

Summer COMMUNITY & FAMILY CONNECTIONS Guide 2025

Develop the [assets](#) that help young people grow up **healthy, caring, and responsible** as you strengthen **Community & Family Connections** this summer.

Check out our **custom** [Google MAP](#) with all the pinned locations and venues, ready to help navigate you and your family to local attractions, events, and community programs!

Visit with a neighbour! Join or plan a neighbourhood event.	Explore Alberta's heritage Sites & Attractions.	Cool off outside! Visit a spray park, outdoor pool, beach, or turn on the hose!	Turn up the music in the car, during chores, or play your own instrument!	Check out some public art or one of First Fridays' art galleries.
Attend a youth program : day camp, summer camp, VBS or join a sports team.	Family Movie Night at home!	Roll around town Get out the bikes, skateboards, scooters, roller blades & stroller!	Celebrate community! Attend a festival, powwow, or community event.	Teach your child a practical life skill from holding scissors to bike repair.
Visit a new playground or skatepark and find a SPARC sidewalk game.	Invite one of your child's friends to join your plans- at home or in the community.	FREE DAY!		Eat outside! On your deck, in a park, or find a food truck!
Get on the court! Check out one of the city's tennis, pickleball or basketball courts.	Create some art at MAG, a local studio, or at home!	FREE Fishing Weekend: Try fishing or visit a body of water.	Family Game Night! Your choice of activity or grab a kit from the library!	Map it out: find a new walking trail in your area, look up a bus route, or plan a day trip!
Read! Check out your library's summer reading programs and events.	Find fresh food at a food forest, market or U-pick. OR weed your garden beds.	Visit a local Museum or one off the beaten path.	Relax in the sun: the location is your choice!	Family & Friends Have a picnic, campfire, or make s'mores!

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Dear parents and caregivers,

We all want what's best for our kids but navigating summer schedules, parenting, work, childcare, friendships, and fun can be challenging. We would like to remind you that it's not what activities your child participates in, what skills they master, or where you spend your holidays that matters: it's about **spending time together** with *intention*, the **values** we highlight in our *everyday interactions*, and the opportunity for young people to **plan** for and **experience** meaningful activities that contribute towards their *hope* for the future.



Along with this BINGO card, we've provided a summer activity guide to help bring awareness to the wealth of local attractions and community partners in Central Alberta. But know that it's not about the locations or the venues, *it's about the supports, strengths, relationships, and opportunities that help your young people bounce back in the face of adversity, make positive and healthy choices, develop caring relationships, and thrive.* So check out these local activities and amenities, or don't - but **do notice** what your family is doing that strengthens your child's **developmental assets**. **Keep doing those with intention**, knowing you are **strengthening your young person's resilience** and setting them up for future success.

Cheers,

Julie Masson BCYC, CCYC

Need help navigating **social and community supports**? There are many resources and programs available in our community. Sometimes, it can be difficult to know what these are and how to access them. The following agencies and resources can assist families in accessing the services they need.

- Red Deer Public School's **Family School Liaison Counsellors** rdpsd.ab.ca/page/431/supports-for-students
- Red Deer Food Bank **Benefits Wayfinder staff** www.reddeerfoodbank.com/additional-resources
- CMHA **System Navigators** cmharedddeer.ca/programs-services
- Red Deer Family Resource Network (McMan) <https://mcmancentral.ca/>
- Dial 2-1-1 to speak to a 211 Alberta **Information and Referral Specialist**, or visit ab.211.ca
- **Benefits Wayfinder** *Your guide to government benefits that can help put more money in your pocket.* benefitswayfinder.org



Celebrate Community and Culture with Local Festivals & Events

While this list isn't exhaustive, highlights from around Red Deer and Central Alberta include:

[Sylvan 1913 Days](#), June 6-7, 2025
[Icelandic Independence Day](#), TBA 2025
[Norwegian cultural festival](#), June 14, 2025
[Blackfalds Days](#), June 12-15, 2025
[National Indigenous History Month](#)
[Red Deer Highland Games](#), June 28, 2025
 Canada Day at [RMH Historic Site](#), July 1, 2025
[Canada Day](#) July 1, 2025
[Lacombe Days](#), July 11-13, 2025
[Westerner Days](#) July 16-20, 2025
[CentreFest](#) July 26-27, 2025
[Pioneer Days](#), August 16-17, 2025
[Open Farm Days](#), August 16-17, 2025
[Viking Days, Dickson, AB](#) August 2025 TBA
[Fort Normandeau Day](#), August 23-24, 2025

Developmental Asset #34: **Cultural Competence is both a developmental asset and a skill** that young people need to interact effectively with others. People from different cultural, ethnic, and racial backgrounds can learn many things from one another. Being culturally competent doesn't mean that you have to like others who are different from you, but rather be able to treat one another with respect, tolerance, and equality. It means making an effort to learn about and understand people of other cultural, racial, and ethnic backgrounds.

Research shows that when young people have knowledge and comfort with both their own and other people's different backgrounds, **they feel good about themselves, are less lonely, can solve problems well, and do better in school.**

History to Explore

Alberta's [Provincial Heritage Facilities](#).
[Danish Canadian Museum](#), Dickson
[Fort Normandeau](#), Red Deer
[Innisfail and District Historical Village Railway Station](#), Meeting Creek
[Norwegian Laft Hus](#), Red Deer
[Old C.P.R. Bridge](#), Red Deer
[Old Red Deer Court House](#)
[Penhold Museum & Ice Cream Shack](#)
[Rocky Mountain House National Historic Site](#)
[Stephenson House](#), Markerville

[Experience Alberta's History Annual Pass](#) provides unlimited regular admission to provincially operated historic sites.

[Discovery Pass](#): Children [17 and under](#) get in FREE at **national** historic sites and parks.

Red Deer & Area Museums

[Alberta Sports Hall of Fame and Museum](#)
[KerryWood Nature Centre](#)
[Markerville Creamery Museum & Kaffistofa](#)
[Red Deer Museum & Art Gallery](#)
[Sunnybrook Farm Museum](#)

See also [The Central Alberta Regional Museum Network](#) and [Alberta Museum Association](#).



Developmental Asset #25: Did you know that, according to research, **young people who read for fun** at least 3 hours a week (that's only 26 minutes a day) exhibit more positive than negative values?



Our public libraries offer more than books, movies, magazines, audiobooks, they offer in-person programming, craft kits and lend, **toys, puzzles, board games, and video games!**

In addition, **summer reading programs and challenges** for all ages are available this year, be sure to check out your local library branch!

Did you know that there are 4 branches that make up **Red Deer Public Libraries?**

1. RDPL Collicutt Branch (pop up)
2. RDPL Dawe Branch
3. RDPL Downtown Branch
4. RDPL Timberlands Branch

Did you know that your library card gives you access to **digital resources?**

Blackfalds **Public Library Events**

Innisfails **Public Library**

Olds **Municipal Library**

Penhold & District **Library**

Rocky Mountain House **Public Library**

Sylvan Lake **Municipal Library**



Developmental Asset #14: What most young people need more than anything else is **positive social interaction** with adults. The more positive, responsible **role models** young people have, the better!

Get out your favourite **wheels**, bikes, scooters, skateboards, roller skates, or stroller, and explore Red Deer's **trail system!**

Did you know that Red Deer has over **100 km of recreation trails** for walking, running, rollerblading, and cycling, or that the **TransCanada Trail** passes through Red Deer, Blackfalds, Lacombe, Penhold, and Innisfail?

Red Deer's **Bike and Ride Program** lets you load your bike on the bus's front bus rack to help you connect to the trails. Families with limited income may want to check if they qualify for the **Transit Fare Assistance Pass**.

Red Deer also boasts **100 playgrounds**, **40 tennis, basketball & pickleball courts**, and **outdoor sidewalk games** at **13** locations.



Central Alberta has a total of 16 Skateparks as well as Red Deer's **Mountain Bike Park**.

Check out virtual tours, videos, and directions to plan your next day trip at **skateparktour.ca**

The **YMCA** offers Skatepark Mentorship in partnership with **CASA** at both the Red Deer Downtown Skatepark as well as Glendale Skatepark, along with Skate Camps and Clubs.

Developmental Asset #18: Young people who regularly spend time in sports, clubs, or other **youth programs** have higher self-esteem and better leadership skills, and are less likely to feel lonely.

Childcare programs aren't just about providing supervision for your kids. From grandparents to rec centres, childcare & youth programs are also about developing relationships, skills, interests and our sense of community. Check out [Central Alberta's 2025 day camp](#) providers. For more ideas speak to your local studio, club or sports team.

Young people need opportunities—outside of school—to learn and develop new skills and interests with other youth and adults. **Summer camps** and **Vacation Bible Schools (VBS)** can contribute to both constructive use of time and **meeting the needs of the spirit** (#19). Contact your parish for information about **volunteer opportunities** (#9) for youth.

Developmental Asset #15: Positive Peers can help young people become more independent and successful, by encouraging and supporting healthy choices, and influencing responsible behaviour. Peers can invite one another to join activities, team or clubs, help with homework, or simply listen.



Outdoor Water Fun

Tip: Invite friends to join your children in recreational pursuits. Positive peer pressure can support commitment and motivation.

[Blue Grass Sod Farms Central Spray Park](#)
[Bower Ponds](#)
[Capstone Splash Park](#) & [Woody's Spray Park](#)
[Cooperative Park: Rocky Spray Park](#)
[Discovery Canyon](#)
[Kin Canyon Spray Fountain](#)
[Recreation Centre Outdoor Pool](#)
[Tayles Park & Abby Outdoor Aquatic Centre](#)
[Olds Splash Park](#)
[Rimbey Aquatic Centre](#)
[Penhold Splash Park](#)
[Innisfail Spray Park](#)
[Sylvan Lake Pogadl Spray Park](#)

Developmental Asset #17 Creative Outlets: By bringing more art and music into young people's lives, caring adults can help to develop another side of their personalities, talents, and skills.

On the **first Friday** of every month, join the [Red Deer Arts Council](#) in celebrating local, regional, and national artistic talent at local galleries including *Kiwanis Gallery, Marjorie Wood Gallery, Viewpoint Gallery, Red Deer Museum + Art Gallery, and more!*

In partnership with [Guitarz for Kids](#), the Northside Community Centre YMCA offers [Youth JAM Sessions](#) with free access to instruments, equipment, and mentorship to help introduce youth to the world of music.

Join the **Red Deer Museum and Art Gallery** on [MAGnificent Saturdays](#) for guided art projects for all ages and abilities. "The creative process is fundamental to the development of problem-solving, critical thinking, idea generation, perseverance and self-identity."

The **@RedDeerFamilyResourceNetwork (FRN)** offers connection, parent education, and both active and creative programs for children, youth, and their families. Their monthly calendars are available on socials @reddeerfrn

Developmental Asset #37: Well-prepared young people are more likely to feel a sense of **personal power**, so teach your children practical skills like fire building & safety, emergency preparedness, as well as outdoor survival.

Fishing is a fun way for friends and family to make memories while connecting with some of Alberta's greatest natural resources - our lakes, rivers, streams and the fish that live in them. [Fishing is permitted in Red Deer](#) on the Red Deer River and at Three Mile Bend, Mitchell Pond and Bower Ponds.

During [Family Fishing Weekends \(July 12-13, 2025\)](#), Albertans and visitors are encouraged to give fishing a try on water bodies with open fishing seasons without having to purchase a sportfishing license. Be respectful of the fish and their environment as you keep in mind that all other fishing regulations still apply.

Developmental Asset #20 **Time at Home**: Protecting young people from risky behaviors and helping them develop positive behavior is easier when you spend time together as a family.

Not sure if the kids will make it overnight camping? Try pitching a tent in the backyard, building an indoor fort, dragging a mattress to the living room, or sleepover "camping" with family. Easy access to bathrooms is also a plus!

While there sometimes feels pressure to do something "exciting" over summer, know that **time spent at home** with family, or extended family, **together** (supervision + relationships) is actually a protective factor for young people.



Developmental Asset #3 **When times get tough, kids need adults they can trust**. Young people who have 3+ caring adults (besides parents or guardians) who support them feel happier and more hopeful, do better in school, and are less likely to rely on substances to feel good or fit in.



Invite extended family, neighbours, and friends around your bonfire, into your homes, and into your children's lives. While you're at it, check out these [15 Creative S'mores Recipes](#). *We can all use s'more support and connection.*

[Picnic Paks](#) are available to borrow from the city for special events, picnics, or any other group gathering to encourage activity!

Fire pits and [picnic shelters](#) are available at the following Red Deer locations: [Rotary Picnic Park](#), McKenzie Trails, Kiwanis (Great Chief Park), and Kin Canyon. Be sure to check for [fire bans](#) before starting any fires and make sure to always put them out entirely without heat, smoke, or steam. Campfire safety: [Soak it, stir it, soak it again.](#)



The City of Red Deer has game kits, planning guides- almost everything you need to **host your own neighbourhood Block Party!**

The idea of a Block Party is simply to bring neighbours together. This can take the form of a potluck on the driveway, to a BBQ on your green space, or a campfire in someone's backyard. Getting together with neighbours

provides an opportunity to get to know those people that live closest to you and help build a sense of community.

[Red Deer's Neighbourhood Associations](#) plan activities and special events, manage the local neighbourhood activity centre and outdoor rinks, and make sure that your neighbourhood spaces are clean, safe, and meeting the needs of residents. **Look up your neighbourhood association** and see what activities they have planned! Neighbourhood boundaries (#13) are also a developmental asset!

Read through the [Block Party Planning Guide](#) to get suggestions & instructions for hosting your best party with the [block party program](#).

Developmental Asset #4: Neighbours who know each other, look out for one another constitute another developmental asset for your child: living in **caring neighbourhoods**.

Summer is the season of fresh produce, gardening, farmers markets, food trucks, backyards, and patios. There is lots to explore:

[Community food forests and orchards](#)

[Red Deer Market](#)

[Downtown Red Deer Market](#)

[Central Alberta Farmers' Markets](#)

[Alberta U-Picks](#)

[Sylvan Food Truck Thursdays](#)

[Food Truck Fridays](#) @ Canada 150 Square in Capstone, Red Deer, AB

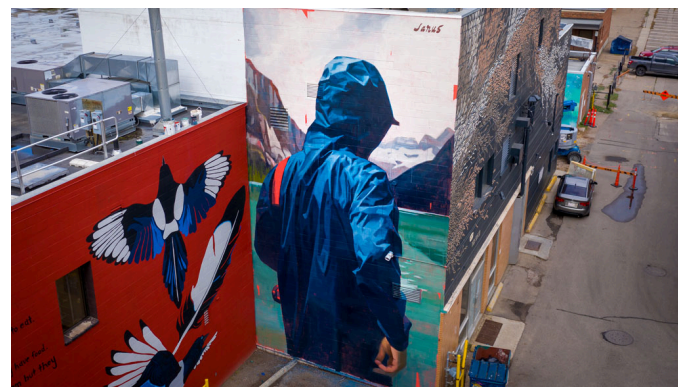
[Saturday Food Trucks](#) at the Red Deer Market

Or, take a drive out to [Shackehlicious](#) just east of Red Deer - 37229 Range Road 273 they even have mini-golf and outdoor seating!

Developmental Asset #10 **Safety**: combating fear, and growing up safe in an unsafe world

Spend the day enjoying the sunshine and exploring the **public art murals** of [Red Deer](#), [Lacombe](#), [Olds](#) & Sylvan Lake. In addition to their **Artist Alley**, Sylvan Lake also offers a [self-guided art walk](#).

You can find a partial list of Red Deer's [public art here](#) (there are 100 public artworks), but you'll have to explore downtown to find all the public art murals! You can also check out the [Red Deer self-guided heritage walking tours](#).





Growing Up STRONG

40 DEVELOPMENTAL ASSETS

Check out our community partners to learn more about the **40 Developmental Asset® Framework** and identify how you are *already* fostering the positive experiences, qualities, preventative measures, and relationships that will **help your child grow up healthy, caring, and responsible**. These assets are protective factors that have been consistently shown, by research, to buffer youth from risk. The more assets a child has, the higher the probability that child will not be involved in behaviors such as teen pregnancy, school dropout, substance abuse, delinquency, or violence.



Sylvan Lake SPARC
(Strengthening Positive
Assets and Resiliency in
Communities)

<https://www.sylvanlake.ca/en/public-services/Growing-Grat-Kids.aspx>



SPARC-Red Deer
(Strengthening Positive
Assets and Resiliency in
Communities)

<https://sparcreddeer.ca/>



YPAC
(Youth Positive Assets
Coalition)

Find out what's happening for you in
your community, be a part of the
conversation, and have a voice!

Innisfail Youth Positive
Assets Coalition (YPAC)

The inclusion of organizations in this guide does not represent endorsement of programs, nor does exclusion indicate disapproval.