

Fall/Winter Program Schedule

FREE programs and services for Peace Region families



Phone: 780-624-0770
Email: frn@peacereiver.ca

Peace Region
Family Resource Network

REGISTRATION

All programs require registration unless labeled “Drop-In” & are FREE!

Register by calling 780-624-0770 or emailing frn@peaceriver.ca



Staff Directory

Parent Education Facilitator

Tracey ~ tgerk@peaceriver.ca

Building Stronger Families Facilitator

Carrie ~ crasmussen@peaceriver.ca
Randi ~ rhwkodegner@peaceriver.ca

FRN Coordinator

Lindsay ~ lgauvreau@peaceriver.ca

FRN Hub/Parent Education Facilitator

Cyndi ~ rcoy@peaceriver.ca

Admin Assistant

Dayna ~ dgach-bykewich@peaceriver.ca

The Peace Region Family Resource Network can support families with:

- Programs to promote healthy child development, from prenatal to 18 years
- Reliable parenting information and strategies
- Connection to community and local resources
- Programs and supports are free and flexible ranging from group workshops to customized individual services. In-person, virtual or telephone options are available

FRN HUB

Information & Child Development Drop-In Play Centre
(prenatal - 18 yrs)

TRIPLE P

Positive Parenting Program



PARENT EDUCATION

Programs, courses & workshops for parents/caregivers

BUILDING STRONGER FAMILIES

Individual Supports for parents & parents-to-be

FRN will closed the following days

Labor Day - Monday September 2

Thanksgiving weekend - October 12-14

Remembrance Day Weekend - November 9-11

Christmas Break - December 22-January 2

Family Day Weekend - February 15-17



Baby Programs

OPEN REGISTRATION

Sign up to attend throughout the sessions!



Baby's Day Out

REGISTERED

Baby's Day Out is a great opportunity to build relationships, and have open and honest conversations about the good, the bad, and the ugly of parenting during your child's first year of life!

Parents/caregivers and children ages 0-12 months

PEACE RIVER ~ Thursdays 10-11 am

Location: **PRFRN Multi Purpose Room**

Session #1

October 3, 17, November 7 & 21

Session #2

February 6, 20, March 6 & 20

MANNING ~ Thursdays 2-3 pm

Location: **Manning FCSS Meeting Room 413 Mainstreet (South door)**

Session #1

October 3, 17, November 7 & 21

Session #2

February 6, 20, March 6 & 20

FAIRVIEW ~ Thursdays 10-11 am

Location: **Fairview Library**

Session #1

October 10, 24, November 14 & 28

Session #2

February 13, 27, March 13 & 27

GRIMSHAW ~ Thursdays 2-3 pm

Location: **Grimshaw Multiplex**

Session #1

October 10, 24, November 14 & 28

Session #2

February 13, 27, March 13 & 27

Prenatal Expo

Are you pregnant, supporting someone who is? Join us and our community partners to gather information for your pregnancy journey, have the opportunity and space to ask all your questions & connect with other caregivers & organizations in the community!

Wednesday October 2
4:00 -7:00 pm

Location: **PR FRN Hub**

Play Programs



Active Playtime **▶ DROP IN**

Connect with other children & caregivers, enjoy fun play centers, sensory activities, crafts & more

Parents/caregivers and children ages 0-18 years

Wednesday - Saturday
10:00-3:00 pm

**** Special hours ****

Thursday October 31
1:00 - 3:00 pm

Wednesday September 18
Friday December 20
NO Active Playtime

Location: **PR FRN Hub**
Peace River Baytex Energy Centre (upstairs)



Fast Feet **▶ DROP IN**

Gross Motor Drop-In Fun for children 0-6 and their caregivers

Session #1

Tuesday October 1-November 19
9:30-11:00 am

Session #2

Tuesdays January 7 - February 25
9:30-11:00 am

Location: **Baytex Energy Fieldhouse**

Rhymes That Bind **▶ REGISTERED**

In partnership with



A language program for children 0-6 and caregivers

Rhymes That Bind is an oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, songs and simple movement games with their infants and toddlers in a supportive peer group. A light snack is provided

Wednesdays ~ 10:30am -11:30am
January 15th - March 5th, 2025

Location: **Multipurpose room**
Baytex Energy Centre

Parent Education

Registration Required



Triple P - Primary Group

Are you trying to calm a hectic home, manage behaviors that are leaving you at a loss or simply want to make sure you are prepared to handle anything the journey of parenting can throw at you?? If YES this group is for you! Join us for an amazing learning opportunity. Explore research based tools and strategies to support your children and help you feel in control and confident during the chaos parenthood can bring.

Tuesdays

September 17-November 5

9:30-11:30 am

Location: **Peace Region FRN**

****Childcare Provided****

Registration Required
for ALL Parent
Education Programs
Call 780-624-0770



Triple P - Fear-Less

Fear-Less isn't about eliminating fear altogether sometimes, fear protects us. Instead, it's about giving your family a toolbox of strategies, skills, and knowledge to manage anxious feelings and stop unnecessary worrying.

Tuesday November 5, 12 & 19
6:00-8:00 pm

Location: **Peace River Childcare Association**

Triple P - Teen Group

ALL YOU WANT TO KNOW ABOUT PARENTING TEENS (10 to 16 years)

Group Teen Triple P is a course that will set you up with the full range of Triple P's positive parenting strategies, and will help you understand why your teenager behaves the way they do.

Wednesdays Oct 16 - Dec 4
6:00-8:00 pm

Location: **ONLINE**

Parent Education



Parent Talk **DROP IN**

Join us for information, discussion, tips and strategies to fill your parenting tool box!

Fridays 10:30-11:30 am

Location: **Peace Playland**

Friday September 27th

Friday October 25th

Friday November 22nd

Friday January 31st

Friday February 28th

Friday March 28th

Watch the PRFRN Facebook page for monthly topics!



Kids Have Stress Too! Online Workshop

Join us for information, discussion, tips and strategies to fill your parenting tool box! Join us for the full program, offered in THREE Interactive, Online Sessions



**October 9, 23 & November 6th
12:30pm-2pm**

Location: **ONLINE**

Nobody's Perfect Parent Group

In this program you will learn about your child's feelings, behaviors, body & safety. Sessions are based on what YOU and other parents want to learn!

Wednesdays ~ 2:00-3:00 pm

January 8 & 22

February 5 & 19

March 5 & 19

April 2 & 16

Registration Required
for ALL Parent
Education Programs
Call 780-624-0770

Location: **PRFRN**
Childcare provided



Parent Education

Registration Required



Circle of Security

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research.

Mondays January 6 - March 3
1:30-3:00 pm

No class February 17

Location: **ONLINE**



Circle of Security
INTERNATIONAL

Early Intervention Program for Parents & Children

Parent Connect Group

Adolescents is a remarkable developmental period, in which children are transformed neurobiologically, cognitively and interpersonally as they prepare for adult roles and relationships. The confluence of these diverse changes makes adolescent a “sensitive” development period, where vulnerability increases but opportunity for growth are also heightened. This evidence based manualized 10 week program promotes social, emotional and behavioral adjustment and attachments, security in children and youth between the ages of 8-18.

For parents, caregivers and professionals with pre-teens or teens.

Tuesdays ~ January 7-March 11
5:30-7:00 pm

Location: **ONLINE**

Registration Required for
ALL Parent Education
Programs

Call 780-624-0770



Workshops

Registration required



How to Support your Teens

REGISTERED

An interactive workshop for Parents AND their Teens 14-18 facilitated by Lili with the Community Helpers Program

- *Establish a supportive relationship*
- *Learn about healthy boundaries*
- *Focus on positive communication practices*

A light pizza supper will be provided!

FAIRVIEW (Parents and Teens)
Thursday November 21
6:00-8:30 pm

Location: **Fairview Library**

PEACE RIVER (Parent Only)
Tuesday February 11
6:00-8:30 pm

Location: **PR FRN**



Potty Training Workshop

Learn the tips and tricks of potty training to help give you a step up when your little one is ready!

Monday November 18
9:30-10:30 am

Childcare provided

Location: **PR FRN Hub**

Support Groups

All are drop-in

ADHD

DROP IN

Parenting Group

Join us for discussion, support and peer mentoring through the joys & challenges of caring for a child with ADHD. No one needs to feel alone in parenting!

Monthly from 7:00-9:00 pm

November 14, December 12
January 23, February 20, March 20

Location: **PR FRN Hub**

Teen Driver Safety Info Night

Registration Required



Teen Driver Safety Info Night

What To Expect

- For teens and their parents 14-17 years old
- Learn about creating safe driving practices
- The rules of the road
- How to set your Teen up for driving success

Pizza Supper for participants

PEACE RIVER
Tuesday October 22
5:00-7:00 pm

Location: Baytex Energy Centre

FAIRVIEW
Thursday October 24
5:00-7:00 pm

Location: Fairview Library



THE FAMILY PANTRY

THE FAMILY PANTRY IS OPEN 5 DAYS A WEEK, AND FREE TO ALL FAMILIES IN NEED OF: DIAPERS, WIPES, FORMULA, CREAM, BABY FOOD ETC!

MONDAY - FRIDAY 8:30-4PM

Located Upstairs in the Baytex Energy Centre
9810-73 Ave. Peace River, AB
Phone 780-624-0770 for more information

Peace Region
Family Resource Network

Family Nights

Registration Required



FREE Family Swim

Join us for our November Family Night as we celebrate The National Day of the Child with a FREE Swim at the Peace Regional Pool. NO PRE-REGISTRATION REQUIRED. **DOOR PRIZES and SWAG BAGS while supplies last!**

Monday November 18
6:30-8:30 pm



Location: **Peace River Pool**

Merry Grinchmas Family Night

How the Grinch Stole Christmas PJ & Movie Night

Come for a festive night of ornament making, sensory play and holiday games and fun.

Tuesday December 3 ~ 5-7 pm

Location: **PRFRN**

Gymnastics Family Night

It's time to flip and play! Enjoy an evening of gymnastics FUN and pizza dinner for the whole family. Registration and waiver required to attend. Limited spaces

SAVE THE DATE: January, 2025

Location: **North Peace Gymnastics Club**



MANNING Family Night

Join the Peace Region FRN and Manning & District FCSS for an evening of FREE family fun for all ages

January 29 ~ 5 - 7 pm

Contact Manning FCSS or the FRN to register.

Location: **Rosary School**

Family Cooking Night at the Peace River Library

Join the FRN and special guest for an evening of hands on cooking activities, nutrition info & a fun recipe swap.

SAVE THE DATE: March, 2025

Watch our social media for more information & registration information.

Location: **Peace River Municipal Library**

Special Events



BOO BASH

REGISTRATION
REQUIRED

HALLOWEEN FUN



Put on your favourite costume and join us for a morning of interactive activities, crafts and sensory fun at the FRN

For children 0-6 and their caregivers

Thursday October 31st
9:30am -11:30am

Location: **PR FRN Hub**



Celebrate Family Literacy Week with the FRN

FREE Family Literacy Book Swap

Bring your books to swap for new ones. Also family literacy draws for all ages. Fun literacy activities added to Active Playtime Program throughout the week.

Monday January 20-Thursday 30

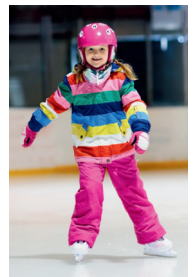
Location: **PR FRN Hub**

Peace River's Family Fest 2025

- Free Hot Dog Lunch and AWESOME Door Prizes
- Public Skating in the Arena
- Field House Activities for all ages
- Shiny on the ODR with the North Peace Navigators
- PRFRN Drop in with activities for 0-6
- Crafts and Games for 7+
- Button Making
- Bouncy Castles

Monday February 17th 2025
11:00am - 3:00pm

Location: **Baytex Energy Centre**



Building Stronger Families

Home Visitation Program



Building Stronger Families

SUPPORTS FOR PARENTS AND PARENTS-TO-BE

Our Program

In this program we focus on supporting families (Prenatal-ages 0-6 years) in achieving optimal child growth and development and healthy family functioning. The facilitator works with families in the home or another designated space using a parent-driven, goal based approach.

Unique to each family

Voluntary

Confidential

Free of Charge

Flexible

Benefits

Learn about child development

School Readiness

Child/Caregiver relationship building

Seeing everyday learning

How do I get involved with the Building Stronger Families program?

You can make a self-referral to the program or an agency can refer on our behalf.

Click on the QR code to be taken to our referral form



For more information Phone: 780-624-0770

Email: frn@peaceriver.ca

All FRN staff are extensively trained to offer Home Visitation and are proud members of AHVNA



Alberta Home Visitation
Network Association