



October 2018



### From the Office

We begin this month with a HUGE thank you to all of our students, families, and staff for such a tremendous start to the 2018-2019 school year! Getting back into the routine of early bedtimes, packing lunches, and perhaps less tech time can be a difficult transition to make. We certainly appreciate the efforts of all involved in making our students' school days as successful as possible. Our classrooms have been busy. It is amazing to see how quickly the kids have jumped right into their learning. Our classrooms are bursting with hard working readers, writers, mathematicians, artists, athletes, scientists, and musicians.

In September, with your help, we were able to raise over \$500 for the Terry Fox Foundation! Thank you so much for your efforts and to those who were able to join us for our walk. We certainly appreciate it. October will bring our second community service project as we take part in the annual Feed the Bug Campaign. We invite you to send a non-perishable food item or two to school with your child. These items will be donated to our local food banks to help families over the Thanksgiving holiday, and beyond. Also, keep your eyes peeled for more information to come regarding our upcoming Halloween Carnival on October 25th - mark the date!

Once again, thank you for being part of our amazing community! Together we can do great things.

Fall is a great time to gather as a family in the evening and read a book aloud. As you cuddle under a blanket and read, stop to talk about the pictures that you see, predictions that can be made, and lessons that can be learned. Reading together and reflecting on what we have read is a great way to grow fantastic readers.



### Welcome Nixon Reimer!

Congratulations to Mrs. Reimer! Mrs. Reimer began her Maternity Leave this year by welcoming her son, Nixon Kent Reimer on August 23!

### School Information

For more information and to access to these hyperlinks, view our newsletter online at [www.pm.lethsd.ab.ca/newsletter.php](http://www.pm.lethsd.ab.ca/newsletter.php)

- [Counselling Connections](#)
- [From the School Nurse](#)
- [Making Connections Message](#)

### Gideon Bibles Available

The Gideons of Lethbridge are offering all grade 5 students a New Testament Bible. As per District 51 policy, parents must sign a consent card in order for students to receive them. If you wish your grade 5 child to receive a New Testament Bible, please have him/her pick up a card from the office.

### Parent Council Meeting—October 16 @ 6:30pm

We had a fantastic turn out at our first Parent Council Meeting and are looking forward to seeing both new and familiar faces on October 16th at 6:30 pm for our next meeting. Childcare is provided for the duration of the meeting. We look forward to seeing you there!



# Park Meadows Elementary School Calendar 2018

Mon.	Tue.	Wed.	Thu.	Fri.
<p>1</p> <p><b>Feed the Bug Begins!</b> <i>Remember to bring a food donation to class!</i></p>	<p>2</p> <p>Entz/Wagar/Ellison to <b>Nordbridge Seniors Centre Home Alone Group #1</b> 3:15-4:30pm <b>Choir</b> 3:15-4:15pm <b>Gr 1-3 Cheerleading</b> 3:30-5pm</p>	<p>3</p> <p><b>Scientists in Schools</b> -Thielen <b>After School Skating</b> 3:45-4:45pm</p>	<p>4</p> <p><b>Scientists in Schools</b> – van der Meer <b>Healthy Snack Club #1</b> 3:15-4pm <b>Gr 4-5 Cheerleading</b> 3:30-5pm</p>	<p>5</p> <p><b>Scientists in Schools</b> -Wenaas <b>Feed the Bug Finale</b></p>
<p>8</p> <p><b>NO SCHOOL-Thanksgiving</b></p>	<p>9</p> <p><b>NO SCHOOL for Students – Literacy Day</b></p>	<p>10</p> <p><b>After School Skating</b> 3:45-4:45pm</p>	<p>11</p> <p><b>Scientists in Schools - Judd</b> <b>Healthy Snack Club #1</b> 3:15-4pm <b>Gr 4-5 Cheerleading</b> 3:30-5pm</p>	<p>12</p> <p><b>Scientists in Schools</b> -Williams</p>
<p>15</p>	<p>16</p> <p>Braun/Olsen/Fletcher/Ellison to <b>Nordbridge Seniors Centre</b> <b>Choir</b> 3:15-4:15pm <b>Gr 1-3 Cheerleading</b> 3:30-5pm <b>Parent Council Meeting</b> 6:30pm</p>	<p>17</p> <p><b>After School Skating</b> 3:45-4:45pm Grades KG-3 Remember to return your <b>AHS Dental Check-Up Forms!</b></p>	<p>18</p> <p><b>Wild Wilderness</b> Presentation <b>No Kindergarten</b> <b>No EEP</b> <b>HALF DAY Gr 1-5</b> 11:47am Dismissal for PL Day</p>	<p>19</p> <p><b>NO SCHOOL for Students</b> – PL Day</p>
<p>22</p> <p><b>Galt Museum Field Trip</b> -Hegland <b>Clothing Exchange</b> at Galbraith 4-7pm</p>	<p>23</p> <p><b>Galt Museum Field Trip</b> -Watson <b>Choir</b> 3:15-4:15pm <b>Gr 1-3 Cheerleading</b> 3:30-5pm</p>	<p>24</p> <p><b>Grade 1 Fire Presentation</b> <b>Galt Museum Field Trip</b> -Krawchuk <b>After School Skating</b> 3:45-4:45pm</p>	<p>25</p> <p><b>Swimming</b> - Thielen <b>Healthy Snack Club #2</b> 3:15-4pm <b>Gr 4-5 Cheerleading</b> 3:30-5pm <b>Halloween Carnival</b> 6:30-8:30pm</p>	<p>26</p>
<p>29</p>	<p>30</p> <p><b>Swimming</b> - van der Meer <b>Home Alone Group #2</b> 3:15-4:30pm <b>Choir</b> 3:15-4:15pm <b>Gr 1-3 Cheerleading</b> 3:30-5pm</p>	<p>31</p> <p><b>Halloween Festivities</b></p>		

# Healthy Children

October 2018 Parent Newsletter



## Articles

5 Easy Tips to Get Rid of Lice

Food in the Media

## 5 Easy Tips to Get Rid of Lice

Lice! The word can send many parents into a panic. No one wants to get a call that their child has lice. Lice can happen to anyone, anytime. Rich or poor, clean or dirty, lice do not discriminate. The head louse is one of several types of lice, but it only infests the scalp. The head louse is not known to spread disease. Up to 10% of elementary school children may have lice. If a child has lice it can spread to other family members or close contacts. Head lice do not hop or fly. The lice spread by contact with the hair of a person who has lice.

So what do you do if your child has lice?

1. Try not to panic.
2. Treat only those with lice. Talk to a pharmacist for the most

current and effective treatment.

3. Wash bedding and clothing, especially head gear and scarves in hot water. Drying on a hot cycle will help but is not necessary.
4. Soak combs and brushes in hot water approximately 55 degrees Celsius.
5. Do not use sprays to treat the house. They can be toxic.

Finding lice does not mean that your child gets time off school. Your child can go home at the end of the day and still return the next day after treatment.

➤ **For more information about head lice and treatment, visit** <https://www.albertahealthservices.ca/assets/info/school/if-sch-sh-head-lice-and-how-to-treat-them.pdf>

## World Mental Health Day

October 10<sup>th</sup> is World Mental Health Day. You can use this day as an opportunity to check in with your child and see how they are doing. Asking every day questions can help such as: “How was your day?” or “What was the most challenging thing you did today?”

To learn more about mental health, visit <http://www.sickkidscmh.ca/ABC/Parent-Resource/Welcome>



## Food in the Media

Has your child ever asked for food because they saw it advertised? If so, you're not alone. Ads can influence children's food requests and eating habits. Making food and drinks appeal to kids is a multi-billion dollar industry. The problem is, 90% of foods advertised to kids are high in sugar, salt and fat.

Food and drink ads are in television commercials, magazines, videos on social media, games on websites and cell phone apps. For example, kids see over 2.5 million food and drink ads per year on their favourite websites alone!

What can parents do?

**Teach media literacy:** Talk with your child about the ways that companies advertise foods to them. Around 10 years old, children can understand the intent of ads.

**Limit screen time:** Decrease the time that your child sees ads by limiting screen time. Ideas for other activities include crafts, dress-up, playing outside or reading.



**Parents and children can eat the same foods:** Products marketed as “kid food” are often high in fat, sugar or salt. For example, fruit flavoured gummies are usually high in sugar and contain little-to-no fruit.

**Support schools and recreation centres that are trying to avoid food ads:** Tell them you support their efforts to make healthy changes. Work with others to keep your community free from this advertising.



**For more information, visit the Raising Healthy Kids media literacy channel:**

<https://vimeo.com/channels/rohkfodliteracy>

# BOO BASH

Join us for  
**GAMES** and **FUN**

**Saturday,  
October 27<sup>th</sup>**

**1pm – 4pm**

**Exhibition Park  
Pavilion West**

3401 Parkside Drive South - Lethbridge

**FREE Family  
Event**

All games are designed for children ages 2 - 10 years. Bouncy Castle, Photo Booth, Face Painting, Roving Gym, Crafting Table, Tattoos, Games, and so much more.



organized by  
**Family Centre  
Parent Advisory  
Council**  
in cooperation with





# PROGRAM GUIDE

September 2018 - June 2019

[www.famcentre.ca](http://www.famcentre.ca)



**HEALTHY CHILDREN! HEALTHY FAMILIES! HEALTHY COMMUNITIES!**

Family Centre empowers children and families through programs, resources, and connections.

## NEW FAMILY CENTRE BRANCH IN WEST LETHBRIDGE



**J**ust over one year ago, on Labour Day 2017, Family Centre opened its West branch. Now we get to celebrate its first anniversary! The newest Family Centre location is right inside the Coalbanks Elementary School in the Copperwood neighborhood in West Lethbridge and has a lot to offer: a large indoor play area and a natural outdoor play area ideal for families with young children and lots of parenting resources and services. Families from across the West side have enjoyed this engaging space: Whether it is the “Vitality Café” that opens for parents early in the morning right after school starts or “PJ’s and Pillows” on Wednesday evenings that invites parents with young children to come for reading time before bedtime. Parents can learn about the Triple-P Positive Parenting Program or join our popular special Saturday programs. Volunteers help with programming, maintain the outdoor space, and get busy in our community garden. Join us this year at Family Centre West, a place like no other for children and caregivers in West Lethbridge.

### **FAMILY CENTRE DOWNTOWN**

Lethbridge Centre  
Suite 225, 200 - 4 Ave. South  
403-320-4232

**Monday - Thursday**

8:30am - 8:30pm

**Friday**

8:30am - 4:30pm

**Saturday**

8:30am - Noon

### **FAMILY CENTRE WEST**

Coalbanks Elementary School  
#10, 230 Coalbanks Blvd. West  
403-359-8092

**Monday\*, Tuesday\*, Thursday\*, Friday\***

8:30am - 4:00pm

**Wednesday\***

1:00pm - 8:00pm

### **FAMILY CENTRE NORTH**

Interfaith Food Bank  
1103 - 3 Ave. North  
403-320-8138

**Monday - Friday**

8:30am - 4:00pm

*\*Hours may vary*

# PARENTING & FAMILY

## Resources

### FAMILY CENTRE DOWNTOWN

#### RESOURCES

##### CENTRE OF EXCELLENCE

A unique centre that provides educators and parents access to laminating, die cuts, activity ideas and so much more!  
Call 403-320-4232 ext. 204.

##### LETHBRIDGE IRON WORKS INDOOR PLAYGROUND

This playroom features a safe and fun learning environment for families with children 0-6. It is available to the public, free of charge, during our regular hours of operation.

##### VOLUNTEER

You supply the time, energy and enthusiasm and we will supply the training for a multitude of volunteer positions. For application questions, contact the Coordinator of Volunteer Resources.

##### PARENT ADVISORY COMMITTEE

Have a voice in your community! Be a part of Family Centre's Parent Advisory Committee. We are in great need of your input and as a parent, you will provide valuable input to our programs.  
Call 403-320-4232 ext. 210.

##### RESOURCE LIBRARY

Our KIN Family Resource Library is free for users and offers access to: pamphlets; books for very young children; books and movies for children, youth, care-takers and professionals on topics related to child development, parenting, and mental health.

##### OUTREACH

Whether it is a workshop, a presentation to a service group, or working with another agency, Family Centre reaches out to the community with family and parent support programs. Staff facilitate these exciting and informative workshops at Family Centre and throughout Southern Alberta.

#### EARLY CHILDHOOD EDUCATION

##### BABY GYM TIME

This free registered program helps babies 4-18 months to move, play and learn together in a safe, fun and supportive environment. The gym equipment is specialized and made for babies.

##### BABY PACT

This program offers new parents time to discuss and learn about baby's development and first milestones, create fun activities to take home, and learn about community supports through invited guests.

##### BABY SIGNING

Getting in sync with your child helps promote healthy development. Learn over 80 signs to discover the wants and needs of your infant. This program is geared for families with children 4-18 months of age.

##### COME BUILD WITH US

Children will explore a variety of different building materials and learn concepts in construction including gravity, patterns, cause & effect, stability, balance, and shape.

##### DAY HOME FAMILY DAY

Child care providers can network; learn new ideas for programming; develop confidence in their best practices while their children explore play centres in a safe and secure environment.

##### KIDS IN ACTION

Children need to move and grove; wiggle and giggle; play and connect to create a foundation for well-being. Activities are provided to enhance the fine and gross motor skills of children 0-6 years.

##### LETHBRIDGE SENIORS & KIDS INTERGENERATIONAL PROGRAM

L-SKIP is an intergenerational program pairs children, 2-6 years, and their caregiver with seniors. They'll engage in active play, games and activities followed by a small snack and story time!

##### ME & MY DAD

Dads, you and your little one will enjoy building and creating in all of our play areas. Facilitators will provide any information you need to make your play time out of this world.

##### ME & MY FAMILY

Bring your children, infants to 6, to this free drop-in program. Activities provided will stimulate your child's creativity; enhance their learning and help you connect while playing.

##### PARENTS AND CHILDREN TOGETHER (PACT)

We create an environment where children can play, interact and learn based on their interests. Facilitators provide information that promotes healthy brain development and answers your parenting questions.

##### PARENT TALK

Scheduled guests will meet you whether you are playing on the floor with your children or connecting over coffee with a friend and provide information about services and programs in Lethbridge and area.

#### FAMILY SUPPORT

##### BRAVE

Adults learn to better understanding their anger among other emotions. Recognize the origin and impact of those emotions and how to express them in a healthier manner.

##### COUNSELLING

No-cost counselling for individuals, couples, families and youth aged 7 and up. Strengthen relationships, resolve issues, find solutions, and improve your life. Call 403-320-4232 ext. 240.

##### GROWING ABILITIES

A parent support and play group for children with differing abilities, as well as siblings and support staff. Planned activities based on children's developmental needs, abilities and interests and opportunities for parents to connect. One-on-one support is not available to children.

##### POST NATAL GROUP

Having a baby comes with a variety of new emotions and may include depression, anxiety, disconnection and low self-esteem. For moms of children age 0-12 months. Pre-interview is required, please contact Postpartum Mental Health @ Alberta Health Services 403-381-5260.

##### SUPPORTING FATHER INVOLVEMENT (SFI)

This 11-week group helps parents have stronger relationships with each other, grow closer to their children and build resilient and well-balanced families. The program includes childcare and a meal.

##### SUPPORTING FATHER INVOLVEMENT - FIRST NATIONS

This program follows the same SFI format and is offered through partnership with Indigenous community agencies. Elders help lead the group and offer wisdom and guidance. This program includes childcare and a meal.

#### YOUTH

##### WORRY DRAGONS

Worry Dragons is for parents and children (ages 7 to 12). In the child group, children will engage their creative side to express fears, worries and anxieties and learn new skills to respond to these feelings. The parent group will cover the same information with a focus on how to support their child's growth and learning.

#### PARENT EDUCATION

##### CELEBRATING INDIGENOUS MOMS

This monthly support group celebrates the important role of Indigenous Moms within the family, community, and society. Join us for conversation, parenting tips and support.

##### FOCUS ON COMMUNICATION IN SEPARATION (FOCIS)

Improve communication with your co-parent through discussions, videos and skill-building in a small group. Reduced parental conflict leads to improved outcomes and less stress for your children and you.

##### PARENTING AFTER SEPARATION

Learn about the separation and divorce process, the effects on children, skills for communication and legal information. The in-person sessions are facilitated by a counsellor and a lawyer with time for discussion, support and questions.

##### PARENTING FOR NEW CANADIANS

Raising children in a new country can be challenging. Learn about child development, positive discipline, community resources, Canadian culture and more. Contact Immigrant Services at 403-320-1589 to register.

# HEALTHY CHILDREN! HEALTHY FAMILIES! HEALTHY COMMUNITIES!



We strive to benefit the children and families of all peoples in our community.

Created by:  
Crystal Cross Child

## PARENT SUPPORT

We offer support, positive parenting strategies and connection to community resources. Book a 1 hour consultation to talk about any issues or concerns related to parenting. Ongoing support is also available. Call 403-320-4232 ext. 240.

## PUTTING CHILDREN FIRST IN SEPARATION & DIVORCE

This jam-packed 1 hour information session provides tips and strategies for parents to support their children through this time, information on co-parenting and creating a parenting plan.

## POSITIVE PARENTING PROGRAM (TRIPLE P)

Learn simple, practical strategies to manage child behaviours, prevent problems and build strong, healthy relationships based on 30 years of research. Individual and group formats available.

## TRIPLE P GROUP

Build strong, nurturing relationships, talk to your children, give positive attention, manage behaviours and child development in a small group. These hands-on strategies make a difference for parents, children and families. Childcare available.

## TRIPLE P SEMINARS

1.5 hour seminars for parents with children age 0-12 that provide an overview of positive parenting strategies. Seminars available: The Power of Positive Parenting, Raising Confident, Competent Children and Raising Resilient Children.

## TRIPLE P DISCUSSION GROUPS

Develop your own personal plan to manage common parenting challenges for children ages 2-6. Topics include: Hassle-Free Shopping, Developing Good Bedtime Routines, Dealing with Disobedience, and Managing Fighting and Aggression.

## SOLO DADS WANTED

Join us for conversation, parenting tips and figuring out how to be the best dad you can be in supporting your children through separation and divorce in this judgement free, father positive, strengths-based monthly support group.

## STEPPING STONES (TRIPLE P) GROUP - FOR PARENTING A CHILD WITH A DISABILITY

Learn strategies to manage more challenging behaviours and developmental issues common in children with a disability. Encourage positive behaviour and relationships with your child, cope with stress and learn new skills. Childcare available.

## FAMILY CENTRE WEST

### EARLY CHILDHOOD EDUCATION

#### BABY GYM TIME

This free registered program helps babies 4-18 months to move, play and learn together in a safe, fun and supportive environment. The gym equipment is specialized and made for babies.

#### COME BUILD WITH US

Children will explore a variety of different building materials and learn concepts in construction including gravity, patterns, cause & effect, stability, balance, and shape.

#### DISCOVER TOGETHER

Discover some amazing things together as a family. This program may be a science and math playgroup; a special event; or parent education seminar. It is held on the 2nd or 3rd Saturday of the month. Watch for details at Family Centre West.

#### EXPLORE WITH ME

This play program for parents with children aged 0-6 provides hands-on exploration of a variety of materials that will inspire a child's natural curiosity to learn about the world. Play happens in our playroom and in our natural outdoor play space.

#### SPLAT! - SENSORY PLAY FOR LITTLE ADVENTUROUS TYKES!

Sensory play includes activities that stimulates a child's senses: touch, smell, taste, movement, balance, sight and hearing. Activities will be inside and outside; guaranteed to be messy! Program is for families with children 0-6 years old.

## PJ'S AND PILLOWS

Come in your pj's and bring along your pillows! We'll enjoy some family playtime activities and extended circle/story time. Activities will focus on early literacy skill building.

## READY FOR SCHOOL

This program will provide information about how to support your child's early learning and development. School readiness is more than writing a name, knowing letters and numbers. It's about helping children develop important social, emotional and learning skills.

## PARENT EDUCATION

### POSITIVE PARENTING LEARNING SERIES FOR DADS

We're offering all 3 Triple P seminars just for Dads. There will be time for conversation and questions. See Family Centre Downtown for details.

### VITALITY CAFE

Well-being is the foundation for a strong family. Through guided discussions with other parents and hands-on activities with children, participants will explore the six vitality domains: physical, mental, spiritual, environmental, financial and social. Vitality Cafés are fun, inspirational and full of positive energy.

### TRIPLE P GROUP / TRIPLE P DISCUSSION GROUPS / FOCIS / PUTTING CHILDREN FIRST IN SEPARATION & DIVORCE

These great programs are being offered at Family Centre West, see Family Centre Downtown for details.

## FAMILY CENTRE NORTH

### COOKING CLASSES

#### ADULT COOKING CLASS

Come and learn food preparation and cooking skills; healthy eating on a limited budget; and meet new people. Two recipes for a family of 4 are made, taken home and enjoyed!

#### BIG CHEF LITTLE CHEF

Cooking provides so many great benefits for children. Social skills are developed through sharing and cooperation; early math skills increased by counting, measuring, develop spatial awareness; and they use all their senses. For parents with one child age 3-6.

#### CASUAL KITCHEN

Similar to our adult cooking classes, the Casual Kitchen will explore special food items based on seasonal activities. You still take home the food you have prepared! This class will be held once a month on Wednesday evening or Saturday morning with child care.

#### KIDS IN THE KITCHEN

Caregivers and children 7-11 years will cook together for 2 weeks then children are able to cook independently. Everyone receives an Information Booklet, recipes and their food to take home and enjoy.

#### PLANTS TO PLATES

Children (7-11) develop kitchen skills with garden activities and make connections between how food is grown and how to prepare nutritious, tasty meals. Participant learn to think about the food they eat, and where it comes from.

#### YOUNG CHEFS

Youth (ages 11-14) will learn food safety, independent cooking skills, use of equipment and tools, health and nutrition, recipes, outdoor cooking skills, literacy skills, mathematical skills and to have fun with their peers in the kitchen!

### PARENT EDUCATION

#### TRIPLE P GROUP

See Family Centre Downtown for description

#### TRIPLE P SEMINARS

See Family Centre Downtown for description.



# Satellite Partners

For more information about our Satellite Partners, visit: [www.famcentre.ca](http://www.famcentre.ca)



For in-home support, call: 403-320-5983



For school support, call: 403-320-9768



Family Centre and Opokaa'sin, through partnership, provide a warm and friendly drop in play environment: Opokaa'sin Parents and Children Together (PACT). This culturally inclusive program for parents and children 0-6, runs Monday and Thursday morning.

403-380-2569  
241 Stafford Drive North  
Lethbridge

## FAMILY CENTRE NORTH | SEPTEMBER 2018 - DECEMBER 2018

	REGISTRATION PERIOD	PROGRAM DATES	PROGRAM DAYS	PROGRAM TIME	PROGRAM FEE
<b>COOKING CLASSES</b>					
Adult Cooking Class	Ongoing	Aug 27 - Dec 20	Monday - Friday	Tues, Thurs, Fri: 9:30am - 11:30am Mon, Tues, Thurs: 1:00pm - 3:00pm	Free
Big Chef Little Chef	Ongoing	Sep 11 - Dec 18	Every 2nd & 3rd Tuesday Every 4th Thursday	10:00am - 11:30am 1:30pm - 3:00pm	Free
Casual Kitchen	Ongoing	Sep 19, 22, Oct 17, 20, Nov 21, 24, Dec 19	Wednesdays Saturdays	Wed: 4:00pm - 6:00pm Sat: 10:00am - 12:00pm	Free
Kids in the Kitchen	Ongoing	Sep 7 - Dec 14	Fridays	1:00pm - 3:00pm	Free
Triple P Group	Sep 24 - Oct 24	Oct 30 - Dec 4	Tuesdays	1:00pm - 3:00pm	Free

## FAMILY CENTRE NORTH | JANUARY 2019 - JUNE 2019

<b>COOKING CLASSES</b>					
Adult Cooking Class	Ongoing	Jan 7 - Jun 27	Mondays, Tuesdays, Thursdays	1:00pm - 3:00pm	Free
Big Chef Little Chef	Ongoing	Jan 8 - Jun 27	Every 2nd & 3rd Tuesday Every 4th Thursday	10:00am - 11:30am 1:30pm - 3:00pm	Free
Casual Kitchen	Ongoing	Jan 16, Feb 27, Mar 20, Apr 17, May 15, Jun 19, 22	Wednesdays Saturdays	Wed: 4:00pm - 6:00pm Sat: 10:00am - 12:00pm	Free
Kids in the Kitchen	Ongoing	Jan 11 - Feb 15	Fridays	1:00pm - 3:00pm	Free
Plants to Plates	Ongoing	May 3 - Jun 28	Fridays	1:00pm - 3:00pm	Free
Triple P Seminars	Dec 15 - Jan 15 Jan 26 - Feb 26 Feb 19 - Mar 19	Jan 19 Mar 2 Mar 23	Saturdays	10:00am - 12:00pm	Free
Young Chefs	Ongoing	Feb 19 - 22 Apr 23 - 26	Tuesday to Friday	1:00pm - 3:00pm	Free

### 2018/19 PLATINUM SPONSOR:



Lethbridge South

### Family Centre West Opens With Gratitude To Our Donors.

Each year we require \$200,000 to provide programs to our families. Please call today to help.

#### Thank you to all of our special donors:

- Daytona Homes
- Lethbridge School District No. 51
- Lethbridge McDonald's Restaurants
- And many individual donors

Family Centre is a registered charity and gratefully accepts donations to fund family programming and activities. You can donate by calling 403-320-4232.

## FAMILY CENTRE DOWNTOWN | SEPTEMBER 2018 - DECEMBER 2018

	REGISTRATION PERIOD	PROGRAM DATES	PROGRAM DAYS	PROGRAM TIME	PROGRAM FEE
<b>EARLY CHILDHOOD EDUCATION</b>					
Baby Gym Time	Oct 4 - Oct 25	Nov 1 - Dec 6	Thursdays	1:30pm - 3:00pm	Free
Baby PACT	Aug 13 - Sep 4	Sep 10 - Dec 10	Mondays	1:30pm - 3:00pm	\$40 / One Child \$60 / Family
Baby Signing	Aug 15 - Sep 5	Oct 2 - Nov 6	Tuesdays	9:30am - 11:00am	\$40 / One Child \$60 / Family
Day Home Family Day	Aug 14 - Sep 4	Sep 11 - Dec 4	Tuesdays	9:30am - 11:00am	Free
Kids in Action	Drop In	Sep 5 - Dec 12	Wednesdays	9:30am - 11:00am	Free
L - SKIP (Offsite)	Sep 20 - Oct 10	Oct 15 - Nov 26	Mondays	1:30pm - 2:30pm	Free
Me and My Dad	Drop In	Sep 8 - Dec 15	Saturdays	9:30am - 11:30am	Free
Me and My Family	Drop In	Sep 6 - Dec 13	Thursdays	4:30pm - 6:30pm	Free
Parents and Children Together (PACT)	Aug 15 - Sep 5	Sep 10 - Dec 10	Mondays	9:00am - 11:00am	\$40 / One Child \$60 / Family
		Sep 20 - Dec 6	Thursdays		
Parent Talk	Drop In	Sep 7 - Dec 14	Fridays	9:30am - 11:00am	Free
<b>FAMILY SUPPORT</b>					
Brave	Aug 27 - Sep 27	Oct 3 - Nov 21	Wednesdays	6:00pm - 8:00pm	\$40 / Person
Growing Abilities	Aug 20 - Sep 11	Sep 28 - Nov 30	Fridays	2:00pm - 3:30pm	Free
Post Natal Group	Ongoing	Sep 25 - Nov 13	Tuesdays	1:15pm - 2:30pm	Free
Supporting Father Involvement	Ongoing	Sep 25 - Dec 4	Tuesdays	5:00pm - 8:00pm	\$60 / Family
SFI First Nations (Offsite)	Ongoing	Opokaa'sin: Sep 19 - Dec 5 Standoff: Sep 20 - Dec 6	Opokaa'sin: Wednesdays Standoff: Thursdays	5:00pm - 8:00pm	Free
<b>YOUTH</b>					
Worry Dragons	Sep 4 - Sep 28	Oct 11 - Nov 22	Thursdays	4:00pm - 5:00pm	\$35 / Family (parents & 1 youth) \$15 / Additional Child
<b>PARENT EDUCATION</b>					
Celebrating Indigenous Moms	Ongoing	Sep 19, Oct 17, Nov 21	3rd Wednesday of the month	6:00pm - 8:00pm	Free
Developing Good Bedtime Routines (Discussion Group)	Aug 5 - Sep 5	Sep 10	Monday	6:00pm - 8:00pm	Free
FOCIS	Ongoing	Sep 29, Oct 29, Nov 5	Saturday or 2 Mondays	Sat: 9:30am - 4:30pm Mon: 5:30pm - 8:30pm	Free
Hassle Free Shopping (Discussion Group)	Oct 20 - Nov 20	Nov 26	Monday	6:00pm - 8:00pm	Free
Parenting After Separation	Ongoing	Oct 20	Saturday	9:30am - 4:30pm	Free
Parenting for New Canadians	Aug 26 - Sep 26	Oct 9 - Dec 11	Tuesdays	1:00pm - 3:00pm	Free
Putting Children First in Separation and Divorce	Aug 24 - Sep 24	Sep 27	Thursday	27th: 6:30pm - 7:30pm	Free
	Oct 15 - Nov 15	Nov 20	Tuesday	20th: 12:00pm - 1:00pm	
Solo Dads Wanted	Ongoing	Sep 25, Oct 30, Nov 27	Last Tuesday each month	6:00pm - 8:00pm	Free
Stepping Stones Group	Ongoing	Sep 17 - Nov 19	Mondays	Mon: 6:00pm - 8:00pm	Free
		Sep 20 - Oct 25	Thursdays	Thurs: 1:00pm - 3:00pm	

## FAMILY CENTRE WEST | SEPTEMBER 2018 - DECEMBER 2018

	REGISTRATION PERIOD	PROGRAM DATES	PROGRAM DAYS	PROGRAM TIME	PROGRAM FEE
<b>EARLY CHILDHOOD EDUCATION</b>					
Discover Together	Ongoing	Sep 15, Oct 13, Nov 17, Dec 8	1 Saturday per month	9:30am - 11:30am	Free
Explore With Me	Drop In	Sep 10 - Dec 17	Mondays	8:30am - 10:30am	Free
PJ's & Pillows	Drop In	Sep 5 - Oct 24	Wednesdays	5:30pm - 7:30pm	Free
SPLAT- Sensory Play	Aug 16 - Sep 6	Sep 13 - Dec 6	Thursdays	9:00am - 11:00am	\$40 / One child \$60 / Family
<b>PARENT EDUCATION</b>					
Positive Parenting Seminar for Dads	Oct 8 - Nov 8	Nov 14 - Nov 28	Wednesdays	6:30pm - 8:30pm	Free
Vitality Café	Aug 13 - Sep 13	Sep 18 - Nov 6	Tuesdays	8:30am - 10:30am	Free



Funded by:



@familycentre

Family Centre



Family Centre in Lethbridge

@familycentreyql

## FAMILY CENTRE DOWNTOWN | JANUARY 2019 - JUNE 2019

	REGISTRATION PERIOD	PROGRAM DATES	PROGRAM DAYS	PROGRAM TIME	PROGRAM FEE
<b>EARLY CHILDHOOD EDUCATION</b>					
Baby Gym Time (Offsite)	Feb 7 - Feb 28	Mar 7 - Apr 18	Thursdays	1:30pm - 3:00pm	Free
Baby PACT	Dec 3 - Jan 4 Mar 4 - Mar 27	Jan 7 - Mar 25 Apr 1 - June 24	Mondays	1:30pm - 3:00pm	\$40 / One Child \$60 / Family
Baby Signing	Dec 3 - Jan 7 Mar 4 - Mar 27	Jan 15 - Feb 19 Apr 30 - Jun 4	Tuesdays	9:30am - 11:00am	\$40 / One Child \$60 / Family
Come Build With Us	Drop In	Feb 21 & Apr 25	Thursdays	9:30am - 11:00am	Free
Day Home Family Day	Dec 3 - Jan 4 Mar 4 - Mar 27	Jan 8 - Mar 26 Apr 2 - Jun 18	Tuesdays	9:30am - 11:00am	Free
Kids in Action	Drop In	Jan 9 - Mar 27 Apr 3 - Jun 26	Wednesdays	9:30am - 11:00am	Free
Me & My Dad	Drop In	Jan 12 - Mar 30 Apr 6 - June 29	Saturdays	9:30am - 11:30am	Free
Me & My Family	Drop In	Jan 10 - Mar 28 Apr 4 - Jun 27	Thursdays	4:30pm - 6:30pm	Free
Parents and Children Together (PACT)	Dec 3 - Jan 4 Mar 4 - Mar 27	Jan 7 - Mar 25 Apr 1 - Jun 24	Mondays	9:00am - 11:00am	\$40 / One Child \$60 / Family
		Jan 10 - Mar 28 Apr 4 - Jun 27	Thursdays	9:30am - 11:00am	
Parent Talk	Drop In	Jan 11 - Mar 29 Apr 5 - Jun 28	Fridays	9:30am - 11:00am	Free
<b>FAMILY SUPPORT</b>					
Brave	Jan 21 - Feb 21	Feb 27 - Apr 17	Wednesdays	6:00pm - 8:00pm	\$40 / Person
Growing Abilities	Dec 3 - Jan 4 Mar 4 - Mar 29	Jan 18 - Mar 22 Apr 26 - Jun 28	Fridays	2:00pm - 3:30pm	Free
Post Natal Group	Ongoing	Jan 22 - Mar 12 Apr 02 - May 21	Tuesdays	1:15pm - 2:30pm	Free
Supporting Father Involvement	Ongoing	Jan 22 - Apr 2 Apr 16 - Jun 25	Tuesdays	5:00pm - 8:00pm	\$60 / Family
SFI First Nations (Offsite)	Ongoing	Opokaa'sin: TBD Standoff: TBD	Opokaa'sin: TBD Standoff: TBD	5:00pm - 8:00pm	Free
<b>YOUTH</b>					
Worry Dragons	Jan 4 - Jan 25 Mar 5 - Apr 5	Jan 31 - Mar 14 Apr 11 - May 30	Thursdays	4:00pm - 5:00pm	\$35 / Family (parents & 1 youth) \$15 / Additional Child
<b>PARENT EDUCATION</b>					
Celebrate Indigenous Moms	Ongoing	Jan 16, Feb 20, Mar 20, Apr 17, May 15, Jun 19	3rd Wednesday of the month	6:00pm - 8:00pm	Free
Dealing with Disobedience (Discussion Group)	Dec 17 - Jan 17	Jan 23	Wednesday	6:00pm - 8:00pm	Free
FOCIS	Ongoing	Jan 26, Mar 2 Feb 6 & 13, Mar 18 & Mar 25 May 4, June 1	Saturday 2 Wednesdays 2 Mondays	Sat: 9:30am - 4:30pm Wed: 5:30pm - 8:30pm Mon: 5:30pm - 8:30pm	Free
Parenting After Separation	Ongoing	February 9	Saturday	9:30am - 4:30pm	Free
Putting Children First in Separation and Divorce	Dec 17 - Jan 17 Feb 26 - Mar 26 Apr 9 - May 9	Jan 23, Apr 4, May 15	Wednesday Thursday	Wed: 12:00pm - 1:00pm Thurs: 6:30pm - 7:30pm	Free
Solo Dads Wanted	Ongoing	Jan 29, Feb 26, Mar 26, Apr 23, May 21, Jun 18	Last Tuesday each month	6:00pm - 8:00pm	Free
Stepping Stones Group	Ongoing	Jan 14 - Feb 11 Feb 7 - Mar 14	Mondays Thursdays	Mon: 6:00pm - 8:00pm Thurs: 1:00pm - 3:00pm	Free

## FAMILY CENTRE WEST | JANUARY 2019 - JUNE 2019

	REGISTRATION PERIOD	PROGRAM DATES	PROGRAM DAYS	PROGRAM TIME	PROGRAM FEE
<b>EARLY CHILDHOOD EDUCATION</b>					
Baby Gym Time (Offsite)	Dec 3 - Jan 7 Apr 1 - Apr 30	Jan 10 - Feb 14 May 5 - June 6	Thursdays	1:30pm - 3:00pm	Free
Come Build With Us	Drop In	Feb 22, Apr 26	Fridays	9:30am - 11:00am	Free
Discover Together	Ongoing	Jan 12, Feb 9, Mar 9, Apr 13, May 11, Jun 8	1 Saturday per month	9:30am - 11:30am	Free
Explore With Me	Drop In	Jan 7 - Mar 25 Apr 1 - Jun 27	Mondays	8:30am - 10:30am	Free
PJ's & Pillows	Drop In	Jan 9 - Feb 27	Wednesdays	5:30pm - 7:30pm	Free
Ready for School	Apr 1 - Apr 26	May 3 - Jun 21	Fridays	9:00am - 11:00am	\$40 / One child \$60 / Family
SPLAT- Sensory Play	Dec 3 - Jan 7 Mar 18 - Apr 15	Jan 10 - Mar 28 Apr 18 - Jun 27	Thursdays	9:00am - 11:00am	\$40 / One child \$60 / Family
<b>PARENT EDUCATION</b>					
Triple P Group	Jan 28 - Feb 28	Mar 6 - 27, Apr 24	Wednesdays	6:00pm - 8:00pm	Free
Vitality Café	Dec 16 - Jan 16 Feb 20 - Mar 20	Jan 22 - Mar 12 Mar 26 - May 14	Tuesdays	8:30am - 10:30am	\$40 / One child \$60 / Family