



January, February, March 2012

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 ~ Volunteer Run

All Programs and Services are FREE

See Guide for Evening and Weekend Openings

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

Early Learning Educator/Program Coordinator – Colleen Macmillan

Family Education Coordinator – Shari Sutter

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1322-7th Street

Estevan Saskatchewan, S4A 2L6

www.estevanfamilycentre.com

Coffee House on Parenthood

This is a new program that will run Bi-monthly. Coffee House is an open forum for parents to ask questions, have discussions and share some laughs all related to their role as a parent. The kids can play while parents, guardians or caregivers can enjoy coffee/tea and fresh muffins while finding new and creative ways to parent.

Monday @ 10:00 am

January 16 – Open Forum

January 30 – Open Forum

February 13 – Kelly Ivanochko will be here to talk about Parenting Through Stress, Depression and Anxiety. From a little to a lot.

February 27 – Healthy Relationships, Date Night

March 12 – Open Forum

March 26 – Open Forum

[Note - although there will be a topic for each session we are open to discuss any topic. You can also email me a topic that interests you and we will incorporate it into the discussions]

Ooey Gooley Family Night

Explore the Ooey Gooley World of child centred activities. Dig in and get your hands dirty with clean mud or slime or paint with marbles and cars. This is a Sensory time where you and your child can explore this Ooey Gooley World together.

As an evening program this a great Dad's time!

Tuesdays 6:30 – 7:30 pm

January 24

February 21

March 20

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 maximize your infant's development.

Thursdays February 23- March 29

1:30 pm

ABC's of Making Baby Food

Making your own baby food may seem challenging at first, but it doesn't have to be. Many parents will have a list of questions from; when can I give my baby solids to where do I start? Making your own baby food ensures that you are providing the best possible nutritional start. Parents will learn the basics of baby food making, get nutritional information, learn how to make baby food using simple kitchen tools, storage of baby food.

Monday March 12 1:15-3:00 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.

February 1 – February 29
Playgroup March 7 - 28th
Wednesday at 1:30 pm

Rhyme Time [1-3yrs]

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.

Tuesdays 10:00 am
February 21 – March 27th

Baby & Me

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

Meetings are held Thursdays Jan 12-Feb 9 at 1:30 PM. Register at 637-3626

Adjusting to Parenthood
Feeding Your Baby
Safety
Sleeping & Crying
Growing & Learning
When Baby is Sick

Snack Wrap & Roll

For kids 9- 12 years. Come after school and learn to make some Healthy After School Snacks!

Registration Required
Wednesday March 21
4:00 - 5:30 pm

If there is enough interest this will become a regular after school program.

REGISTRATION IS REQUIRED FOR ALL PROGRAMS

M o m m y & M e Y o g a - caregivers and their 2.5 - 5yr olds

In this 30 min toddler yoga class you'll see your natural-born yogi roar like a lion and stand tall like a tree. We'll travel into the jungle, surf the waves or have a picnic and explore animal poses. Even the youngest child is delighted to let their body stretch and move in familiar shapes found in the animal kingdom. The class ends in "Savasana" and you and your toddler will learn relaxation and breathing techniques. Class is limited to 8 children , caregiver participation is required.

Wednesdays @ 10:00

February 22 – March 28

No Class March 8th

J o F i t – Jen Olfert, Personal Trainer

Jen Olfert Owner of JoFit will be here to speak to you about Exercise for proper conditioning and strength training. Bring your questions! She will have an open forum to answer your questions.

Thursday January 26

7:00 – 8:30 pm

F o r k s O v e r K n i v e s

This is an excellent Documentary for anyone who is thinking of trying a Vegan diet or is just looking for real research into food as we know it. An eye opening film that will have you asking a lot of questions.

The idea of food as medicine is put to the test. Throughout the film, cameras follow "reality patients" who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments – while the challenges and triumphs of their journeys are revealed.

7:00 pm

Documentary and discussion to follow.

Whole food snacks will be provided.

F a m i l y E d u c a t o r

The Estevan Family Resource Centre is very excited to offer the services of a Family Educator to our community. This position was generously funded through the Estevan United Way and we look forward to continuing to offer counseling and support services to our families. Our Family Educator offers counseling for families in crisis, individual, parental and family group counseling, as well she is also available for quick drop ins and will answer any questions you may have on parenting and family life.

W e A r e 10 Y e a r s O l d !

Friday February 3 The Estevan Family Resource Centre will be celebrating 10 years!!

There is a Come and Go from 930-1130 am

Please join u s in Celebrating 10 years of growth in the Community!