



# Lacombe and Area—Family Resource Network Programs October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
'Like' and 'Follow' our Facebook page for daily program updates: LacombeFRN						
<b>Lacombe &amp; Area Family Resource Network</b> #4-4725 49B Ave. Lacombe, AB 1.877.994.5465 or 403.896.3408 karen.white@mcmancentral.ca www.mcmancentral.ca		 <b>McMan</b>		1	2 Preschool Pals Bentley 10-11:30  Ignite Bentley 3:30-5	3
4	5  Kids Have Stress Too-for Parents Blackfalds 7-9	6 Infant Massage Lacombe 1-3  Family Law Info. Session Lacombe 7-9	7 Preschool Pals Blackfalds 10-11:30 1-2:30	8  Atlas Clive 7-9	9 Family Fun Alix 10-11:30  Moms Matter Alix 1-3	10
11	12  THANKSGIVING (NO PROGRAMS)	13 Preschool Pals Lacombe 10-11:30  Infant Massage Lacombe 1-3	14 Baby Buddies Blackfalds 10-11:30  Parent Walk & Talk Blackfalds 1-2:30	15	16 Preschool Pals Bentley 10-11:30  Parent Walk & Talk Bentley 1-3	17  FRN OPEN HOUSE 1-4
18	19  Kids Have Stress Too-for Parents Blackfalds 7-9	20 Baby Buddies Lacombe 10-11:30  Infant Massage Lacombe 1-3	21 Preschool Pals Blackfalds 10-11:30 1-2:30	22  Ignite Clive 3:45-5 Impact Clive 6-8	23  Moms Matter Bentley 1-3	24 DAD & ME Alix 10-12
25	26  Kids Have Stress Too-for Parents Blackfalds 7-9	27 Preschool Pals Lacombe 10-11:30  Infant Massage Lacombe 1-3	28 Baby Buddies Blackfalds 10-11:30  Moms Matter Blackfalds 1-2:30	29	30 Preschool Pals Bentley 10-11:30  Impact Bentley 6-8	31  HALLOWEEN

## LACOMBE & AREA FRN - OCTOBER 2020 - PROGRAM INFORMATION

KIDS HAVE STRESS TOO-PARENT SESSION (6 weeks) - Practical information and strategies on hot topics of parenting. Register for individual sessions, or all 6. Instructor: Carolyn McLaren

INFANT MASSAGE (5 weeks) - Come and learn how to massage your infant and the many benefits for baby AND you! Best for newborns to crawling, but up to one year are welcome. Instructor: Carolyn McLaren

FAMILY LAW NIGHT (monthly) - Important information (not advice), from a paralegal, as you navigate the legal & judicial system. Presenter: Ryan McDougall

BABY BUDDIES - Developmental activities, discussion, support, and presenters focusing on babies 0-18 months. Siblings welcome.

PRESCHOOL PALS - Developmental activities, story, games and more for preschool children. Siblings welcome. \*\*\*MESSY PLAY will occasionally be incorporated into PRESCHOOL PALS with notice.

PARENT WALK & TALK - Get some exercise while connecting with other parents and kiddos!

MOMS MATTER - Come chat about your life as a mom. Learn some tips, tricks and strategies from each other and our staff. Kiddos welcome. \*\*COFFEE PROVIDED

ATLAS - Come discuss all the topics related to raising teens. It can be difficult and challenging for parents/caregivers and you don't need to do it alone. \*\*COFFEE PROVIDED

IGNITE - Youth aged 7-13 can come participate in various activities. A time to get out and have some fun!

IMPACT - Youth aged 14-18 are welcome to come and participate. We'll do different activities and support one another.

**FRN OPEN HOUSE** - No need to register! Come enjoy the activities, check out the Family Resource Network in Lacombe, meet our staff and have some fun!!

\*\*\*ALL ACTIVITIES REQUIRE PRE-REGISTRATION.

\*\*\*You may register for one or more groups at a time, please specify.

\*\*\*To register or for more information: email [karen.white@mcmcentral.ca](mailto:karen.white@mcmcentral.ca) or text/call 403.896.3408

\*\*\*Watch our Facebook page for weekly schedules, locations, and any other updates/changes.

**LACOMBE – FRN Office or Lacombe First Baptist Church (watch weekly schedule on FB for exact location)**

**BLACKFALDS – Blackfalds Community Centre (former Parentlink location)**

**CLIVE – Clive Baptist Church**

**BENTLEY – Town Office Community Room (basement)**

**ALIX – Alix and Area Community Resource Centre**