

FREE
Program

(future
dates TBA)



SCAN ME TO REGISTER

Creative 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



Register
by Oct 24
@ noon

Families with children 0-6

HALLOWEEN PARADE

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:





Park Play & Triple P

For families with children 0-6.

Bundle up and bring a chair & warm drink. We will talk parenting challenges and successes while the children spend time at play. 30 minutes will also focus on movement & art.

Andrew:
Centennial Pk
50 Ave

Bruderheim:
Lions Park
51 St South

Lamont:
Hillside Park
50 St North

Mundare:
Victory Park
54 St North

am =
10:00-11:30
pm =
1:00-2:30

October 5 am - Andrew; pm - Mundare
October 6 am - Lamont; pm - Bruderheim
October 19 am - Bruderheim; pm - Lamont
October 20 am - Mundare; pm - Andrew
October 26 am - Andrew; pm - Mundare
October 27 am - Lamont; pm - Bruderheim

*Please sign up by the Thursday prior to your session using the links below.



SCAN TO REGISTER

<https://signup.com/go/tnQQgSL>

For more information email
erin.t@lamontcounty.ca

PLEASE REMEMBER TO BE
SAFE WHEN CARVING/
DECORATING YOUR
PUMPKIN



KIDS
0-18

PUMPKIN DECORATING CONTEST



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
(One entry per child)

**ENTRY
DEADLINE**
October 31, 2021
@ noon



THE nest project

- PRACTICES FOR ENHANCED WELL-BEING -



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 wellness 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 P PARENTING



Start Date
Oct. 13, 2021

1-3PM

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

Stepping Stones- Group

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.

