



GREATER FOOTHILLS  
FAMILY CENTRE

Presents

# December 2020 Programs for Children & Families

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

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, Stavely, Vulcan and Vulcan County

## Curiosity Kids (3-6 year olds)

Tuesdays, December 8 & 15 at 10:30am,  
offered online via Zoom \* Registration is  
required



*Join us for some super awesome science fun! Kids ages 3-6 will learn and explore through mixing, creating, and experimenting! All supplies will be delivered to registered participants.*

## Messy Make & Take- Sensory Activity Program (3-6 year olds)

Thursdays, December 10 & 17 at 1:30pm offered  
online via Zoom \*Registration is required



*Children ages 3 -6 years of age will explore through sensory play! Each family will be given their very own sensory supplies to make their creations to use at home! All supplies will be delivered to registered participants.*

## Bedtime Stories-

Monday to Friday all month long. Via Facebook



*Join us every night on Facebook at 7pm for a very special reading of a holiday story. Videos will be posted on our page @ Greater Foothills Family Centre-A Family Resource Network*

## Kids Club- Minute to Win It Challenges (for 7-12 years)

Tuesdays & Thursdays December  
8,10,15 & 17 - Facebook Challenges

*Super fun "Minute to Win It" challenges will be posted on our Facebook page Tuesdays and Thursdays in December. Record your child doing the challenge and send it in! Every video received is an entry into a draw for an AWESOME HOLIDAY PRIZE PACK!!!! \*Videos will not be posted on Facebook. Email us your videos at [gffc@highriver.ca](mailto:gffc@highriver.ca)*



For Parents and  
Caregivers...



## Triple P- One on One Parenting Sessions- available for parents with children and youth 0-18 years

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.*

## Teen Triple P- Seminar Series- offered via Zoom call 403-652-8633 to register

**Monday December 7 @7pm- Raising Responsible Teenagers:** Find out what makes teenagers tick! Learn ways to encourage your teen to make good decisions, be respectful, considerate and involved in your family.

**Monday December 14 @7pm- Raising Competent Teens:** Explore different strategies for helping your teen communicate well, develop self discipline and good routines, follow rules and solve problems

**Monday December 21 @7pm- Getting Teenagers Connected:** Help your teenager develop positive, supportive friendships. Learn strategies to help them build their confidence, encourage their social skills, help them plan ahead and keep their commitments and encourage them to take care of others

Please note: Family Centre programs will end December 18th and will begin again January 4th, 2021-  
our office will CLOSE at noon on December 24th and will reopen on Monday January 4th, 2021



# Inside Out!– Social-Emotional Learning Series for Parents & Caregivers– via Zoom

What is Social-emotional development? How do you know what to expect at different ages and stages? Join us as we explore ideas for supporting social-emotional development, promoting positive parent/child interactions and chat about common questions and challenges.

Wednesday December 2 @7:00pm for parents and caregivers with 15-21 month olds

Wednesday December 9 @7:00pm for parents and caregivers with 21-27 month olds

Wednesday December 16 @ 7:00pm for parents and caregivers with 27-33 month olds

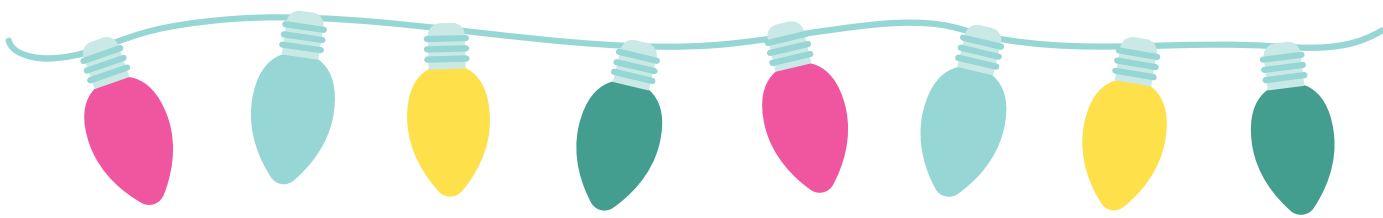
# Ages & Stages Questionnaire– available online

The Ages & Stages Questionnaire is an easy to use, family friendly tool for parents and caregivers to use that creates a snapshot of your child's development at each age and stage. Simply complete the online questionnaire and one of our trained facilitators will connect with you to provide feedback and activity ideas.



<https://www.asqonline.com/family/91b5e7>

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!



## Greater Foothills Family Centre Holiday Message

We would like to take this opportunity to wish all of you a very Merry Christmas and all the best for a happy and healthy New Year! Families are at the heart of what we do and we thank each and every one of you for for giving us the privilege of being a part of your families lives. Looking forward to seeing you and your kiddos in 2021!

## Greater Foothills Family Resource Network Partners



Boys & Girls Clubs of the Foothills  
Great futures start here



## Investing in Families, Builds A Stronger Future



We are grateful for your support and commitment to families.

