



### **SPARC Red Deer & Sylvan Lake announce Family Challenge**

SPARC Red Deer and SPARC Sylvan Lake, are pleased to announce a free, fun family challenge to run in the month of November. The SPARC Family Challenge offers 4 weeks of simple, free, family- friendly challenges, to complete at home or in your community, to help your kids grow up great! By participating in the SPARC Family Challenge, you will create strong positive connections with your kids and within your family.

The purpose is to educate families about the 40 Developmental Assets, which are research-proven life experiences or building blocks which all children need to grow up healthy, caring, and responsible. Research shows that the higher number of these assets a young person has, the more likely they are to thrive and to engage in positive behaviours, and avoid risky behaviours.

Through every day, achievable activities, we can build assets in our kids and help them thrive. Families will have a choice between two options each week that meet their own family interests and capabilities. We have created the activities to adhere to safety measures so that all families feel safe to participate.

Families can win awesome prizes each week, with a grand prize at the end of the 4 week challenge.

For more information, and to register, visit [sparcreddeer.ca](http://sparcreddeer.ca) and follow us on Facebook, Instagram and Twitter. Registration deadline is October 22<sup>nd</sup>.

For more information:

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