



**STRONG, EMPOWERED FAMILIES | THRIVING, HAPPY CHILDREN
MEANINGFUL COMMUNITY CONNECTIONS**



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER

SPRING 2024 MAY & JUNE PROGRAM GUIDE

**10A-215 Carnegie Drive, St. Albert, AB T8N 5B1
780-459-7377 / www.stalbertfrc.ca**

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Find us on:



Or:

10A, 215 Carnegie Drive, St. Albert, Alberta T8N 5B1
780-459-7377 | www.stalbertfrc.ca

Register online @www.stalbertfrc.ca

**NO EARLY LEARNING PROGRAMMING
JUNE 24th to JUNE 28th, 2024**

**Purchase your 2024/25 Family Membership
for only \$10.00!**

Did you know that we offer outreach programming in schools and daycares? Please contact Tanya Scott for more information at 780-459-7377 ext. 228 or progmanager@stalbertfrc.ca

Hello
SPRING

ONLINE Registration Opens at 12:00pm March 20th, 2024

Please register early as classes fill up quickly!

ASQ Fair



PLAY DAY

Free \$5 Tim
Horton's cards
*with completed ASQ screening

Prizes & Draws

Meet Bluey
& Chase



**Join us for a FREE day,
full of fun interactive
activities & more!**

Do you have questions about
your child's development? Have
your child screened with the ASQ
developmental screening tool!

**May 1st
10am-2pm
Servus Place**



For more info visit:
stalbertfrc.ca/play-day-event

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

PLAYTIME Drop-In Program (Ages 0 to 5 years)

This is a great opportunity for parents, caregivers, or grandparents to come and enjoy our Early Learning Centre with their children. The Early Learning Centre offers a comfortable and secure play environment that engages children in activities which will promote their growth and development. Come meet new friends or connect with old ones!

Date: Mondays (Starting May 6th)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

Facilitators: Miss Shay & Miss Brittany

NO CLASS May 20th, 2024

Date: Fridays (Starting May 3rd)

Time: 9:30am - 11:30am

Ages: 0 - 5 years

Fee: FREE

VIRTUAL WHIMSICAL WEATHER (Ages 2 to 3 years)

Weather can be delightful, playful and so much fun! Join us as we explore the different whimsical stages throughout the seasons, through science experiments, crafts and sensory play.

Date: Mondays, May 6th to May 13th, 2024; 2 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay

BABY IN BLOOM (Ages 0 to 18 months)

In this program we will explore the changes and milestones of your baby as they bloom with you on your journey through parenthood. Through new activities and special keepsakes, you will build lasting connections with your littles that will last a lifetime. **Note: An un-parented program for ages 3-5 years runs at the same time for those parents with an older child wanting to attend!**

Date: Tuesdays, May 7th to May 21st, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay



Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

CUPS & CRAFTS (Ages 18 months to 3 years)

Let's have a wonderful time together exploring art in all its shapes and forms! Parents can enjoy sipping on a warm cozy beverage, while engaging with their child in developmentally age appropriate art experiences. What a wonderful way to spend time with your little learner! ****Note: An un-parented program for ages 3-5 years runs at the same time for those parents with an older child wanting to attend!****

Date: Tuesdays, May 7th to May 21st, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Brittany



VIRTUAL COSMIC EXPLORERS (Ages 3 to 4 years)

Join us as we take a trip to space! Through books, crafts and songs we will explore different aspects of outer space in a fun and creative way. Put on your space suits and come explore what's beyond the sky.

Date: Wednesdays, May 8th to May 22nd, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Brittany

LITTLE BAKERS IN THE KITCHEN (Ages 3 to 5 years)

Children will love creating tasty treats that they can enjoy themselves or share with some-one else. With a little help, your child will discover a variety of "kid" friendly recipes in a highly interactive baking experience. ***Due to the intensity and hands-on nature of this program, if attending with more than one child, we require that each individual child be accompanied by an adult. PLEASE SIGN UP FOR ONE DATE ONLY!***

Date: Thursdays, May 9th OR May 16th, 2024; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Tanya

ONLINE Registration Opens at 12:00pm March 20th, 2024

Please register early as classes fill up quickly!

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

VIRTUAL DIY WITH YOU & I (Ages 4 to 6 years)

Join us for this fun and affordable DIY class. You and your little one will be given the opportunity to explore and enhance your artistic talents while creating your own unique masterpieces, all from the comfort of your own home.

Date: Thursdays, May 9th to May 23rd, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Natasha

VIRTUAL LITTLE BAKERS (Ages 3 to 5 years)

Join us for highly interactive virtual baking experience! Children will love creating tasty treats that they can enjoy themselves or share with someone else. With a little help, your child will discover how much they love to bake! *Please note for virtual baking classes, supplies are not provided*

Date: Thursdays, May 23rd, 2024; 1 session

Time: 11:00am - 11:30am

Fee: FREE

Facilitator: Miss Tanya



VIRTUAL SUNNY DAY (Ages 2 to 3 years)

Lets jump into summer mode and go on some virtual sunny day adventures! Through stories, crafts and songs, we will explore many different exciting ideas. Create your own bucket list of adventures you wish to go on this summer!

Date: Mondays, June 3rd to June 17th, 2024; 3 sessions

Time: 10:00am - 10:30am

Fee: FREE

Facilitator: Miss Shay



Please note for virtual cooking classes, supplies are not provided

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

NATURE'S LITTLE EXPLORERS (Ages 0 to 18 months)

Join us at Lion's Park to explore nature through stroller walks, art, songs and sensory play. Make sure to dress for the weather!

Date: Tuesdays, June 4th to June 18th, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Shay

ART IN THE PARK (Ages 18 months to 3 years)

Come and join us for some outdoor fun! Your littles will love creating masterpieces with chalk, paint and so much more all while enjoying the fresh air outside! Make sure you dress for a mess!

Date: Tuesdays, June 4th to June 18th, 2024; 3 sessions

Time: 10:00am - 11:00am

Fee**: FREE

Facilitator: Miss Brittany

VIRTUAL CRAFTY FEELINGS (Ages 3 to 4 years)

Join us as we put a label to all those difficult emotions. With the use of books, crafts and songs, we will introduce and explore a variety of feelings in a fun and interactive way.

Date: Wednesdays, June 5th to June 19th, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Brittany

EVERYDAY
moments make the best
MEMORIES

ONLINE Registration Opens at 12:00pm March 20th, 2024

Please register early as classes fill up quickly!

Early Childhood Parented

Please NOTE when reserving tickets for parented programs you will ONLY input your child/ren names. ALL parented programs require a parent to attend with a child. Errors in registration may impact your ability to attend the program

LITTLE CHEFS (Ages 3 to 5 years)

Have you ever wondered what kinds of dishes your child could make in the kitchen with a little help? Discover a variety of enjoyable kid friendly cooking activities & recipes in this highly interactive session for you and your little one. The many talents of your "Little Helper" may surprise you! *Due to the intensity and hands-on nature of this program, if attending with more than one child, we require that each individual child be accompanied by an adult. ***PLEASE SIGN UP FOR ONE DATE ONLY!***

Date: Thursdays, June 6th OR June 13th, 2024; individual sessions

Time: 10:00am - 11:00am

Fee: FREE

Facilitator: Miss Natasha

COOKING
WITH
KIDS

VIRTUAL IF I WERE A DINO (Ages 4 to 6 years)

Come explore the prehistoric world of dinosaurs! Your child will enjoy our fun facts about dinosaurs and learn about everything from the ferocious Tyrannosaurus Rex to the enormous Diplodocus. We will be walking with the dinosaurs through stories, crafts, and other activities. If you were a dinosaur, which one would you be?

Date: Thursdays, June 6th to June 20th, 2024; 3 sessions

Time: 1:30pm - 2:00pm

Fee: FREE

Facilitator: Miss Tanya



VIRTUAL LITTLE CHEFS (Ages 3 to 5 years)

Join us for a virtual cooking experience! Have you ever wondered what kinds of dishes your child could make in the kitchen with a little help? Discover enjoyable kid friendly cooking activities & recipes in this highly interactive session for you and your little one. The many talents of your "Little Helper" may surprise you! * Please note for virtual cooking classes, supplies are not provided*

Date: Thursday, June 20th, 2024; 1 session

Time: 11:00am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

Please note for virtual cooking classes, supplies are not provided

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

ALL ABOUT... (Ages 3 to 5 years)

Join us each week for an exciting theme day, designed to provide preschool aged children with a fun-filled playtime that incorporates a wide variety of age appropriate activities. Each session will focus on one theme, which will be explored through activities such as dramatic play, art, science, literature, group time, gross motor, and fine motor activities.

Please note: You may register for two weeks per month so all of our families have a chance to get in. Place your name on our waiting list to contact if spaces become available

Date: Tuesdays
Time: 1:30pm - 3:30pm
Fee: FREE
Facilitators: Miss Shay & Miss Brittany

WEEKLY THEMES:

May

Garden & Grow

7th Mother's Day
14th Grow With Love
21st Dig It
28th Barefoot in the Garden

June

Summer Adventures

4th Nature Captured
11th Father's Day
18th Splash Into Summer
25th NO CLASS

Early Childhood Requirements:

•Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up style diaper (unless fully trained), due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.

•Children 3 and over, who are registering for any other un-parented program, must be toilet- trained.

•Parents are *strongly* encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

DISCOVER & LEARN (Ages 2.5 to 5 years)

During Discover and Learn, children will be engaged in planned activities along with free play using our learn-through-play philosophy. Children will explore science, literacy, problem solving, socializing and much more.

Please note: You may register for two weeks per month so all of our families have a chance to get in. Place your name on our waiting list to contact if spaces become available

Date: Thursday
Time: 9:30am - 11:30am
Fee: FREE
Facilitators: Miss Shay & Miss Brittany

WEEKLY THEMES:

May

Garden & Grow

2nd Alphabet Garden
9th Mother's Day
16th Birds of a Feather
23rd Bugs & Butterflies
30th Rainbow Connections

June

Summer Adventures

6th Sunny Summer
13th Father's Day
20th Poppin Popsicles
27th NO CLASS

Early Childhood Requirements:

- Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up style diaper (unless fully trained), due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Children 3 and over, who are registering for any other un-parented program, must be toilet-trained.
- Parents are *strongly* encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

FUNTASTIC FRIDAYS (Ages 3 to 6)

End the week with a mixed bag of fun! Join us for an exciting theme filled morning where we use our imaginations and explore through age appropriate activities. Join us for one class, or register for all of them!

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Tanya

Dates & Themes:

May 10th, 2024; "Barnyard Dance"

May 24th, 2024; "Rumble in the Jungle"

June 7th, 2024; "Dragon Tales"

June 21st, 2024; "Unicorn Magic"

Got That
FRIDAY
Feeling

Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

LOOK AT ME, I WANT TO BE (Ages 4 to 6 years)

Every child has heard the questions “what do you want to be when you grow up?” Well this class will allow your child to dive in and learn about various occupations through structured and unstructured play. Perhaps they will be a construction worker, a doctor, or maybe even a teacher! Let them decide for themselves what they want to be.

Date: Mondays, May 6th AND May 13th, 2024; 2 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

LITTLE WONDERS (Ages 3 to 5 years)

Sometimes our littles have big emotions that they can't understand, which makes it hard for them to express themselves in a positive way. This class will provide children with some calming strategies that can help them to work through strong emotions. Whether it be dancing to music, breathing techniques, painting, or running outside, your littles will be able to work things out in their own way. Sometimes the best way to calm down isn't what you think! “Let it slide, let your troubles fall behind you, let it shine, until you feel it all around you.” ~Rob Thomas (Little Wonders Song)

Date: Tuesdays, May 7th to May 21st, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Instructor: Miss Tanya

DR. SEUSS ON THE LOOSE (Ages 4 to 6 years)

The Cat in the hat is at it again! Let your child explore the many wild adventures of Cat and his friends through group games, crafts and much more! You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose! –

Dr. Seuss.

Date: Thursdays, May 9th to May 23rd, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha



Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Early Childhood Un-Parented

Please send a nut-free snack and a change of clothes for all un-parented programs!

SUNFLOWER SAVANNA (Ages 4 to 6 years)

Let's learn all about the sunflower life cycle from seeding to full bloom! We will explore through science, sensory, art and more, all the amazing facts of what makes a sunflower special. With just a little bit of soil, sun and water, we will watch our sunflowers grow big and tall as they move slowly along with the sun.

Date: Mondays, June 3rd to June 17th, 2024; 3 sessions

Time: 1:30pm - 3:30pm

Fee: FREE

Facilitator: Miss Natasha

ERIC CARLE (Ages 3 to 5 years)

Eric Carle, an American designer, illustrator and author, has blessed many with his creative stories and enticing artwork. Let your child discover for themselves just how magical his stories may be. From the hungry caterpillar to the very busy spider, your child will explore important life lessons through creative play and crafting as well as song and dance.

Date: Tuesdays, June 4th to June 18th, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Facilitator: Miss Natasha

GARDEN GNOMES (Ages 4 to 6 years)

Get into some mischievous fun! Come explore how a little itty bitty seed can turn into a full grown plant or flower. Your child will be introduced to gardening and nature all through stories, songs, activities & crafts. Be prepared to get your hands dirty and have some fun...you never know when those pesky little gnomes will show up!

Date: Thursdays, June 6th to June 20th, 2024; 3 sessions

Time: 9:30am - 11:30am

Fee: FREE

Instructor: Miss Tanya



Children must be fully potty-trained to attend any un-parented programs other than Discover & Learn.

Child & Youth Programs

Evenings

DIY CREATIONS (Ages 6 to 12 years)

Is your child passionate about building or crazy about crafting? Well if so, this hands-on course will focus on giving them the building blocks they need to make their own marvelous creations out of anything! From popsicle stick catapults to homemade chalk, your child will engage in projects that will not only stimulate their imagination, but also foster skills around engineering, problem solving and creativity.

Date: Wednesdays, May 8th to May 22nd, 2024; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Lara

PRE-TEEN NIGHT OUT (Ages 12 to 14 years)

An evening out just for pre-teens! Let's enjoy making snacks together, completing arts & crafts, and playing a big game of dodgeball. Come meet new people and enjoy the spring weather! This program is co-facilitated with Bent Arrow.

Date: Tuesday, May 14th, 2024; 1 session

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Lara & Evan



**St. Albert Family
Resource Centre**
GROWING STRONG TOGETHER



FUN IN THE SUN (Ages 6 to 12 years)

Come on a sunny adventure with us! Through games, crafts, science experiments and more, we will have a fun filled time together! Make sure to dress for a mess just in case we get a little bit crazy!

Date: Wednesdays, June 5th to June 19nd, 2024; 3 sessions

Time: 6:00pm - 7:30pm

Fee: FREE

Facilitator: Miss Lara

ONLINE Registration Opens at 12:00pm March 20th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

HARRY POTTER DAY (Ages 6 to 12 years)

Come join in as we explore all the magical delight of the Harry Potter world! Through science experiments, crafts, games and so much more your child will have a blast on Harry Potter Day! "It matters not what someone is born, but what they grow to be."

~ Albus Dumbledore

Date: Friday, May 17th, 2024 (Catholic & Public School PD Day)

Time: 9:30am - 3:30pm

Fee: FREE

Facilitator: Miss Lara



HOME ALONE (Ages 10 to 12 years)

Parents, have you been asking yourself if your child is ready to stay at home alone? This program offers children the opportunity to learn and practice many skills that will help them make good decisions and be more independent. Some topics to be covered include: responsibilities & safety inside the home, street smarts, rules, internet safety, boundaries & communication.

Date: Friday, June 28th, 2024 (Catholic & Public No School)

Time: 9:30am - 3:30pm

Fee: \$30.00

Facilitator: Miss Lara

HOME SAFETY (Ages 8 to 9 years)

Would you like your child to have more independence and the ability to make good decisions? This program offers children the opportunity to learn and practice many skills that will help them behave responsibly when left at home with a babysitter or an older sibling. This program will touch on topics such as: responsibility and safety inside the home, street smarts, rules, internet safety, boundaries, communication, and more.

Please bring a nut-free snack and water bottle

Date: Friday, June 28th, 2024 (Catholic & Public No School)

Time: 9:30am - 12:00pm

Fee: \$15

Facilitator: Miss Natasha

ONLINE Registration Opens at 12:00pm March 20th, 2024

Please register early as classes fill up quickly!

Child & Youth Programs

PD Days

Please send a nut-free lunch, snacks and water bottle for all Child & Youth PD days

STRANGER DANGER (Ages 6 to 7 years)

Parents know that teaching their children about stranger danger is important, but many are unsure of how to approach the subject while not scaring their children at the same time. Through an interactive DVD, this course will help your child understand the how's and the why's of staying safe by providing them information about safe adults, unknown adults, the use of code words, and what to do in situations where they may encounter strangers, while still being fun and engaging. ***Please bring a nut-free snack and water bottle***

Date: Friday, June 28th 2024 (Catholic & Public School)

Time: 1:30pm - 3:30pm

Fee: \$15

Facilitator: Miss Tanya



ONLINE Registration Opens at 12:00pm March 20th, 2024

Please register early as classes fill up quickly!

Adult/Parenting Programs

IF CHILD CARE IS REQUIRED, PLEASE REGISTER FOR J4P CARE ONLINE
@WWW.STALBERTFRC.CA

JUST FOR PARENTS (Drop-In Program)

Do you have parenting questions or concerns? Are you looking for some practical strategies to help you with everyday parenting issues? Then Just for Parents is just for you!!! This weekly program provides an opportunity for parents and caregivers to connect and share their thoughts and feelings regarding parenting in a safe and supportive setting. Each week, we will lead the group through discussions on a variety of parenting topics. Please see our online calendar for weekly topics, including occasional guest speakers.

Date: Wednesdays (Starts May 8th, 2024)

Time: 9:30am - 11:30am

Fee: FREE

J4P Facilitator: Chelsey Ternes

J4P Care Facilitators: Miss Shay & Miss Brittany

WEEKLY TOPICS:

MAY

1ST NOCLASS

8th Importance of Play

15th Building Self-Esteem & Confidence in Children

22nd Parental Guilt

29th Self-Care for Parents

JUNE

5th Introduction to Kimochis

12th TBA

19th TBA

26th NO CLASS

Program Schedule:

9:30am - 10:00am: Parents and children play together and get settled into the Early Learning Centre.

10:00am - 11:00am: Parents and children under two years attend parenting portion outlined above.

10:00am - 11:00am: Children 2 years & over remain in the Early Learning Centre and have an opportunity to develop the skills required to successfully play away from parents.

11:00am—11:30am: Parents rejoin their children and enjoy a small snack and circle time together.

Adult/Parenting Programs

Monday Evenings

STRONG AND SINGLE...A GROUP FOR SINGLE CAREGIVERS

We invite you to join our single caregivers group! You will have the opportunity to make meaningful connections within the community, as well as learn something new and interesting through our fabulous parent educators, Maryann and Terri. Weekly topics and guest speakers will vary depending upon the needs and interest of the group.

Time: 5:30pm - 7:00pm
Location: St. Albert Family Resource Centre
Fee: FREE
Facilitator: Maryann Da Silva & Terri Skinner

Dates:

May 6th 2024; Individual Session

May 27th, 2024; Individual Session

June 10th, 2024; Individual Session

June 24th, 2024; Individual Session



FREE CHILDCARE

FREE NUTRITIOUS MEAL

REGISTER ONLINE @WWW.STALBERTFRC.CA

Registration Information

- Online registration opens at 12:00pm on March 20th, 2024, @ www.stalbertfrc.ca
- Participants must meet the program requirements to register.

PLEASE TAKE NOTE OF AGE REQUIREMENTS WHEN REGISTERING. PLEASE NOTE WHEN RESERVING TICKETS FOR PARENTED PROGRAMS YOU WILL ONLY INPUT YOUR CHILD/RENS NAMES. ALL PARENTED PROGRAMS REQUIRE A PARENT TO ATTEND WITH A CHILD. ERRORS IN REGISTRATION MAY IMPACT YOUR ABILITY TO ATTEND THE PROGRAM

Early Childhood program requirements *including toilet training policies*

The following requirements are in place for health and safety reasons:

- Children 3 and over, who are registering for an un-parented program, must be potty-trained.
- Children attending Discover & Learn, must be in the process of being potty-trained, and must wear a pull-up or diaper, due to sanitation concerns. Our staff will still encourage children to use the washroom. If you require any tips and strategies to accelerate the toilet training milestone, our family support team will be happy to assist you.
- Parents are strongly encouraged to participate in our parented programs prior to registering their child for an un-parented program.

Cancellation Policy**

- Please notify us a minimum of five working days prior to our program start date so we are able to offer registration to the next person on the waitlist.

WELLNESS CHECKLIST INFORMATION

Please note that all children and parents attending programs will be required to review a daily WELLNESS checklist before coming in to the centre. This link will be sent out before each program starts.

St. Albert FRC reserves the right to combine, postpone or cancel classes due to insufficient registration. Course cancellations may occur due to reasons beyond our control.

Office Hours:

Monday to Friday

9:00am to 12:00pm & 1:00pm to 4:30pm

Please note: We are closed for lunch between 12:00pm and 1:00pm, as well as evenings*, weekends and holidays. *unless otherwise stated.

Family Support Program

Home Visitation (ages 0-6 years)

Parent Coach (ages 7-17 years)

Health for Two (pregnancy - 2 months postpartum)

Developmental Screens (ages 1 month – 5.5 years)

Information Referrals

Our **FREE** Family Support Programs have one goal: to help & support caregivers, in raising healthy, safe, and secure children. These programs give families access to information, education, and support for parenting and child development, through every stage (newborn, toddler, tween or teen).

What You Can Expect:

- Knowledgeable coaches who are trained in various parenting programs, including Triple P, Circle of Security, and Active Parenting
- Community resources and referrals
- Mentorship & support through challenges
- Flexible programs, tailored to each family's unique needs
- Culturally-sensitive coaches and programs



Program Benefits:

- Improved parenting knowledge and skills, that can be applied in day-to-day life
- Enhanced knowledge of child development
- Connects families with appropriate community resources
- Encourages families to make connections with other families
- Helps families build on their strengths
- Improved relationships with family, peers, and community

HOME VISITATION PROGRAM (ages 0-6)

A trained Parent Coach will help parents and caregivers identify what areas they require support. Through this process, goals are determined, and the Parent Coach will support families with the resources and tools needed to achieve their goals. Overall, Home Visitation is flexible and tailored to each family's needs. Home Visitation focuses on strengthening and supporting families by:

- Teaching problem-solving skills
- Encouraging positive parent-child relationships
- Supporting early child growth and development (language, fine and gross motor, cognitive, social & emotional skills)
- Helping families build on their own strengths

DEVELOPMENTAL SCREENING (ages 1 month - 5.5 years)

Would you like to know how your child is developing? Are they meeting their developmental milestones? Screening young children is an effective, efficient way to check a child's development. It's also an essential first step toward identifying children with delays or disorders in the critical early years.

Our staff are trained in using Ages & Stages Questionnaire (ASQ-3) and Nipissing child development screens. The questionnaire is family friendly and you will receive immediate feedback.

PARENT COACH PROGRAM (ages 7-17)

A Parent Coach will meet with families and provide assistance on a short-term basis, providing support and mentorship through challenges. This program is open to all families, and includes:

- Mentorship through challenges
- Support built on your existing strengths
- Increased knowledge that can be applied to your day-to-day life
- Improved relationships with your family, peers, and community

HEALTH FOR TWO PROGRAM (pregnancy - 2 months postpartum)

Prenatal education & community resources to women during their pregnancy and following the birth of their baby. Designed for women who may face social or economic risks to a healthy pregnancy, including:

- Teen pregnancy
- Single parent
- Low/no income
- Poor nutrition
- History of substance abuse
- Language/cultural barriers
- History of family violence
- History/current depression

This program is delivered one-on-one by a Family Educator and includes a range of services, such as:

- Education on pregnancy, birth, baby care and parenting (including pregnancy and parenting options)
- Support and referrals to community supports, such as maternity care, mental health, addictions, housing, food security
- Resources may include milk coupons and prenatal vitamins, and bus tickets for doctor appointments

