

## **MVC: Weekly Community Programming Updates**

### **Olds & Mountain View County Interagency/ Community Discussion**

**Minutes** (Click link below):

[Meeting Minutes](#)

### **Family Resource Network (FRN):**

<https://www.mvfrn.ca/upcoming-events-programs>

#### **THE VILLAGE Virtual Support Group**

##### UPCOMING DATES:

March 9th, 2021 (9:30am – 10:30am)

April 13th, 2021 (9:30am – 10:30am)

May 11th, 2021 (9:30am – 10:30am)

June 8th, 2021 (9:30am – 10:30am)

*The Village is a support group for parents who are experiencing the ups and downs of raising teens!*

*Meetings are held monthly, online via Zoom.*

*Connect with others and develop skills as we explore topics such as relationship changes, boundaries, parenting role challenges, self-care, and youth development.*

**Register!**



## SECOND TIME AROUND Virtual Support Group

### UPCOMING DATES:

March 1st, 2021 (9:30am – 10:30am)  
April 6th, 2021 (9:30am – 10:30am)  
May 4th, 2021 (9:30am – 10:30am)  
June 1st, 2021 (9:30am – 10:30am)

Second Time Around is a support group for grandparents who find themselves raising their grandchildren. Meetings are held monthly, online via Zoom. Share resources and connect with others as we explore topics such as relationship changes, boundaries, grief/loss, and self-care.

**Register!**



**SECOND TIME AROUND**  
GRANDPARENTS RAISING GRANDKIDS  
SUPPORT GROUP

MOUNTAIN VIEW  
Family Resource Network  
A PROGRAM FUNDED BY THE GOVERNMENT OF ALBERTA

REGISTRATION IS REQUIRED VISIT [WWW.MVFRN.CA](http://WWW.MVFRN.CA) EMAIL [INFO@MVFRN.CA](mailto:INFO@MVFRN.CA)

## FAMILY BRIDGES Virtual Support Group

### UPCOMING DATES:

February 25th, 2021 (7:00pm – 8:00pm)  
March 25th, 2021 (7:00pm – 8:00pm)  
April 22nd, 2021 (7:00pm – 8:00pm)  
May 27th, 2021 (7:00pm – 8:00pm)

Family Bridges is a support group for parents who are experiencing the end of a relationship. Meetings are held monthly, online via Zoom. Let's talk about hard things, build a support system, share resources and learn valuable skills to navigate through this life transition.

**Register!**



**FAMILY BRIDGES**  
PARENTING THROUGH DIVORCE/SEPARATION  
SUPPORT GROUP

MOUNTAIN VIEW  
Family Resource Network  
A PROGRAM FUNDED BY THE GOVERNMENT OF ALBERTA


REGISTRATION IS REQUIRED VISIT [WWW.MVFRN.CA](http://WWW.MVFRN.CA) EMAIL [INFO@MVFRN.CA](mailto:INFO@MVFRN.CA)

## Child & Chat! ONLINE via ZOOM

- Thursday, February 4th
- Thursday, February 11th
- Thursday, February 18th
- Thursday, February 25th

Would you like to connect with other parents/caregivers? Do you have parenting questions? If you answered yes, join us on Thursday mornings for Child and Chat!

**Register!**



**CONNECT, CREATE & CHAT!**

MOUNTAIN VIEW  
Family Resource Network  
A PROGRAM FUNDED BY THE GOVERNMENT OF ALBERTA

**UPCOMING SESSIONS**

Thursday, February 4th  
Thursday, February 11th  
We will be joined by AHS Public Health Nurse, Melissa Neilson, to talk about the value of routines

Thursday, February 18th  
We will be joined by Pediatric Sleep Consultant, Andrea McPherson, to talk about infant sleep

Thursday, February 25th  
**10AM – 11AM**

Alberta Health Services



## Kidz Zoom Zone SESSIONS

- February 4th
- February 11th
- February 18th
- February 25th

Join us online from 4:00pm-5:00pm for virtual activities for kidz! (ages 7-12)

**Register!**



What is.... **KIDZ ZOOM ZONE?**

**UPCOMING DATES**

- February 4th
- February 11th
- February 18th
- February 25th

**4 PM - 5 PM**

**REGISTER**

Email [info@mvfrn.ca](mailto:info@mvfrn.ca)  
or visit [www.mvfrn.ca](http://www.mvfrn.ca)

**KIDZ ZONE ZOOM**  
Online via Zoom  
For ages 7-12

Look forward to a variety of virtual activities each week!

## Community Helpers Certificate Program

**5 Sessions online via Zoom  
7:00pm - 8:30pm**

The Community Helpers Program helps prepare youth to support their peers in a healthy, safe, and informed way by knowing how and when to help their peer find professional mental health resources and intervention. Participants will receive an official certificate of completion from Alberta Health Services. Participants must attend each session online via Zoom.

**Register!**



**Outreach Centre**  
Hope for all.

**COMMUNITY HELPERS PROGRAM**

Online via Zoom  
7:00PM - 8:30PM

Youth (12-17)

February 10th, 17th, 24th, March 1st, 3rd *No class February 1st or 22nd*

The Community Helpers Program helps prepare youth to support their peers in a healthy, safe, and informed way by knowing how and when to help their peer find professional mental health resources and intervention

**PARTICIPANTS WILL EARN AN OFFICIAL ALBERTA HEALTH SERVICES CERTIFICATE OF COMPLETION**

**REGISTER**  
Visit [www.mvfrn.ca](http://www.mvfrn.ca)  
Email [info@mvfrn.ca](mailto:info@mvfrn.ca)

**MOUNTAIN VIEW Family Resource Network**  
A PROGRAM OFFERED BY THE COMMUNITY OF ALBERTA

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- Thursday, February 25th**

**10AM - 11AM**

**Alberta Health Services**

**Join us online via Zoom for an interactive activity for children and an opportunity**

## HOW TO BECOME AN ALLY LGBTQS+

FEBRUARY 11TH  
1:00pm - 2:15pm  
Online via Zoom

Registration is required

**Register!**



**HOW TO  
BECOME  
AN ALLY-  
LGBTQ2S+**

Join us online via Zoom as we discuss sexual orientation, gender identity and gender expression/perspective awareness.

**THURSDAY, FEBRUARY 11  
1:00PM - 2:15PM**

Outreach Centre  
Hope for all.

Alberta Health  
Services

## Valentine's for Seniors!

Register to receive a Valentine's card making kit. The Valentine's will then be distributed to seniors care facilities throughout Mountain View County!

Registration is encouraged

**Register!**



**VALENTINE'S  
For Seniors**

Register to receive a Valentine's Day card-making kit! Decorate a card at home and return it to the Mountain View Family Resource Network. We will then distribute the cards to care homes throughout Mountain View County.

**REGISTER**  
Visit [www.mvfrn.ca](http://www.mvfrn.ca)  
or email [info@mvfrn.ca](mailto:info@mvfrn.ca)

MOUNTAIN VIEW  
Family Resource Network  
A PROGRAM FUNDED BY THE GOVERNMENT OF ALBERTA



A SUPPORT GROUP



# MomTribe

MOTHERHOOD CAN BE AN EXCITING YET  
OVERWHELMING TIME

DATES

Feb 3, 10, 17, 24  
March 3, 10

Contact Deb to register!  
403-586-1340  
deb@mvfrn.ca

LOCATION

Virtual Group  
online via Zoom

Mom Tribe is a local support group for new and experienced moms. We welcome moms who are struggling with a wide range of emotions. Our groups are free, safe, confidential and non-judgemental.

**REGISTRATION IS OPEN TO ALL OF  
MOUNTAIN VIEW COUNTY**



Nutrition Services



## Online Infant Nutrition

*Free educational workshop!*

Join a Registered Dietitian to learn about:

- Starting solid foods
- Helping baby accept new foods
- Making healthy baby food
- Hot topics like baby-led weaning

Location: Online with Zoom

Select one upcoming date:



- January 13<sup>th</sup> or 27<sup>th</sup>
- February 10<sup>th</sup> or 24<sup>th</sup>
- March 10<sup>th</sup> or 24<sup>th</sup>
- April 14<sup>th</sup> or 28<sup>th</sup>

Class Time:  
10:00 - 11:30 a.m.

Please call 403-559-2150 to register.

You will receive an email with the Zoom link  
one day prior to the workshop.



### What's Happening in the County:

[https://www.mvfrn.ca/what-s-happening-in-the-county?fbclid=IwAR22dVaz-DOx0Xf5Ap\\_U65roE6XizhDT6xpzWj6fJwanUaRcv4obHeyEQDo](https://www.mvfrn.ca/what-s-happening-in-the-county?fbclid=IwAR22dVaz-DOx0Xf5Ap_U65roE6XizhDT6xpzWj6fJwanUaRcv4obHeyEQDo)

## Boys & Girls Club:



Boys & Girls Club  
of Olds & Area

Pre-teens Ages  
10-14

Monday-Friday

3:30-5:30 (NO PROGRAM ON NO SCHOOL DAYS)

Location: Boys and  
Girls Club of Olds and Area 5108 50th Ave

Contact: Lauren or

Devon (403-556-2466 or

bgcoldspreteen@gmail.com)



Mountain View  
COUNTY



children's  
charity™

feeding hungry minds



# FEBRUARY 2021

MON	TUE	WED	THU	FRI
1 Hearts and Crafts	2 Fishbowl (Game)	3 Fuse Beads (Craft)	4 I'm going on a trip (Game)	5 No School
8 Library (Community Visit)	9 No Pre-Teen	10 No Pre-Teen	11 Valentine's Cards (Craft)	12 FRY-DAY (Cooking)
15 Winter Break	16 Winter Break	17 Winter Break	18 Winter Break	19 Winter Break
22 Library (Community Visit)	23 Did you know? (Game)	24 Teens Choice!	25 Pandora's Box (Community Visit)	26 Movie
MARCH				



Boys & Girls Club  
of Olds & Area



Boys & Girls Clubs  
of Canada

# CYBERSAFE COURSE

**Who:** Ages 5-7 years

**\*\*Only a small group of preteens will be allowed to stay in compliance with COVID-19 restrictions and protocols that we follow at the Boys and Girls Club of Olds and Area. Masks and social distancing will be mandatory\*\***

**What:** CyberSafety for Early Years

**Where:** Boys and Girls Club of Olds and Area 5108 50th Ave

**When:** Tuesday, February 9th, 3:30-5:30 pm

**Cost:** \$10.00



If you have any questions or would like to register contact Lauren at (403)-559-8561 or [laurenbgcolds@gmail.com](mailto:laurenbgcolds@gmail.com)





Boys & Girls Club  
of Olds & Area



Boys & Girls Clubs  
of Canada

# SOCIAL NETIQUETTE

**Who: Preteens aged 10-15**

**\*\*Only a small group of preteens will be allowed to stay in compliance with COVID-19 restrictions and protocols that we follow at the Boys and Girls Club of Olds and Area. Masks and social distancing will be mandatory\*\***

**What: Teaches preteens about online safety and making good choices while online.**

**Where: Boys and Girls Club of Olds and Area 5108 50th Ave**

**When: Wednesday, February 10th, 3:30-5:30 pm**

**Cost: \$10.00**



If you have any questions or would like to register contact Lauren at (403)-559-8561 or [laurenbgcolds@gmail.com](mailto:laurenbgcolds@gmail.com)

## **\*UPDATE\***

**We have added two more courses:**

**February 23-24th**

**March 8-9th**

**Please contact Lauren to register at (403)-559-8561.**

**The cost for the course is \$25.00 per child. If you'd like to know more about at home safety, first aid, and preventing/responding to an emergency? Then this is the course for them!**

We will be offering the Home Alone Course January 27th-28th. This is a two-day course and will run from 3:30-5:30. This course will take place in person with one teacher and a limited amount of preteens. This is in compliance with our current restrictions and protocols at our facility. Masks and social distancing are mandatory. If we have a lot of interest we will run a second course next month.

Cost for course is \$25.00 per child.

If you have questions or would like to register a preteen please contact Lauren at (403)-559-8561 or [laurenbgcolds@gmail.com](mailto:laurenbgcolds@gmail.com)

# HOME ALONE COURSE

Do you have a preteen aged 10-13 and want to teach them about at home safety and preventing/responding to emergencies? Then look no further!

**Who:** Preteens aged 10-13  
**\*\*Only a small group of preteens will be allowed to stay in compliance with COVID-19 restrictions and protocols that we follow at the Boys and Girls Club of Olds and Area. Masks and social distancing will be mandatory\*\***

**What:** This course teaches preteens about the responsibilities of being home alone and at-home safety. Also, how to prevent and respond to emergency situations properly

**Where:** Boys and Girls Club of Olds and Area 5108 50th Ave

**When:** January 27th and 28th from 3:30-5:30 pm

**Cost:** \$25.00 per child

This is a two-day course:  
The first day is home alone and at home safety.  
Second day is first aid and preventing/responding to an emergency.

If you have any questions or would like to register contact Lauren at (403)-559-8561 or [laurenbgcolds@gmail.com](mailto:laurenbgcolds@gmail.com)





Boys & Girls Clubs of Canada



Boys & Girls Club of Olds & Area



Kidproof  
Knowledge is the key



FCSS



Town of Olds



Mountain View  
COUNTY



Boys & Girls Club  
of Olds & Area

**staples[]™**

# PINK SHIRT DAY!

Be Kind Always

**We're Stronger Together!**

This year the COVID-19 pandemic has impacted us all. **Pink shirt day will be taking place on February 24th.** Let's stand together against bullying and show each other support and kindness through these difficult times. Being kind to each other matters!

To order please contact Lauren at (403)-559-8561  
or [laurenbgcolds@gmail.com](mailto:laurenbgcolds@gmail.com)

Shirts will be \$20.00 each  
Adult Sizes Small-3XL  
Child/Youth Sizes Small-X-Large

## Primary Care Network (PCN): Peaks to Prairies

[Community Workshops](#)

[Clinics](#)

## Canadian Mental Health Assoc (CMHA) Programming:

[CMHA- February Programs- Single Sessions](#)

[CMHA- February Programs- Multi session & Support Groups](#)

## Highland Clinic

[Programs & Clinics](#)

## Public Library programs:

**Olds:** [Upcoming Events](#)

**Sundre:** [Upcoming Events](#)



**Didsbury:** [Didsbury Municipal Library: Home](#)

**Carstairs:** [Upcoming Events](#)

**Cremona:** <https://cremonalibrary.prl.ab.ca/events?d=25>

**Community Newsletters/ Calendar of Events (if available):**

Sundre On the Go:

[Sundre On The Go](#)