <p>1-2:30 Sensory Play</p> <p>4-7 PM DFLS Meet, Greet &amp; Eat Event</p> <p>6:30-7:30 Rainbows Support Group</p>	<p>23</p> <p>Mom &amp; Baby fitness 9:30-10:30</p>	<p>24</p> <p>9-11 Drop In Play</p> <p>1-3 PM Teen Nature Navigators</p>	<p>25</p> <p>8:30-12:00 Tummy Time</p> <p>1-3:30 Just Breathe</p>
<p> McMan</p> <p>601 7 Street East, Drumheller AB</p>	<p>26</p>	<p>27</p> <p>8:30-12:00 Tummy Time</p>	<p>28</p> <p>10:30-12 pm Polar Pups</p> <p>6:00-7:00 Thriving with ADHD</p>	<p>29</p> <p>3:30-4:30 Lego club</p> <p>5-6 Triple P Tips</p> <p>6:30-7:30 Rainbows Support Group</p>	<p>30</p>		

Provincial Family Resource Networks



















Alberta

**Surrounding  
Communities**



Drumheller & Area  
Family Resource  
Network

# APRIL

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGEND</b>              <b>FOLLOW</b>  <b>REGISTER</b>   <b>601 7 Street East, Drumheller AB</b>				1 12:30-1:30 Preschool Story Time 3:00-4:30 Lego Club	2 10-12 Nature Navigators 2-3 Library Storytime 1-3 PM Curiosity Co-op @Arena 3-4:30 After School Club	3 	4
	5	6 	7	8 3-4:30 Lego Club	9	10	11
	12	13	14 3:30-4:30 Rainbows Support Group	15 10:15-11:15 Storytime 3:00-4:30 Lego Club	16 3-4:30 After School Club 1-3 PM Curiosity Co-op @ ARB	17 10-2 PM Early Years Fair	18
	19	20 10:15-11:15 Storytime 11:45-1 Lunch Club	21 3:30-4:30 Rainbows Support Group	22 12:30-1:30 Preschool Story Time	23 4-8 PM Acme library grand opening	24	25
26	27 11:45-1 Lunch Club 3:00-4:30 Lego Club 5-6 Family Art Night	28 3:30-4:30 Rainbows Support Group	29 12:30-1:30 Preschool Story Time 3:00-4:30 Lego Club	30 12:30-1:30 Home School Group 3-4:30 After School Club			

## Babies, Toddlers, Children 0-6

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

**Dad Play Date:** The facilitation room is open for kiddos to spend some quality time with DAD \* Free play/unfacilitated 9:30-12 pm Saturday April 18.

**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**

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

**Story Time :** Join us with your preschoolers 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**

**Nature Navigators:** Join us outdoors for free play, exploring, and crafts. **Call to register and find out where we are meeting. Drumheller and Three Hills locations.**

**Family Fun Swim:** Registration required for this **FREE** event. Swim and Pizza 3-5 PM, April 18. **Call Maria by the 15th to register 403 334 5944**

**Mom & Baby Fitness- FRN & Nordic walking and wellness have partnered to offer mom's a fitness class where babies are welcome! April/May sessions are full. Call for future sessions.**

## 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/Hanna group is closed. **Call 403 443 0304 for more information or to have a group run in your community.**

**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.**

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

**Teen Nature Navigators:** Join us for outdoor experiences and social connections. **Call 403 443 0304 for more Info. Please Register.**

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

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

**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. We will be outdoors in April.**

## 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**

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



frndrumheller@mcmancentral.ca



Maria 403-334-5944



Tara 403-443-0304

**Connect Parent Group:** Pre-register at [frninnisfail@mcmancentral.ca](mailto: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.

**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.

**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!**

**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.**

**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!**

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

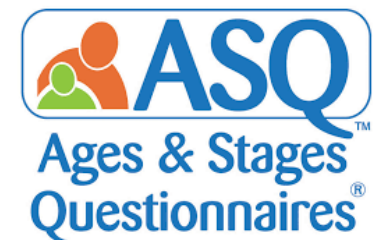
**Three Hills-** Find us April 17, at the Bethel Church for the **Early Years Fair** with program information, resources and more!  
**Pre-registration 10-1 PM Drop in 1-2 PM call 403 443 3800 to register.**

**Meet, Greet & Eat-** Find us at the Drumheller learning society with program information, resources and more. Meet the DFLS staff, learn about programs and post secondary education. **Free BBQ & Refreshments provided. April 22 4- 7 PM.**

**Acme Grand Opening week!** Find us at the New Library with resources, information and more! **April 23 4-8 PM**



Here is a look at the variety of programming we offer. Give us a call for more information on upcoming sessions. Free for families and community partners.



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

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