





# Lacombe and Area - Family Resource Network Programs -January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
'Like' and 'Follow' our Facebook page for daily program updates: LacombeFRN						
<b>Lacombe and 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 Facebook: LacombeFRN					1  	2
3	4	5  <b>Baby Buddies Zoom</b> 10:30-11:30	6  <b>Preschool Pals Zoom</b> 10-11	7  <b>Moms Matter Zoom</b> 1-2:30	8	9
10	11  <b>Family Law Night Zoom</b> 7-9 <b>Kids Have Stress Too-Caregivers Zoom</b> 7-9	12  <b>Baby Buddies Zoom</b> 10:30-11:30	13  <b>Preschool Pals Zoom</b> 10-11	14  <b>IMPACT Zoom</b> 6:30-8:30	15  <b>Art Attack Zoom</b> 1-2:30	16
17	18  <b>Kids Have Stress Too-Caregivers Zoom</b> 7-9	19  <b>Baby Buddies Zoom</b> 10:30-11:30	20  <b>Preschool Pals Zoom</b> 10-11	21  <b>Moms Matter Zoom</b> 1-2:30	22	23  <b>IGNITE Zoom</b> 1-2:30
24	25  <b>Kids Have Stress Too-Caregivers Zoom</b> 7-9	26  <b>Baby Buddies Zoom</b> 10:30-11:30	27  <b>Preschool Pals Zoom</b> 10-11	28	29  	30
31						

## LACOMBE & AREA FRN - JANUARY 2021 - PROGRAM INFORMATION

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

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

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

MOMS MATTER - Come chat about your life as a mom, do some activities just for YOU! Learn some tips, tricks and strategies from each other and our staff.

IGNITE - Youth aged 7-13 can come participate in various activities. Let's have some fun.

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

ART ATTACK - For school aged kids. Let's get those creative juices flowing!!

KIDS HAVE STRESS TOO-for Caregivers/Parents of Tweens/Teens - These 6 sessions will help parents learn valuable strategies and enable them to guide their teens to develop resilience and positive coping skills. These sessions will provide opportunity to fill our parenting toolbox and build confidence for being a positive parent in their homes. Topics include: Anxiety 101, Stressed Out, Anger, Peer Pressure-Bullying, Building Teens Survival Skills, and Healthy Happy Homes.

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

\*\*\*To register for the Zoom link: email [heather.darnell@mcmancentral.ca](mailto:heather.darnell@mcmancentral.ca) or text/call 403.877.6469

\*\*\*To register for the Zoom link for Family Law Night or Kids Have Stress Too-Parent Session:  
email [karen.white@mcmancentral.ca](mailto:karen.white@mcmancentral.ca) or text/call 403.896.3408

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