FREE Program

(future dates TBA)





SCAN ME TO REGISTER

## Connections

#### **CONNECT CREATE GIVE BACK**

#### **AGES 13-18**



An opportunity for youth to come together to connect, be creative, and support one another.

This is an opportunity to create the programming you wish to take part in.

Our first meeting will take place outside at Lamont's Hillside Park.

Please dress for the weather and bring a go-mug for a warm drink.

Depending on interest, the program may alternate between communities.

Everyone is welcome in all communities.

OCTOBER 26 7 - 8:30 P M LAMONT HILLSIDE PARK SCAN TO
REGISTER https://signup.com/go/JYyhMPy
Must register by October 22, 2021 @ noon



Put on your costume and join us for a walk to show off your costume. Caregivers encouraged to dress up too!

Thursday OCTOBER 28 10:30am - Mundare

Meet @ World's Largest Sausage

1pm - Andrew

Meet @ World's Largest Mallard

#### Friday OCTOBER 29

10:30am - Lamont

Meet @ green space behind Lamont County Admin Building

1pm - Bruderheim

Meet @ Gazebo



Sign up online or scan to access link: https://signup.com/go/feAPTGL





### Virtual Event: Carve your pumpkin, submit a photo, get entered to win a prize!

Post your carved pumpkin(s) on the Kalyna Family Resource Network Lamont County Region facebook page to enter.
Three prizes to be drawn Nov 1: Scariest pumpkin, Cutest pumpkin, Funniest Pumpkin

ENTRY DEADLINE October 31, 2021 @ noon

(One entry per child)
Made with PosterMyWall.com





To register please sign up via GOOGLE FORM.

Registration covered by: MMI FRN

To learn more about the programs:

www.thenestproject.ca

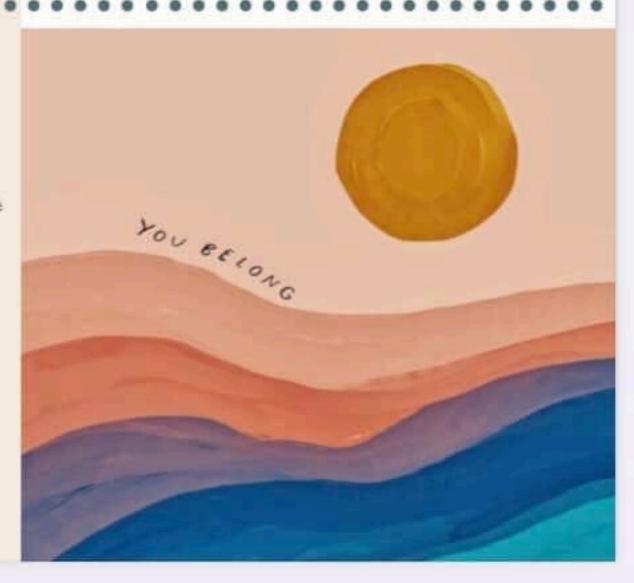
\_together we invite you to join us to connect, prioritize some much deserved time for YOU, and learn some practices that can be implemented into your welness routine. These sessions teach practices to enhance well-being and build resilience.

Cultivating Meaningful Connection

In this session we will learn ways to deepen and strengthen our connections with those we encounter. We'll examine where we can be intentional and present in our relationships and how we can make the most of our experiences within our connections.

October 6th, 13th, and 20th from 6:30pm-7:30pm via Zoom.

Session link and notes will be sent out 48hrs before class commences.



# TRIPLE Paritie Parenting Program PARENT G

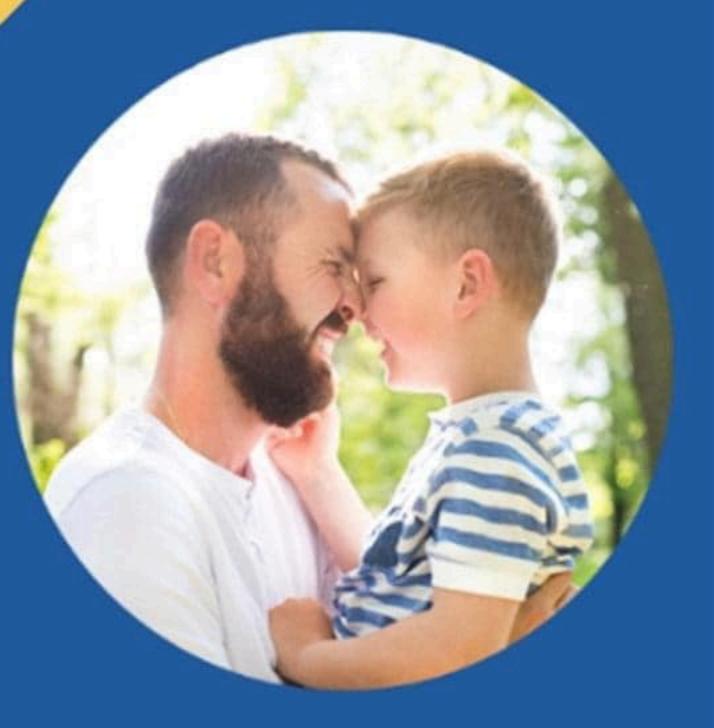
Stepping Stones- Group

Start Date Oct. 13, 2021

1-3PM

Kalyna Family Resource Network-Vegreville & Area 5106-48th Ave.

Stepping Stones-Triple P has been developed for caregivers of children with extra needs and developmental disabilities. It is based on Triple P's proven parenting strategies providing families with ways to deal with the kinds of childhood behavioural problems and issues that can make family life stressful.



#### Stepping Stones Triple P Can Help You:

- Manage problem behaviours
- -Encourage positive behaviours
- -Support your child in learning new skills
- -Strengthen your relationship with your child

To Register:
Call (780) 632-2912
Email vegfrnhub@telus.net
Messenger:Kalyna Family Resource
Network-Vegreville & Area

\*Recommended for parents/caregivers of children 2-12

Zoom access may be available.

Call for more information.





