



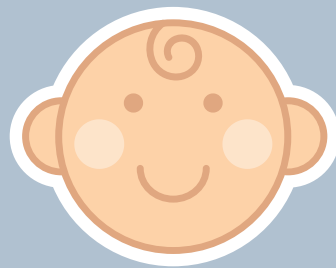
GREATER FOOTHILLS
FAMILY CENTRE

Presents

October 2020 Programs for Children & Families

Tummy Time Talk

Mondays, September 28, October 5, 19 & 26 at 10am, offered in person, following physical distancing guidelines * Registration is required



This program is designed to provide opportunities for parents and caregivers of newborns to prewalking to connect with others and chat about all things baby! Babies will enjoy play time too with their very own baby play kit provided on the first session!

Learn & Play– Wild and Three!

Tuesdays, October 6,13,20& 27 at 10:30am– offered in person, following physical distancing guidelines * Registration is required



Developmental milestones & age appropriate play program for 3 year old's. Your child will learn and play through activities geared to their age group. The final session will provide parents with an opportunity to complete an Ages and Stages Questionnaire.

Little Carpenters for 3–6 year olds



Thursdays, October 8, 15,22 ,29 at 1:30pm offered in person, following physical distancing guidelines*Registration required

Little Carpenters lets your child explore the world of building and constructing in a fun and exciting way while practicing and developing their problem solving and fine motor skills. There will be lots of hands on opportunities for kiddos to create their own masterpieces.

Safety First

Please know that when you register for a program taking place at the Family Centre, the well being, health and safety of you and your family is very important to us. Here is what we are doing to keep staff and families safe...

*We have enhanced our cleaning and sanitizing of surfaces, program spaces and materials

*We have limited the number of participants in our programs to ensure physical distancing

*Staff and participants will complete a daily wellness check prior to entering the facility and participating in programs

*We have hand sanitizer and masks available.

The Greater Foothills Family Centre is proud to be part of the Provincial Initiative of Family Resource Networks, providing FREE programs, supports and services to families in High River, Foothills County, Black Diamond, Turner Valley, Longview, Nanton, Claresholm, Stavelly, Vulcan and Vulcan County

Claresholm Program– Little Carpenters for 3–6 year olds



Tuesdays, October 6,13,20 & 27 at 9:30am or 11:00am

offered in person, following physical distancing guidelines *Registration required

Our popular Little Carpenters program is on the road ..stopping in Claresholm! This program will be offered at Mackin Hall. Spaces are limited so register today!

Turner Valley Program– Art & Story Time



Thursdays, October 1,8,15,22 at 10:30am

offered in person, following physical distancing guidelines *Registration required

Join us at the Sheep River Library for Art & Story Time. Children will participate in fun and creative art projects, exploring a different theme each week! Spaces are limited.

Stay & Play

Tuesdays, October 6,13,20 &27 at 1:30pm

Wednesdays, October 7,14,21 &28 from 9–10am or 10:30–11:30am

Thursdays, October 8,15,22 &29 from 9–10am or 10:30–11:30am

offered in person, following physical distancing guidelines*Registration required

The Greater Foothills Family Centre is EXCITED to invite you into our space again for Stay & Play!

It may look a little different but it will still be lots of fun and provide opportunities to connect with others.... Following physical distancing protocols and health and safety guidelines, Families will be designated their own play area, along with crafts, toys and activities. Stay & Play Times are limited to 5 families in each time slot and will run in 4 week sessions.



Call 403–652–8633 or toll free at
1–877–652–8633 to register

For Parents and Caregivers...

Triple P- One on One Parenting Sessions

Ongoing sessions by appointment, available in person or via Zoom



Triple P is a parenting program but it does not tell you how to be a parent, it is more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It is all about making Triple P work for you!

Triple P can help you raise happy, healthy kids, manage your kid's behaviour, set routines and rules, balance work and family and much more.

Check this out



The Greater Foothills Family Resource Network

Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18.

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.

Through Networks, Hubs will coordinate the prevention and early intervention services in all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies or providers (spokes).

Network Partners



Boys & Girls Clubs
of the Foothills
Great futures start here



For more information on programs, supports and services or to **register for programs**, please call the **Greater Foothills Family Centre at 403-652-8633** or **toll free at 1-877-652-8633** ALSO Check us out on Facebook and Instagram!

Circle of Security Parenting

Wednesdays, beginning
Oct.7, 2020, 10-11:30am via
Zoom OR
Thursdays, beginning Oct.1,
7-8:30pm via Zoom



Circle of Security Parenting is an opportunity to join other parents, just like you for an 8 week class where you will learn to:

**Strengthen your relationship with your child*

**Be present with your child during the best and toughest of times*

**Recognize your child's needs by being bigger, stronger, wiser and kind.*

Fall Family Fun

Friday October 9, 2020 @ 10am

Bring your family and join us on

Friday October 9, 2020 and have fun creating some Fall-themed crafts!

This program is intended for families with children under 12 years of age.

Limit of 5 families with physical distancing measures in place.

Halloween Crafting

Wednesday October 28, 2020 @ 2pm

Join us for an afternoon of Halloween crafting. There is sure to be some spooky fun had by all! Limit of 5 families with physical distancing measures in place.

Celebrate Halloween With Us!

Friday October 30, 2020 9:30-12:30

SAVE THE DATE!!!! and watch our Facebook Page for details and registration information for our "spooktacular" Halloween Program. We may just have a few "tricks" up our sleeves!!!

For information, resources and referrals, please call 403-652-8633

or

toll free at 1-877-652-8633

Investing in Families, Builds A Stronger Future



We are grateful for your support and commitment to families.

