

Red Deer
Family
Resource
Network

September 2023

Bower Community Centre (85 Boyce Street) &
YMCA (6391-76th Street), Outdoor & Online Programs

Mon
(Bower)

Tue
(YMCA)

Wed

Thu

Fri
(Outdoors)

Sat

1

4

STAT

5
Play & Learn
9:30-11:30
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

6
Strollercize
10:00-11:30
*Timi
Playground Pals
1:00-2:30
*Natasha
Online Book Club
4:00-5:30
*Shellsey

7
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Fun
1:00-2:30
*Natasha
Online Teen Talk
4:00-5:00
*Tammy
Fear Less Triple P
Online
6:00-8:00
*Tammy

8
Muscle &
Movement
10:00-11:30
*Timi

ECD
Programs
for Children
Ages 0-6 and
their
Parents/
Caregivers

11
Stay & Play
9:30-11:30
*Natasha
Baby & Me
1:00-3:00
*Natasha

12
Play & Learn
9:30-11:30
*Natasha
Walk & Play
1:00-3:00
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

13
Strollercize
10:00-11:30
*Timi
Playground Pals
1:00-2:30
*Natasha
Online Book Club
4:00-5:30
*Shellsey

14
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Fun
1:00-2:30
*Natasha
Fear Less Triple P
Online
6:00-8:00
*Tammy

15
Muscle &
Movement
10:00-11:30
*Timi

Programs
for Youth
Ages
14-18

18
Stay & Play
9:30-11:30
*Natasha
Baby & Me
1:00-3:00
*Natasha

19
Play & Learn
9:30-11:30
*Natasha
Walk & Play
1:00-3:00
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

20
Online Book Club
4:00-5:30
*Shellsey
Teen Hotdog
Roast @ Rotary
Park
4:00-6:00
*Tammy

21
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Fun
1:00-2:30
*Natasha
Fear Less Triple P
Online
6:00-8:00
*Tammy

22
Muscle &
Movement
10:00-11:30
*Timi

Programs
for Youth
Ages 7-13

25
Stay & Play
9:30-11:30
*Natasha

26
Play & Learn
9:30-11:30
*Natasha
Walk & Play
1:00-3:00
*Natasha
Youth @ the Y
3:00-5:00
*Shellsey

27
Strollercize
10:00-11:30
*Timi
Playground Pals
1:00-2:30
*Natasha

28
Baby Buddies
9:30-11:30
*Timi
Preschool Pals
1:00-3:00
*Timi
Playground Fun
1:00-2:30
*Natasha
Fear Less Triple P
Online
6:00-8:00
*Tammy

29

Parent
Enrichment
Programs
for Parents/
Caregivers

To register for programs, please contact the person listed under each program:

TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401
For general program inquiries please contact Lindsey:
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

September 2023

Red Deer Family Resource Network : 103, 5214-47 Ave

Mon Tue Wed Thu Fri Sat

1
Friday Fun
Times
1:30-3:30
*Shellsey
Stepping
Stones
Triple P
3:30-5:00
*Tammy

Parent
Enrichment
Programs
for Parents/
Caregivers

4

STAT

5
Discover Time
9:30-11:30
*Shellsey
Stepping Stones
Triple P
11:00-12:30 OR
1:15-2:45
*Tammy
Fine Motor Fun
1:30-3:00
*Timi

6
Little People
Big Emotions
1:30-3:30
*Tammy
Teen Taco Bout It
4:00-6:00
*Tammy

7
Toddler Time
9:30-11:00
*Natasha
Stepping Stones Triple P
1:00-2:30
*Tammy
Empowered Youth
3:00-5:00
*Shellsey

8
Little
Friends
9:30-11:00
*Natasha
Friday Fun
Times
1:30-3:30
*Shellsey
Stepping
Stones
Triple P
3:30-5:00
*Tammy

ECD
Programs
for
Children
Ages 0-6
and their
Parents/
Caregivers

11
Anger
Management
4:00-5:00
*Shellsey

12
Discover Time
9:30-11:30
*Shellsey
Stepping Stones
Triple P
11:00-12:30 OR
1:15-2:45
*Tammy
Fine Motor Fun
1:30-3:00
*Timi

13
Young Parents
Group
10:00-11:30
*Tammy
Little People
Big Emotions
1:30-3:30
*Tammy
Teen Table Top
Games @ Wizards
Loft
4:00-6:00
*Tammy

14
Toddler Time
9:30-11:00
*Natasha
Stepping Stones Triple P
1:00-2:30
*Tammy
Empowered Youth
3:00-5:00
*Shellsey
Teen Anger Management
4:00-5:00
*Tammy

15
Little
Friends
9:30-11:00
*Natasha
Friday Fun
Times
1:30-3:30
*Shellsey

Programs
for Youth
Ages
14-18

18
Anger
Management
4:00-5:00
*Shellsey

19
Discover Time
9:30-11:30
*Shellsey
Stepping Stones
Triple P
11:00-12:30 OR
1:15-2:45
*Tammy
Fine Motor Fun
1:30-3:00
*Timi

20
How Money Works
7:00-8:00
*Timi

21
Toddler Time
9:30-11:00
*Natasha
Stepping Stones Triple P
1:00-2:30
*Tammy
Empowered Youth
3:00-5:00
*Shellsey
Teen Anger Management
4:00-5:00
*Tammy

22
Little
Friends
9:30-11:00
*Natasha
Friday Fun
Times
1:30-3:30
*Shellsey
Stepping
Stones
Triple P
3:30-5:00
*Tammy

Family
Transitions
Triple P
9:00-5:00
*Tammy

Driving
Safety
9:00-5:00
*Sherry

25

26
Discover Time
9:30-11:30
*Shellsey
Stepping Stones
Triple P
11:00-12:30 OR
1:15-2:45
*Tammy
Fine Motor Fun
1:30-3:00
*Timi

27
Young Parents
Group
10:00-11:30
*Tammy
Little People
Big Emotions
1:30-3:30
*Tammy
Investing 101
7:00-8:00
*Timi
Teen Escape Room
Games
4:00-6:00
*Tammy

28
Toddler Time
9:30-11:00
*Natasha
Stepping Stones Triple P
1:00-2:30
*Tammy
Empowered Youth
3:00-5:00
*Shellsey
Teen Anger Management
4:00-5:00
*Tammy

29
Little
Friends
9:30-11:00
*Natasha
Stepping
Stones
Triple P
10:00-11:30
OR 1:30-
3:00
*Tammy
Friday Fun
Times
1:30-3:30
*Shellsey

Programs
for Youth
Ages 7-13

To register for programs, please contact the person listed under each program:
TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348
SHERRY.ROLLS@MCMANCENTRAL.CA or 403-896-5435
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401
For general program inquiries please contact Lindsey:
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

September 2023 Program Info

Youth @ the Y: Do you have youth how need to interact with new friends and in a new space after school. Why not bring them to the YMCA and have them hang out. We have different themes each week. We bring crafts, board games, card games, snacks, and activities for youth ages 7-13 yrs old.

Book Club: Attention for all youth who love reading and want to read the book series **WINGS OF FIRE!!!** We have a youth book club that is online, and available for ages 7-13yrs old. We read 2 chapters a week, discuss what we read, and some weeks we have crafts that we will work on.

Anger Management: We are offering a three-week course on Anger Management for youth ages 7-13yrs old. We learn and discuss What anger is, What are our anger triggers, and What can I do to calm myself down. We have interactive activities, reading and discussions with each other, and even have some activities to try at home.

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 will be using the Big Life Journals to help us to move forward in our awesome lives.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

Teen Talk: A virtual program for teens 14-18 to check in, vent, connect, and ask questions about 'virtually' anything (sorry for the bad pun!).

Anger Management for Teens: Anger is a normal healthy emotion. It's when it starts to get in the way of life that it becomes a challenge. Join Tammy for a 3-week, one-hour session on how to identify and work on Anger Management. For ages 14-18yrs old. Thursdays 4-5pm.

Teen Taco 'Bout it!: Celebrate back to school with a taco break for teens. All fixins provided, must register.

Teen Tabletop Gaming: Enjoy tabletop board and card games with other teens, such as Bang! Killer Bunnies, Carcassonne, etc. Never tried before? Now's the time. We will meet each month at Wizard's Loft Game Café.

Teen Hotdog Roast: It's still hotdog and s'mores season for teens. Meet up at Rotary Picnic Park, hang out, enjoy outdoor eats & treats, and play some outdoor games while the weather allows.

Teen Escape Room Games: Unlock! All the fun with Escape Room type gaming night at the Family Resource Network! Games change monthly, register in advance. Snacks provided.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

Driving Safety: Before teens get their learners, they should be aware of all the safety rules. Most teen drivers overestimate their driving abilities and underestimate the risk factors. Crash rates are especially high during the first year of unsupervised driving. Teens will learn the importance of safety first along with tips on responsible driving. They will walk away from this program feeling more prepared and confident and have a better understanding of the risks that come with driving.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
SHERRY.ROLLS@MCMANCENTRAL.CA OR 403-896-5435**

Triple P Stepping Stones: This program is for families of children, ages 2-12, with special needs that have disruptive behaviors. Please contact Tammy for more details as this program is offered 1-1 and not in a group format.

Fear-Less Stepping Stones: For families of children ages 6-14 with anxiety. This program is a continuation of the 6 weeks that started in August but you can still contact Tammy for details and to sign up for the next program available.

Family Transitions Triple P: For families going through separation and divorce or struggling to co-parent in separate homes. This is typically a five week course; however, this month it is being offered as a one day workshop on Saturday, September 23rd.

Young Parents Group: A space for young parents, ages 15-25 to connect, encourage, and support one another. All young families welcome and play space for ages 0-6.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

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 evening and have your money questions answered. Registration is required.

Investing 101: Are you worried about retirement? Do you just have questions about it? Join us for a program with a financial representative that focuses specifically on investing for retirement. Registration is required.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820**

September 2023 Program Info

Stay and Play: Come join in some indoor play at the Bower Community Center. We will have a different activity each week and we end each group with a story and some dancing with our littles.

Baby and Me: Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers. Registration required.

Walk and Play: Join us for a walk and some park play. We will be at a different location each week! 12th – Bower Ponds, 19th – Heritage Ranch, 26th Kerry Wood Nature Center (not stroller friendly). We will be leaving for our walk at 1:05pm.

Playground Pals: Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Sept 6- Bower Community Center, Sept 13 – Bower Ponds, Sept 27 – McKenzie Trails.

Toddler Time: This program is for our littles (18 months and up). A chance to make new friends, learn to problem solve, get creative and have some fun! Registration required.

Playground Fun: Come join in some outdoor play. Each week we will have a new activity. Sept 7 – Heritage Ranch, Sept 14 – Bower Ponds, Sept 21 – Kin Canyon, Sept 28 – Bower Community Center.

Little Friends: Come join us to explore our FRN play space and connect with new friends and families. Registration is required.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401**

Fine Motor Fun: Cut, scribble, draw, play, and build. Join us on Tuesday afternoons for activities that promote fine motor development for your little ones. This program is for ages 2-6 years old. Registration is required.

Strollerize: Join us for a walk with your littles in strollers. This is a great chance to socialize with other parents while enjoying some of the great trails that Red Deer has to offer. 6th – Bower Ponds, 13th – Heritage Ranch, 27th – Bower Ponds. Registration is required.

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 is required.

Preschool Pals: Come join us at the Bower Community Centre on Thursday afternoons. There will be different activities each week. Registration is required.

Muscle & Movement: Join us at a different playground each week for some outdoor fun and to meet new friends! 8th – Bower Community Playground (85 Boyce Street), 15th – Kiwanis, 22nd – Rotary Picnic Park

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820**

Friday Fun Times: This is an early childhood program for families with children ages 0-6 yrs old. We have playtime, craft time, and story time. A great chance to be creative and make new friends to play with.

Discover Time: This is an early childhood program for families who have children ages 0-6yrs old. Every week we explore different themes with crafts, games, coloring, and play

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

Little People Big Emotions – Join us for activities with your little ones (ages 3-6), to explore feelings, big emotions, and how to manage them.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**