

Mothers First NEWSLETTER

FALL 2026



PARTNER SPOTLIGHT CENTRAL ALBERTA FASD NETWORK

The Central Alberta FASD Network is a valued member of our committee, bringing expertise and support that benefits families across Central Alberta. They provide free, community-based services for individuals impacted by Fetal Alcohol Spectrum Disorder and their caregivers. Based in Red Deer, the organization serves urban, rural, remote, and Indigenous communities throughout the region.

Dedicated to advocacy, education, support, and empowerment, they work alongside individuals and families across the lifespan. Their services include assessment and diagnosis, community outreach and support, education and prevention initiatives, the Parent & Child Assistance Program (PCAP), restorative justice programming, peer support opportunities, and workshops.

To Celebrate FASD Month, we invite you to join the FASD Network at Bower Ponds on September 9 for International FASD Day, and register for the Annual Conference, taking place September 24 at Westerner Park.



FASD NETWORK



CAFASDNETWORK



DISCOVER - THE 2-MINUTE FALL RESET

When schedules get full, try **micro-moments of peace** to catch your breath:



The Hot Drink Pause: Take three deep breaths over a warm mug.



The Driveway Buffer: Sit in your parked car in total silence for 60 seconds.



The Cold Air Step-Out: Step outside and breathe in the crisp autumn air.

SEPTEMBER IS FETAL ALOCHOL SPECTRUM DISORDER AWARENESS MONTH

Healthy families thrive when parents are supported. Accessing mental health, wellness, and community supports during pregnancy and parenthood can make a positive difference for both parent and child. Learn more about local supports through the Central Alberta FASD Network and the EMBRACE Program through Recovery Alberta.



RECOVERY ALBERTA
EMBRACE PROGRAM

DID YOU KNOW?

The Red Deer Primary Care Network offers grief support following pregnancy or infant loss. Losing a baby during pregnancy, at birth, or shortly after can be an overwhelming and deeply isolating experience. A variety of support services are available to help families navigate their grief, including one-on-one support, the H.E.A.R.T.S. peer support group, and a lending library with helpful resources. Learn more about the supports available!



PRIMARY CARE
NETWORK RESOURCES



YOU DON'T HAVE TO DO IT ALONE.

MARK YOUR CALENDAR!

SEPT 8, 16, 24, OCT 6, 14, 22, NOV 10, 18, 26 & DEC 16

PRENATAL CLASSES & HOSPITAL TOUR

Red Deer Regional Hospital Labour & Delivery nurses invite expectant families to a free prenatal education session. Topics include labour, delivery, postpartum recovery, and a guided tour of the Labour & Delivery Unit. To register, click [here](#).

SEPT 9, OCT 14, 28, NOV 25 & DEC 2 | WEDNESDAYS, 10:00 - 11:30 AM

MOM LIFE

Join the Sylvan Lake Family Resource Network for a program for mothers/caregivers who are expecting and/or who have children 0-18 months. Come support each other while receiving information about all things related to babies and parenting. To register, call 403-864-5583.

SEPTEMBER 16 - DECEMBER 2 | WEDNESDAYS, 10:00 - 11:30 AM

MINDFUL CONNECTIONS

Join Enhanced Services for Women and Family Services of Central Alberta for a therapeutic support group for mothers with children aged 2 months to 2 years. Connect with other mothers in a supportive environment while navigating the challenges of motherhood, including feelings of isolation, anxiety, or difficulty adjusting. Childcare is provided. To register, click [here](#).

To help keep group supports like Mindful Connections available for families, Family Services of Central Alberta (FSCA) is moving to a donation-based model for childcare. If you're in a position to make a small donation, your contribution helps us continue offering these valuable spaces and supports. However, there is absolutely no expectation or pressure to give. Most importantly, we want you to be here. If donating isn't possible right now, please know that our doors, hearts, and childcare spaces remain open to you and your family. Everyone is welcome, always, and without judgment. Thank you for being part of our community. Click [here](#) to learn more.

SEPTEMBER 29 - JUNE 8 | TUESDAYS, 10:00-11:30 AM

SYLVAN LAKE YOUNG FAMILIES

Join Central Alberta Youth Unlimited for Young Families, a monthly program where young moms can connect with others, enjoy a free breakfast and childcare, and gain support in parenting, wellness, and everyday life. Hosted at Alliance Community Church. For more information, contact [Lauren](#) at 403-550-2528.

OCTOBER 8 - NOVEMBER 26 | THURSDAYS, 10:00 - 11:30 AM

MOVE YOUR MOOD FOR MOMS

Join Recovery Alberta for Move Your Mood for Moms! Calling all moms with babies up to two years old! This free, 8-week program combines gentle physical activity, wellness education, and social connection to support your mental and physical well-being. Babies are welcome to attend with their moms. To register, click [here](#).

OCT 29, NOV 26, DEC 10 | 10:00-11:30 AM

RED DEER YOUNG FAMILIES

Join Central Alberta Youth Unlimited for Young Families, a monthly program where young moms can connect with others, enjoy a free breakfast and childcare, and gain support in parenting, wellness, and everyday life. Hosted at Bethany Baptist Church. For more information, contact [Nadine](#) at 403-913-4435.

MARK YOUR CALENDAR!

ONGOING | 2ND & 4TH TUESDAYS, 10:30 AM - 12:00 PM

FOURTH TRIMESTER WORKSHOP

Join Enhanced Services for Women for this educational group that focuses on the mental health of new moms. Learn all about the 4th trimester and what resources are available to support you along your postpartum journey. Register through email [here](#).

ONGOING | ONCE PER MONTH, SEPTEMBER - JUNE

HELPING EMPTY ARMS RECOVER THROUGH SHARING (H.E.A.R.T.S.)

Join the Primary Care Network for a compassionate peer support group for individuals and families who have experienced pregnancy or infant loss. Connect with others who understand what you have been through, share experiences, and find support in a safe and caring environment. To register, call 403-314-3297.

ONGOING | TUESDAYS, 10:00 - 11:30 AM & FRIDAYS, 1:00 - 2:30 PM

LACTATION DROP IN GROUP

Join Primary Care Alberta at Family Services of Central Alberta in Parkland Mall for professional and peer support drop in with infant feeding goals, latching, milk production, and personalized feeding plans.

ONGOING | THURSDAYS, 1:00 - 3:00 PM

MOTHERS RECOVERY SUPPORT GROUP

Drop in peer support group for mothers in recovery who are seeking connection, healing, and support within the community at Family Services of Central Alberta in Parkland Mall. Childcare provided.

ONGOING

FSCA HOME VISITATION PROGRAMS

Family Services of Central Alberta (FSCA) offers a range of voluntary, caregiver-led home visitation programs that support healthy pregnancies, child development, parenting, and family well-being. Programs include Healthy Families, Infant Preschool Wellness Program (IPWP), Building Incredible Babies (BIB), and the Parent Child Assistance Program (PCAP), providing personalized support, resources, and connections for families at every stage. Learn more [here](#).

ONGOING

MCMAN HOME VISITATION, FAMILY DEVELOPMENT

McMan Central's Family Development Program provides individualized, in-home support for families with children and youth. The program helps strengthen parenting skills, improve communication, build healthy family relationships, and connect families with community resources. Through practical guidance and family-centered support, McMan works alongside families to create safe, stable, and nurturing home environments where children and caregivers can thrive. Learn more and register [here](#).