

ELITE 3x3 BASKETBALL SERIES

Join the Kings and
Queens Coaches
and Athletes as they
introduce you to the
exhilarating world of
3x3 basketball!

FALL 3x3 CLINICS

Sundays

High School | Sep 22 – Oct 27

Middle School | Nov 3 – Dec 1

WINTER 3x3 LEAGUE

Sundays | Jan 12 – Feb 9



REGISTER HERE

Or contact

Avery Harrison

at 403.809.1418



Celebrate the end of our summer as
Central Alberta Chamber Orchestra in CAPSTONE
presents

"A Proper British Tea"



Join us for
this outdoor concert
featuring
the best of
British music for
winds and percussion.



GILBERT AND SULLIVAN

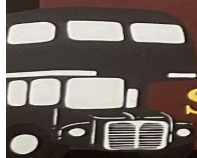
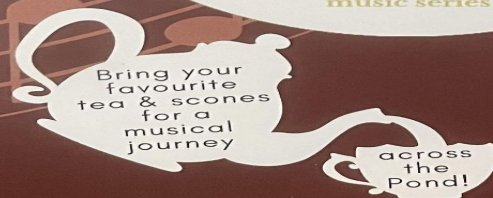
ANDREW LLOYD WEBER

ELTON JOHN

PERCY GRAINGER

GUSTAV HOLST

AND MANY MORE!



SUNDAY, SEPTEMBER 15, 2024
11:00 am to 1:30 pm

CANADA 150 SQUARE in Capstone
5589 47 St, Red Deer



LIFE CHANCES CASH LOTTERY

WIN UP TO \$25,000

50/50



Lottery Licence #697438

Must be 18 or older. Alberta residents only
20,500 tickets printed

1 for \$10, 10 for \$25 or 25 for \$50

Draw location: Red Deer Public Schools Schools
4747 53 Street Red Deer Alberta

More info
[HERE](#)



Red Deer Public
Schools
Violence Threat
Risk
Assessment and
Intervention
Protocol



To view article click [Here](#)



Fall Program Registration

**NOW
OPEN**



**TAMING
WORRY
DRAGONS**
Anxiety Education Program
Ages 5-8 & Parents

Wednesday Evenings
Starting Aug. 28

**Fun With
Friends**

Interactive Gross Motor program

Children ages 2-5 & Parents

Wednesday Mornings
Starting Sept. 11

**MINDFUL
CONNECTIONS**

Postpartum Support Group

Wednesday Mornings
Starting Sept. 18

SunBeams
Barbosa

Teaching children healthy
emotional expression

For preschool children ages 3-5

Tuesday Afternoons
Starting Oct. 8

CONQUER
THE ANXIETY &
WORRIES

Anxiety Education Program

For Tweens & Parents

Wednesday Evenings
Starting Oct. 16

Details are under the PROGRAM tab at fzca.ca

SunBeams

Teaching children healthy
emotional expression.

SunBeams program:

- Is a support group that assists preschoolers (ages 3-5 years) navigate changes and heal after separation and divorce.
- 11 weekly child & parent /caregiver sessions, ending with a special Celebrate Me Day.
- uses activities such as puppets, bears and games, especially designed to help the participants express their feelings and to learn new coping strategies.

SunBeams
is for preschool
children ages 3-5



Hello,

My name is Janelle Huhtala, and I'm the manager of Home Visitation Services with Family Services of Central Alberta. I am reaching out to share our upcoming SunBeams program through Rainbows for Children Canada. The program is an 11-week support group for parents and children aged 3 - 5 experiencing separation or divorce. It runs October 1st - December 10th, 3:45 p.m. - 4:45 p.m., at our Family Services of Central Alberta Parkland Mall location (located across from Ardene).

The program is free to all participants, and registration can be completed online [here](#).