

JANUARY/FEBRUARY/MARCH  
2026

# QUARTERLY NEWSLETTER

Peace Region  
Family Resource Network

780-624-0770

PEACERIVER.CA/FRN

FRN@PEACERIVER.CA

## A December of Giving

### A Huge Thank You

Wow, we are so grateful for all of the support for the Vision Credit Union Giving Tree which was facilitated through December! Many of our nominated families were gifted items to add some extra Christmas cheer under their tree this year. A big thanks to all the giving spirit in this community!!

Thank you to Vision Credit Union for hosting such a great event, and to our community members for your giving hearts!



### So Much Support



Thank you to Good Shephard School for raising money to support our family pantry and for all of the drop-offs from community members of supplies to keep the pantry stocked! Our pantry drive was an awesome success!



# Who We Are

*Peace Region*  
Family Resource Network

The Peace Region Family Resource Network (PRFRN) delivers engaging parent education programming and home visitation program supports throughout the Peace Region! Families with children of all ages and stages are welcome! All services are free of charge.

- Provide reliable parenting information and strategies
- Connect you with resources, referrals and community connection
- Programs to promote healthy child development, from pregnancy to adulthood

**At the PRFRN, we offer a range of supports to get you through the challenges you may be facing:**

- Emotional Regulation
- Loss and change
- Neurodivergence
- Prenatal and Postnatal support
- Mental Health
- Child development
- Relationships/lasting connection
- Low income
- Single parent challenges
- And so much more

### **Office Hours:**

M-F 8:00am-4:00pm

Sat-See calendar for details

### **Upcoming Office Closures:**

**Feb.16-Family Fest!**

*Peace Region*

Family Resource Network

**Service Connection  
and  
Information**

**The  
PRFRN HUB**



**Referrals to our PRFRN  
Programs and outside  
supports/Services**

**Parent ED  
Programs**



Programs,  
courses and  
workshops for  
parents with  
children 0-18  
years

**Building  
Stronger  
Families**



In-home  
targeted  
support, home  
visitation for  
parents and  
parents-to-be  
of children 0-  
6years

**Family  
Resilience  
Program**



In-home  
intensive  
support for  
families with  
children 7-18  
years

**Youth  
Outreach  
Initiative**



Education,  
training,  
employment,  
and skill  
development  
supports for  
youth facing  
homelessness

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

# Building Stronger Families

Home Visitation Program

Peace Region  
Family Resource Network

# Building Stronger Families

SUPPORTS FOR PARENTS AND PARENTS-TO-BE

## Our Program

In this program we focus on supporting families (Prenatal-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.

## Benefits

- Unique to each family Voluntary
- Confidential
- Free of Charge
- Flexible

- 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@peacerriver.ca](mailto:frn@peacerriver.ca)**



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

# Get Ready For...

## January Events

### Drop-In Programs

#### Fast Feet

##### Baytex Fieldhouse

Tuesdays  
10:00-11:30am  
Gross motor play for children 0-6 and their caregivers

#### Baby's Day Out Peace River

##### PRFRN Hub

1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month  
10:00-11:00am  
If you are a caregiver of a baby 0-13 months old, come out for a good discussion, peer support and so much more!

#### Sensory Shenanigans

##### PRFRN Hub

Wednesday, Jan. 14th  
5:00-6:00pm  
More sensory play and tactile fun for an evening play option!

#### Parent Chat

##### PRFRN Hub

Monday, Jan. 19th  
10:00-11:00am  
Anyone can get the wintertime blues! Learn what it is, symptoms to watch for and ways to cope with seasonal lows.

#### Rhymes That Bind

##### Baytex Multi-purpose Room

Wednesdays  
10:00-11:00am  
An oral language development program that promotes positive parenting

#### Sensory Saturdays-2 every month

##### PRFRN Hub

Jan. 10<sup>th</sup> and 24<sup>th</sup>  
10:00-11:30am  
A fun and messy program for all ages! Come and explore sensory play, meet other families and kick off your weekend with so much fun!

### Registered Programs

#### Adulting 101-Digital Literacy

##### Peace River Municipal Library

Thursday, Jan. 8th  
5:30-7:30pm  
This month we are at the Peace River Library learning about Digital Literacy with Nathan Philips!  
Chance to win an AWESOME Door Prize, pizza supper included, this session is just for Teens 14-18.

#### Family Night

##### Baytex Multi-purpose Room

Monday, Jan. 19th  
6:30-8:00pm  
Join us for our Family Tropical Movie Night  
Registration is required!

#### ADHD Parenting Group

##### PRFRN Hub

Thursday, Jan. 22nd  
7:00pm  
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!

#### ADHD Parenting Group Fairview

##### Ignite Youth Center

Monday, Jan. 26th @ 6pm  
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!

## February Events

### Drop-In Programs

#### Fast Feet

##### Baytex Fieldhouse

Tuesdays  
10:00-11:30am  
Gross motor play for children 0-6 and their caregivers

#### Baby's Day Out Peace River

##### PRFRN Hub

1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month  
10:00-11:00am  
If you are a caregiver of a baby 0-13 months old, come out for a good discussion, peer support and so much more!

#### Sensory Shenanigans

##### PRFRN Hub

Wednesday, Feb. 11  
5:00-6:00pm  
More sensory play and tactile fun for an evening play option!

#### Parent Chat

##### PRFRN Hub

Monday, Feb. 09  
10:00-11:00am  
Learn what it means to regulate your child's emotions, ways to help them manage their emotions and so much more!

#### Sensory Saturdays

##### PRFRN Hub

Feb 7<sup>th</sup> and 21<sup>st</sup>  
10:00-11:30am  
A fun and messy program for all ages! Come and explore sensory play, meet other families and kick off your weekend with so much fun!

### Registered Programs

#### LEGO Club

##### Baytex Multi-purpose Room

Wednesdays  
Feb. 4th-Mar. 25th  
4:00-5:00pm  
For 7-10 year olds to join this fun, after school club! A great way to unwind from the day of school and engage in creativity!

#### ADHD Parenting Group

##### PRFRN Hub

Thursday, Feb. 26th  
7:00pm  
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!

#### ADHD Parenting Group Fairview

##### Ignite Youth Center

Monday, Feb. 23rd  
6:00pm  
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!

#### Fear-Less Workshop

##### Grimshaw Mile Zero Multiplex

Feb. 3<sup>rd</sup>, 10<sup>th</sup>, 17th  
9:00-11:00am  
Fear-Less Triple P is an invaluable program that equips you with tools to encourage your children how to express, tolerate and manage upsetting emotions.

#### Adulting 101

##### St. Isadore Cultural Center

Thursday, February 5th  
5:30-7:30pm  
This month we are learning about small appliance cooking.  
Chance to win an AWESOME Door Prize, pizza supper included, this session is just for teens 14-18.

## March Events

### Drop-In Programs

#### Fast Feet

##### Baytex Fieldhouse

Tuesdays  
10:00-11:30am  
Gross motor play for children 0-6 and their caregivers

#### Baby's Day Out Peace River

##### PRFRN Hub

1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month  
10:00-11:00am  
If you are a caregiver of a baby 0-13 months old, come out for a good discussion, peer support and so much more!

# Get Ready For...

## March Events Continued...

### Drop-In Programs

#### Sensory Saturdays-2 every month

##### PRFRN Hub

March 7<sup>th</sup> and 21<sup>st</sup>  
10:00-11:30am

A fun and messy program for all ages! Come and explore sensory play, meet other families and kick off your weekend with so much fun!

#### Sensory Shenanigans

##### PRFRN Hub

Wednesday, March 11  
5:00-6:00pm

More sensory play and tactile fun for an evening play option!

#### Parent Chat

##### PRFRN Hub

Monday, Mar. 16<sup>th</sup>  
10:00-11:00am

Join us for practical tips, tricks and information on today's greatest parenting needs.

#### 3,2,1 Fun! Numeracy Program

##### PRFRN Hub

Wednesdays March 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
10:00-11:00am

Join us for a play-based program that introduces numeracy into our daily lives.

### Registered Programs

#### LEGO Club

##### Baytex Multi-purpose Room

Wednesdays  
4:00-5:00pm

For 7-10 year olds to join this fun, after school club! A great way to unwind from the day of school and engage in creativity!

#### Family Night

##### Peace River Municipal Library

Wednesday Mar. 4<sup>th</sup>  
5:00-7:00pm

Join us for our Family Dr. Seuss Birthday Party!  
Registration is required!

#### Adulting 101

##### Baytex Energy Center

Thursday, Mar. 5<sup>th</sup>  
5:30-7:30pm

This month we are learning about active bystander training. Chance to win an AWESOME Door Prize, pizza supper included, this session is just for Teens 14-18.

#### ADHD Parenting Group

##### PRFRN Hub

Thursday, Mar. 19<sup>th</sup>  
7:00pm

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!

#### ADHD Parenting Group Fairview

##### Ignite Youth Center

Monday, March. 30<sup>th</sup>  
6:00pm

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!

#### Circle of Security

##### PRFRN Hub

Mondays, Mar. 9<sup>th</sup>-May 11<sup>th</sup>  
1:00-3:00pm

This program gives you tools for what that connection can look like and how to build stronger relationships with your children to support their emotional needs.

We are always open to ideas for parent education workshops. Is there something you would like to learn more about? Inform one of our amazing team members at the PRFRN!



*Peace Region*

Family Resource Network



# Town of Peace River's FAMILY FEST!

**FREE FUN FOR EVERYONE!**



**FEBRUARY 16**  
11:00am - 3:00pm



**BAYTEX ENERGY CENTRE  
&  
PEACE REGIONAL POOL**

**SWIMMING FROM 2:30PM - 4:30PM**



**Horse & Wagon  
Rides**



**Games and  
Fieldhouse Fun**



**Public Skating  
and Hockey with  
the Navigators**

**PLUS!**

**FREE SWIMMING FROM 2:30PM - 4:30PM, FREE HOT DOG LUNCH, DOOR PRIZES,  
BUTTONS, CRAFTING WITH THE FRN, TEEN ACTIVITIES, AND MORE!**



## PEACE REGION FAMILY RESOURCE NETWORK



SUN	MON	TUE	WED	THU	FRI	SAT
				1 <b>HAPPY New Year</b>	2	3
4 <b>Family Literacy Challenge is open!</b>	5 <b>Office open</b>	6	7	8 <b>Baby's Day Out(PR)</b> 10:00am <b>**Adulting 101-digital literacy</b> 5:30-7:30pm	9	10 <b>Sensory Saturday</b> (Peace River) 10:00am-11:30am
11	12 <b>Book Swap starts!</b>  <b>Manning Mini Gym</b> 10:00am-11:30am	13 <b>Fast Feet (PR)</b> 10:00am-11:30am <b>Connected Caregivers</b> Duncan's First Nation 1:00pm	14 <b>Rhymes That Bind</b> 10:30am-11:30am <b>Group Triple P(Cadotte)</b> 1-2:30 <b>Sensory Shenanigans</b> 5:00pm-6:30pm	15 <b>Baby's Day Out</b> Fairview 11:00am	16	17
18	19 <b>Manning Mini Gym</b> 10:00am-11:30am <b>Family Night</b> 6:30-8:00pm	20 <b>Fast Feet (PR)</b> 10:00am-11:30am	21 <b>Rhymes That Bind</b> 10:30am-11:30am <b>Group Triple P(Cadotte)</b> 1-2:30	22 <b>Baby's Day Out(PR)</b> 10:00am	23	24 <b>Sensory Saturday</b> (Peace River) 10:00am-11:30am
25	26 <b>Manning Mini Gym</b> 10:00am-11:30am <b>ADHD Support Group Fairview</b> 6pm	27 <b>Fast Feet (PR)</b> 10:00am-11:30am	28 <b>Rhymes That Bind</b> 10:30am-11:30am <b>Group Triple P(Cadotte)</b> 1-2:30	29 <b>Baby's Day Out</b> Fairview 11:00am	30	31

The Family Literacy Challenge is running all month! Ask staff for details!



Peace Region  
Family Resource Network

PRFRN OFFICE HOURS  
Monday- Friday 8am-4pm

## Program Spotlight



## RHYMES THAT BIND

A LANGUAGE PROGRAM FOR CHILDREN 0-6 AND CAREGIVERS

TO REGISTER CALL:  
780-624-0770

**WEDNESDAYS**  
JANUARY 14TH-MARCH 4TH  
10:30 AM TO 11:30 AM

In the Baytex multipurpose room

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.

Small snack sponsored by Vision Learning Centre!



## January DROP IN PROGRAM SCHEDULE

**TUESDAYS**  
13<sup>TH</sup>, 20<sup>TH</sup>, 27<sup>TH</sup>  
10:00AM- 11:30AM

**FAST FEET**  
Our very popular gross motor program is a Drop-in program offering a variety of activities for children 0-6 and their caregivers!

**WEDNESDAY**  
19<sup>TH</sup>  
10:00AM-11:00AM

**PARENT CHAT**  
Anyone can get the wintertime blues! Learn what it is, symptoms to watch for and ways to cope with seasonal lows.

**THURSDAYS**  
8<sup>TH</sup>, 22<sup>ND</sup>  
10:00AM-11:00AM

**BABY'S DAY OUT**  
This is a program for the babies! Learn all about the first year of life through discussion, guest speakers and interactive activities. for infants 0-13 months

**WEDNESDAY**  
14<sup>TH</sup>  
5:00-6:30PM

**SENSORY SHENANIGANS**  
More sensory play and tactile fun in the evening play option!

**SATURDAY**  
10<sup>TH</sup>, 24<sup>TH</sup>  
10:00-11:30AM

**SENSORY SATURDAYS**  
A fun and messy program for all ages! Come and explore sensory play, meet other families and kick off your weekend with so much fun!

**WEDNESDAY**  
14<sup>TH</sup>, 21<sup>ST</sup>, 28<sup>TH</sup>  
10:30-11:30AM

**RHYMES THAT BIND**  
An oral language development program that promotes positive parenting.

Peace Region  
Family Resource Network

All Programs Located Upstairs in the Baytex Energy Center



# January is Family Literacy Month!

The Family Literacy Challenge kicks off January 1st, full of fun activities for the entire family!

Simply complete at least 15 activities from January 1st to 31st and check off each that you complete.

Then, drop off, email or send us a direct message on social media of your completed challenge. Fill out your name and phone number at the bottom of the challenge.

The draw will take place February 2nd, 2026.

Take on the challenge, join in on the fun! Grab your copy of the challenge from your local school or on our Facebook page!

# Book Swap

We are super excited to do a book swap with our community in light of our January Family Literacy month!

Bring your gently used books and trade them in for some new reads, here at the PRFRN Hub!

This is open for children's books and adult books.

Be sure to stop by the HUB to enter great Family Literacy prizes and fun literacy rich activities during office hours and programs. The Book Swap will run from January 12th-30th

## FAMILY LITERACY CHALLENGE

**How to play:** There are 20 fun activities for the entire family to try! Complete at least 15 activities from January 1<sup>st</sup> to 31<sup>st</sup>, check off each that you complete.

**Enter to win:** Drop off, email, or send us a direct message on social media of your completed challenge. Fill out your name and phone number at the bottom of the challenge. Draw will take place February 2<sup>nd</sup> 2026.

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

*Literacy is more than reading and writing. It helps with understanding, empathy, critical thinking, and the capacity for lifelong learning.*

**Thank you for participating, don't forget to submit your completed challenge!**

**Peace Region**  
Family Resource Network

Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

THE PEACE REGION FRN IS CELEBRATING FAMILY LITERACY WITH OUR ANNUAL...

# Book Swap

JANUARY 12<sup>TH</sup> TO 30<sup>TH</sup> 2026

**BRING YOUR GENTLY USED BOOKS AND TRADE THEM FOR SOME NEW READS! POP IN TO BUILD YOUR HOME LIBRARY!!**

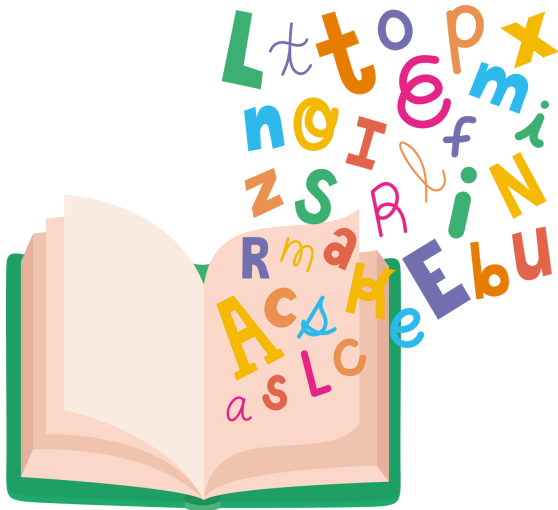
**OPEN FOR CHILDRENS BOOKS AND ADULT BOOKS!**

Also stop by our HUB to enter great family Literacy prizes and fun literacy rich activities during office hours and programs!

**Peace Region**  
Family Resource Network

**For more info**  
Call 780-624-0770

# Ways to Use the Peace Region Family Resource Network to enhance literacy in Your Home!



1. Take home a book from our lending library
2. Join one of our many literacy supportive programs like Rhymes that Bind or 3,2,1 Numeracy Fun!
3. Take home our literacy kit full of games and activities
4. Watch for upcoming cooking and sensory programs

## What is Literacy?

Literacy is so much more than just reading. It is the ability to use language, pictures, and other communication methods to identify, understand, interpret, create, and communicate across a wide range of contexts. It is a lifelong learning process that empowers you to achieve your goals and develop your potential.

There is so much more to sharing a book than just reading the words on the page. Help your children get actively engaged in the material by:

- Having them re-tell the story
- Listen to a story
- Describe how a story made them feel
- Re-write the story
- Ask them what will happen next

OUR Peace Region  
Family Resource Network

# LENDING LIBRARY

IS

# FOR YOU!

DID YOU KNOW YOU CAN TAKE A LITTLE PIECE OF THE FRN HOME WITH YOU? THE HUB IS HOME TO OUR FRN LENDING LIBRARY. OUR LIBRARY INCLUDES AN ADULT SECTION FULL OF PARENTING RESOURCES AND BOOKS ON VARIOUS PARENT RELATED TOPICS. OUR CHILDREN'S LIBRARY INCLUDES A WIDE VARIETY OF PICTURE BOOKS IN BOTH ENGLISH AND FRENCH. WE ALSO OFFER LITERACY BINS FOR BORROWING. EACH BIN INCLUDES A THEMED ACTIVITY AND BOOK. ASK OUR HUB FACILITATOR TO CHECK THEM OUT.

## PEACE REGION FAMILY RESOURCE NETWORK



# February



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Office open	3 Fearless Workshop 9:00-11:00am Fast Feet (PR) 10:00am-11:30am Connected Caregivers Duncan's First Nation 1:00pm	4 Rhymes That Bind 10:00am-11:00am  **Lego Club (Peace River) 4:00-5:15pm	5 Baby's Day Out(PR) 10:00am  **Adulting 101 5:30-7:30pm	6 Building Blocks (Cadotte Lake) 2:00-3:30pm	7 Sensory Saturday (Peace River) 10:00am-11:30am
8	9 Parent Talk (Peace River) 10:00am-11:30am Manning Mini Gym 10:00am-11:30am	10 Fearless Workshop 9:00-11:00am  Fast Feet (PR) 10:00am-11:30am	11 Rhymes That Bind 10:00am-11:00am  **Lego Club (Peace River) 4:00-5:15pm Sensory Shenanigans 5:00pm-6:30pm	12 Baby's Day Out Fairview 11:00am	13	14
15	16 Family Fest	17 Fearless Workshop 9:00-11:00am  Fast Feet (PR) 10:00am-11:30am	18 Rhymes That Bind 10:00am-11:00am  **Lego Club (Peace River) 4:00-5:15pm	19 Baby's Day Out(PR) 10:00am	20	21 Sensory Saturday (Peace River) 10:00am-11:30am
22	23 Manning Mini Gym 10:00am-11:30am  ADHD Support Group Fairview 6pm	24 Fast Feet (PR) 10:00am-11:30am	25 Rhymes That Bind 10:00am-11:00am  **Lego Club (Peace River) 4:00-5:15pm	26 Baby's Day Out Fairview 11:00am  ADHD Support Group PR 6pm	27	28

Peace Region  
Family Resource Network

PRFRN OFFICE HOURS  
Monday- Friday 8am-4pm



## Program Spotlight

### FEAR-LESS TRIPLE P



Registration Required

GRIMSHAW MILE ZERO MULTIPLEX

FEB 3, 10, 17  
9-11AM

Fear isn't all bad. It can be used as a warning light to let us know what really needs our attention.

- Learn tools to encourage children to express, tolerate, and manage upsetting emotions.
- Learn what anxiety is and how it develops.
- Learn strategies for responding to your child's anxiety.
- Learn about the fear ladder, and how to help your child reach goals they may have.

## February

### DROP IN PROGRAM SCHEDULE

**TUESDAYS**  
3<sup>RD</sup>, 10<sup>TH</sup>, 17<sup>TH</sup>, 24<sup>TH</sup>  
10:00AM- 11:30AM

#### FAST FEET

This Toddler program is focused on the season of Autumn this month! Bring your children for a morning of HANDS ON FUN - For parents we will have ASQ's and Triple P Tip Sheets for all your toddler/ parenting questions!

**MONDAY**  
9<sup>TH</sup>  
10:00AM-11:00AM

#### PARENT CHAT

Come for discussion and information on hot releatable topics around parenting

**THURSDAYS**  
5<sup>TH</sup>, 19<sup>TH</sup>  
10:00AM-11:00AM

#### BABY'S DAY OUT

This is a program for the babies! Learn all about the first year of life through discussion, guest speakers and interactive activities. for infants 0-13 months

**WEDNESDAY**  
11<sup>TH</sup>  
5:00-6:30PM

#### SENSORY SHENANIGANS

More sensory play and tactile fun in the evening play option!

**SATURDAY**  
7<sup>TH</sup>, 21<sup>ST</sup>  
10:00-11:30AM

#### SENSORY SATURDAYS

A fun and messy program for all ages! Come and explore sensory play, meet other families and kick off your weekend with so much fun!

**WEDNESDAY**  
4<sup>TH</sup>, 11<sup>TH</sup>, 18<sup>TH</sup>, 25<sup>TH</sup>  
10:00-11:00AM

#### RHYMES THAT BIND

An oral language development program that promotes positive parenting.

Peace Region  
Family Resource Network

All Programs Located Upstairs in the  
Baytex Energy Center

# Calendar and Events

## Peace Region Family Resource Network



# MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 <b>Fast Feet</b> 10:00am-11:30am	4 <b>Rhymes That Bind</b> 10:00am-11:00am <b>**Family Night</b> 5:00pm-7:00pm	5 <b>Baby's Day Out</b> (Peace River) 10am	6 <b>Building Blocks</b> (Cadotte Lake) 2:00-3:30pm	7 <b>Sensory Saturday</b> (Peace River) 10:00am-11:30am
8	9 <b>Manning Mini Gym</b> 10:00am-11:30am <b>Circle of Security</b> 1:00-3:00pm	10 <b>Fast Feet</b> 10:00am-11:30am	11 <b>321 fun Club</b> 10am <b>**Lego Club</b> (Peace River) 4:00-5:15pm <b>Sensory Shenanigans</b> 5:00pm-6:30pm	12 <b>Baby's Day Out</b> (Fairview) 11am <b>**Adulting 101</b> 5:30pm	13	14
15	16 <b>Manning Mini Gym</b> 10:00am-11:30am <b>Parent Talk</b> 10:00am-11:30am <b>Circle of Security</b> 1:00-3:00pm	17 <b>Fast Feet</b> 10:00am-11:30am <b>Connected Caregivers</b> Duncan's First Nation 1:00pm	18 <b>321 fun Club</b> 10am <b>**Lego Club</b> (Peace River) 4:00-5:15pm	19 <b>Baby's Day Out</b> (Peace River) 10am <b>ADHD Support Group PR</b> 6pm	20	21 <b>Sensory Saturday</b> (Peace River) 10:00am-11:30am
22	23 <b>Manning Mini Gym</b> 10:00am-11:30am <b>Circle of Security</b> 1:00-3:00pm	24 <b>Fast Feet</b> 10:00am-11:30am	25 <b>321 fun Club</b> 10am <b>**Lego Club</b> (Peace River) 4:00-5:15pm	26 <b>Baby's Day Out</b> (Fairview) 11am	27	28
29	30 <b>Manning Mini Gym</b> 10:00am-11:30am <b>Circle of Security</b> 1:00-3:00pm <b>ADHD Support Group Fairview</b> 6pm	31 <b>Fast Feet</b> 10:00am-11:30am				



### Peace Region

Family Resource Network

## Program Spotlight

**3, 2, 1 FUN! NUMERACY PROGRAM**

FOR 0-6 YEAR OLDS AND CAREGIVERS

Join us for a play based program that introduces numeracy into childrens and caregivers daily lives.

March 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
**Drop In at PRFRN Hub**

**You will:**

- Discover how your child learns to understand numbers
- Enjoy fun and easy ideas to help your little one grow to love all things numbers

Contact us if you have any questions! **+780-624-0770**

Peace Region  
Family Resource Network

PRFRN OFFICE HOURS  
Monday- Friday 8am-4pm

# MARCH

## DROP IN PROGRAM SCHEDULE

### FAST FEET

**TUESDAYS**  
3<sup>RD</sup>, 10<sup>TH</sup>, 17<sup>TH</sup>, 24<sup>TH</sup>  
10:00AM- 11:30AM

This Toddler program is focused on the season of Autumn this month! Bring your children for a morning of HANDS ON FUN – For parents we will have ASQ's and Triple P Tip Sheets for all your toddler/ parenting questions!

### MONDAY

16<sup>TH</sup>  
10:00AM-11:00AM

### PARENT CHAT

Come for discussion and information on hot releatable topics around parenting

### THURSDAYS

5<sup>TH</sup>, 19<sup>TH</sup>  
10:00AM-11:00AM

### BABY'S DAY OUT

This is a program for the babies! Learn all about the first year of life through discussion, guest speakers and interactive activities. for infants 0-13 months

### WEDNESDAY

11<sup>TH</sup>  
5:00-6:30PM

### SENSORY SHENANIGANS

More sensory play and tactile fun in the evening play option!

### SATURDAY

7<sup>TH</sup>, 21<sup>ST</sup>  
10:00-11:30AM

### SENSORY SATURDAYS

A fun and messy program for all ages! Come and explore sensory play, meet other families and kick off your weekend with so much fun!

### WEDNESDAY

11<sup>TH</sup>, 18<sup>TH</sup>, 25<sup>TH</sup>  
10:00-11:00AM

### 321 FUN NUMERACY

Enjoy fun and easy ideas to help your little one grow to love all things numbers

Peace Region  
Family Resource Network

All Programs Located Upstairs in the  
Baytex Energy Center