



Winter 2010

January February March

Vision Statement

To provide a warm friendly meeting place for families which will support children and parents in their role and offer information needed to help them through the challenges of parenting and family life.

Mission Statement

To promote the development of happy, healthy children and families and to celebrate their value.

Family Centre Goals

Develop a community-based facility that is accessible to all families.

Link families to existing community programs and resources.

Collaborate and coordinate the ongoing development of programming that meets the needs of families and children.

Enhance playful, positive interaction and growth between parents and children through programs and activities.

The indoor play space is open daily

Spring, Summer, Fall & Winter

Monday-Thursday 9:00-11:30 am ~ 1:00-4:00 pm

Fridays 9:00-11:30 am ~ 1:00-3:30 pm

All Programs and Services are free

For Program information or to register for Programs please call 634-7233

Early Learning Educator/Program Coordinator – Colleen Macmillan

Early Learning Educator – Tracy Luddington

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Early Learning Infant Programs

Registration is required for all programs

Gym Babies 0-6 months

This is an interactive playgroup for guardians of infants 0-6 months. Research shows that the majority of brain development happens in the first year of life. The program focuses on activities that can maximise your infant's development.

Thursdays February 11 - March 18

1:30 pm

Wiggles & Giggles 7-18 months

This is an extension to the GymBabies program. More activities for the seven to 18 month old baby that is by now a charmingly social creature, one who can call out, smiles for attention and loves to entertain.

In most cases baby is starting to crawl, sit up roll over and becoming very mobile.

The program runs for 4 weeks of formal instruction after that time the group continues in a play group format for the remainder of the program guide.

January 22 - February 19th

Fridays at 10:00 am

Early Learning Toddler Programs

[registration required]

Romp 'n' Roar [2-3]

Tuesdays January 26 – February 16

10:00 am

A creative movement program for toddlers! Creative movement excercises the whole body, including the mind - not just the muscles. It can creative a love of movement that should develop into a lifetime of desire for physical fitness. The Romp 'n' Roar success oriented philosophy provides numerous opportunities for learning, participating and enjoying!

Rhyme Time [1-3]

A wonderful interactive program for parents/caregivers to enjoy and learn rhymes.

All rhymes are chosen for their interactive qualities and imaginative language. A book time with parent/caregiver follows each session. A great introduction to a structured group.

Thursdays 10:00 am

February 25 - March 25th

Early Learning Toddler Programs

My Time With Mom [2-3]

Parents participate with their child in this fun interactive Early Learning program. Each week we use stories, song, fingerplays and crafts that revolve around a theme. This is a great introduction into Language and Literacy as well as structured play.

Tuesdays @ 10:00

March 2 - March 23

Early Learning Preschool Programs

Registration is required for programs

Tickle Trunk Time 4 & 5yr olds

This is a dramatic playtime that uses imagination, stories, role-playing and puppetry. Let your child learn to let their imaginations take them away to new and exciting places like Outer Space, The Safari a Bake and much more!

10:00 Fridays February 26 - March 26th

Leap 'n' Laughter 4 & 5yr olds

A creative movement program specifically for Pre-Schoolers! Creative movement programs exercise the whole body, including the mind, not just the muscles; it creates a love of movement that should develop into a lifetime of desire for physical fitness. The Leap 'n' Laughter success oriented philosophy provides numerous opportunities for learning, participating and enjoying!

10:00 Mondays January 25 - February 15

Home Alone Safe [9-12yr]

Are you ready to stay Home Alone? Learn how to stay safe and be independent when your parents are not at home. Take part in discussions and activities focussing on topics like strangers, important phone numbers, emergency situations and general home, fire and personal safety.

ONE DAY ONLY

Saturday February 6

10 am - 3 pm

Lunch will be served

[The program covers topics that are an important step in ensuring your child is ready to stay home alone - not all children are ready to stay home alone at one particular age so we encourage parents to make plans for your own child based on how ready your child is.]

Parent Education & Support

SCHR Public Health Nurse - Weigh 'n' Grow

Important Information

Do you have questions about your child's development? What about Immunization? Why so many needles? Is it ok to wait till my child is older to give some of the Immunizations? Should I be worried about my child's speech? When can I take my baby off formula? When can I feed my baby real food?

Due to staff shortages Public Health is unable to offer this program this fall or winter...however if you have concerns or questions please contact the Public Health office and set up an appointment on one of their three a clinic days each week. 637-3626

B a b y & M e

This program is offered by the SCHR Public Health Nurses and the Parenting Skills Education Program.

Starts August 20th and run for 6 weeks. Meetings are held Thursday at 1:30 PM. Register at 637-3626

Adjusting to Parenthood

Feeding Your Baby

Safety

Sleeping & Crying

Growing & Learning

When Baby is Sick

January 7 - February 4th

NEW! Hot Topics / Kids Club

This is a new and exciting program. Through our parent surveys parents were looking for information on various topics but don't have time for a formal education program. We think we've solved that problem!

Each Wednesday in the kitchen we'll sit and discuss various pre-selected topics and enjoy a cup of coffee/tea and talk openly and freely about that topic.

Don't worry about the kids - they can join Kids Club which will have activities going on in the back room at the same time. You must register so we know how many kids will be joining us in the back.

Wednesdays @ 10:00 am

Jan 20 - Over the Counter Medicines

January 27 - Setting Boundaries - How do I make my Child Listen?

February 3 - Clear the Clutter and find FREEDOM!

February 10 - Sleeping Strategies

February 17 - Nutrition and your Toddler /Preschooler

NEW! Family Centre Book Club

We are planning to start a regular book club - this is at no cost to anyone as the books will come from the Estevan Public Library "Book Club in a Bag" program. What is a Book Club and how does it work?

The group is made up of about 10 people. The books arrive with a manual that has information on the author, book reviews, related themes and discussion questions; book marks; club ideas and more.

How to start:

- Choose a title from a selection of authors
- Chose a six week period that your club wants to use the books for
- Reserve your books
- Set your dates and get ready to READ!

If you are interested in being part of the Book Club or want more information please contact Tracy or Colleen at 634-7233

F u n f o r E v e r y o n e

[no registration required]

S t o r y b o o k T h e a t r e

This is an interactive storytime! Enjoy stories that involve props and play. Children will be encouraged to participate in the storytelling.

Thursday @ 10:00
JANUARY 21 - February 18th

V O L U N T E E R S

We are always looking for volunteers that will help in the following areas

- Facilitate children's programs
 - Supervise Drop in & Play
 - Cleaning
 - Run Errands
 - Do administrative work
 - Help with Fundraisers

If you would like to be part of our Volunteer team please see Colleen or Tracy and fill out an application.