

Red Deer Family Resource Network

April 2026

YOUTH PROGRAMS

Alberta Provincial Family Resource Networks

Homeschool Baking

Baking is a science and baking is an art. For homeschool youth we are offering a baking class on Monday's. For youth ages 8-13yrs of age, from 1:30-3:30pm we will learn how to read recipes, measuring and bake time, maybe even some decorating. .

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 1:30-3:30

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

REGISTRATION REQUIRED Contact Shellsey to Register

Mondays 4:30-6:30

McMan FRN Office: Unit 103, 5214-47 Ave

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 1:00-2:00 **NO PROGRAM APRIL 28

GH Dawe Library: 6175 67 Street

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

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 1:30-3:30

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Trivia Night

Having fun with others their age, sharing knowledge, feeling the rush of competition. Just some of the fun things that come along with Trivia Night. For youth ages 7-13yrs.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesdays 4:30-6:30

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 4:00-6:00 ** NO PROGRAM APRIL 23

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Outdoor Fun

Let your kids play outdoors while you have some time to yourself. Miss Shellsey will bring a suitcase of outdoor games, there is a playground to enjoy, and there is no public school. For ages 7-13yrs. We will meet on the 8th at West Park Middle School, 3310 55Ave, 10:00-12:00. And on the 9th at Mattie McCullough, 26 Lawford Ave, 10:00-12:00.

REGISTRATION REQUIRED Contact Shellsey to Register

Wednesday April 8 10:00-12:00 @ Westpark Middle School

Thursday April 9 10:00-12:00 @ Mattie McCullough School

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 1:00-3:00 ** NO PROGRAM APRIL 2 & 23

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

Friday April 10 1:30-3:30

Friday April 17 4:00-6:00

McMan FRN Office: Unit 103, 5214-47 Ave

Baking 101

Do you have a baker who would like to create some yummys? Or a youth who is wondering how to bake? Well, we have a youth program for you. This program will help young people learn how to bake, read recipes, measure and have fun with food. It is for young people aged 7-13yrs old.

REGISTRATION REQUIRED Contact Shellsey to Register

Friday April 10 9:30-12:00

McMan FRN Office: Unit 103, 5214-47 Ave

Youth Walk

Do you have youth who could use some outdoor time? Getting outdoors in the spring air is good for the mind and body. Join Shellsey at a local walking path from 1:30-3:00 on Friday for a nice winter trek.

REGISTRATION REQUIRED Contact Shellsey to Register

Friday April 17 1:30-3:00

Shellsey.Blandin@mcmancentral.ca

403-396-3419

We are closed Friday April 3 and Monday April 6 for the Easter Long Weekend

Sunshine Circle

An 8 week group therapy program based on Theraplay, focusing on the emotional and social development of children. Sunshine Circle encourages healthy relationships through playful activities that build trust and emotional connections among participants, helping to develop important social skills. Some of these skills include empathy, communication and cooperation, contributing to the resilience of the children involved. Facilitated by Angela Bennik of Karamoon Counselling.

REGISTRATION REQUIRED Contact Kennedy to Register
Wednesdays 4:00-5:00 ** STARTS APRIL 15
McMan FRN Office: Unit 103, 5214-47 Ave

The Teen Lounge

Come check out the Teen Lounge for our weekly activities, fun with friends and a FREE pizza-pop!

REGISTRATION REQUIRED Contact Kennedy to Register
Tuesdays 6:00-8:00 **NO PROGRAM APRIL 7
McMan FRN Office: Unit 103, 5214-47 Ave

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 3:30-5:30 **NO PROGRAM APRIL 24
McMan FRN Office: Unit 103, 5214-47 Ave

Teen Walk & Talk Egg Hunt

Come Join our Teen Easter Egg Hunt for an exciting outdoor challenge to find hidden treats around our Teen Walk & Talk walking path at Bower Ponds!

REGISTRATION REQUIRED Contact Kennedy to Register
Saturday April 4 1:00-3:00
Bower Ponds: 4715 Fountain Drive

PARENT ENRICHMENT 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 9:00-12:00 **NO PROGRAM APRIL 15
McMan FRN Office: Unit 103, 5214-47 Ave

Anger Management

This 8-week anger management group is 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. This group is 16+ as material and discussions are not developmentally suitable for younger participants.

REGISTRATION REQUIRED Contact Kennedy to Register
Thursdays 6:00-8:00
McMan FRN Office: Unit 103, 5214-47 Ave



TEEN PROGRAMS

Teen Walk and Talk

Bundle up afterschool on Tuesday afternoons to walk the lap at Bower Ponds, hangout with friends and make new ones too!
Weather Dependent.

DROP IN- No registration required.
Tuesdays 3:30-5:30 **NO PROGRAM APRIL 7
Bower Ponds: 4715 Fountain Drive

Teen Parents and Parents-To-Be

Are you a teen who is expecting or already parenting? Join our playgroup where little ones can explore and play while parents connect with others who share similar experiences. This group offers a supportive space to build friendships, share stories, and discover helpful resources for young families. Whether you're looking to meet other teen parents, find support, or enjoy a child-friendly play space designed with your needs in mind, this group is for you!

REGISTRATION REQUIRED Contact Kennedy to Register
Wednesdays April 1 & 8 4:00-6:00
McMan FRN Office: Unit 103, 5214-47 Ave

Teen Leadership

Come join our monthly teen leadership group, where you have the space to grow, connect, and challenge yourself. You'll have opportunities to build confidence, collaborate with others, and explore what leadership looks like to you and your community.

DROP IN- No registration required.
Friday April 24 3:30-5:30
McMan FRN Office: Unit 103, 5214-47 Ave



Family Transitions Triple P

Family Transitions Triple-P is being offered over 5-weeks in group sessions designed to help parents, caregivers and families of children ages 0-16, who are transitioning through separation or divorce. Through guided sessions, participants will build practical tools, engage in interactive discussions and gain valuable resources in relation to managing changing family dynamics.

Discussion opportunities include: Positive Emotional Coping, Managing Conflict, Balancing Work, Family & Play, Co-Parenting, Problem Solving and much more...
REGISTRATION REQUIRED Contact Kennedy to Register
Wednesdays 1:00-3:00 **STARTS APRIL 8
McMan FRN Office: Unit 103, 5214-47 Ave

Mugs & Minis

Join us Thursday mornings for a FREE small cup of coffee or tea at Bower Ponds. Whether you're looking to make new connections, share experiences, or simply enjoy a welcoming place to spend the morning with your kiddos, Mugs & Minis is for you!

REGISTRATION REQUIRED Contact Kennedy to Register
Thursdays 9:00-11:00 **NO PROGRAM APRIL 23
Bower Ponds: 4715 Fountain Drive

Kennedy.Andrew@mcmancentral.ca
403-896-5348

We are closed Friday April 3 and Monday April 6 for the Easter Long Weekend

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 9:00-11:00

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

Little Professors

Join us for a fun, hands-on science adventure! We will try out a new science experiment each week, followed by some free play in our center. This program is for ages 3-6.

REGISTRATION REQUIRED Contact Timi to Register

Mondays 1:30-3:30 **NO PROGRAM APRIL 20

McMan FRN Office: Unit 103, 5214-47 Ave

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 April 7 & 21 1:00-3:00

Parkland Mall

Saturday April 18 11:00-1:00



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 9:00-12:00

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 2:00-4:00 ** NO PROGRAM APRIL 4

McMan FRN Office: Unit 103, 5214-47 Ave

EARLY CHILDHOOD PROGRAMS

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

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 1:00-4:00

Bower Community Hall: 85 Boyce Street

We Can Play

Join us for an evening of unstructured play to encourage exploration, socialization and development through play. Ages 0-6.

REGISTRATION REQUIRED Contact Timi to Register

Monday April 27 4:30-6:30

McMan FRN Office: Unit 103, 5214-47 Ave

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

Timi.Everett@mcmancentral.ca

403-896-4820

Natasha.Wilton@mcmancentral.ca

403-896-6401

Kennedy.Andrew@mcmancentral.ca

403-896-5348

We are closed Friday April 3 and Monday April 6 for the Easter Long Weekend

Art in the Park

Join us for an art project at Kiwanis Picnic Park and then spend some time playing at the playground (weather permitting). This program is for ages 3-6.

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays 1:00-2:30 **NO PROGRAM APRIL 7 & 21

Kiwanis Picnic Park

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

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 2:30-4:00 **NO PROGRAM APRIL 15

Bower Ponds

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

Wednesdays 10:30-12:00 **NO PROGRAM APRIL 15

Kiwanis Picnic Park

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

Sensory Time

Ages 2 and up. This program provides a nurturing and stimulating environment where children can explore their senses through play, movement, and interaction with caregivers.

REGISTRATION REQUIRED Contact Natasha to Register

Thursdays April 9 & 16 9:30-11:30

McMan FRN Office: Unit 103, 5214-47 Ave

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 1:00-3:00

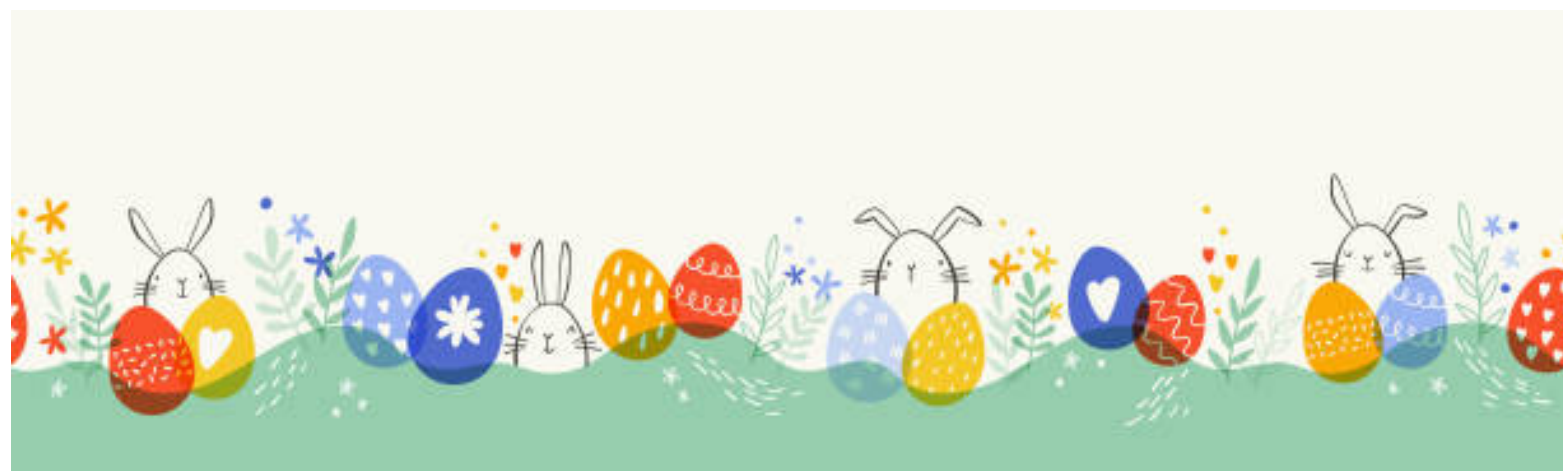
McMan FRN Office: Unit 103, 5214-47 Ave

Playground Pals

This is an outdoor group designed to help children build social, physical, and emotional skills in a natural, active environment. April 10 - Bower Ponds, April 17 - Heritage Ranch, April 24 - Bower Ponds.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 2:30-4:00



Little Wanderers

Let's get outside and go for a winter walk while we explore the beauty of the season. We will meet at the gazebo at Kiwanis Picnic Park and head out for our walk at 2:35pm.

REGISTRATION REQUIRED Contact Timi to Register

Tuesdays 2:30-4:00 ** NO PROGRAM APRIL 7 & 21

Kiwanis Picnic Park

Nature and Animals

This program is designed to give children the opportunity to explore and learn about the natural world around them and the animals on the farm.

REGISTRATION REQUIRED Contact Natasha to Register

Tuesdays 1:00-3:00 ** NO PROGRAM APRIL 14 & 28

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

Wednesdays 9:00-10:00 **NO PROGRAM APRIL 15

Servus Arena

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 **NO PROGRAM APRIL 23

Bower Community Hall: 85 Boyce Street

Chapters & 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...actual books, Kindles, and Audible.

REGISTRATION REQUIRED Contact Shellsey to Register

Thursdays April 2 & 30

McMan FRN Office: Unit 103, 5214-47 Ave

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

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. April 10 - Bower Ponds, April 17 - Heritage Ranch, April 24 - Bower Ponds. We will be leaving for our walk by 1:05pm.

REGISTRATION REQUIRED Contact Natasha to Register

Fridays 1:00-2:30

Shellsey.Blandin@mcmancentral.ca

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