

Presents



Early Childhood Programs

Space Adventures for 2–6 year olds (Virtual)

Mondays, October 4,18 & 25@ 10:00am–
via Zoom *Registration is required

Sun, moon, planets and stars! Children ages 3-6 years old will learn about outer space and our solar system through crafts, sensory, and experiments! All supplies will be provided

Preschool Prep for 3 & 4 year olds (Virtual)

Mondays, October 4,18 &25 at 1:30pm, via Zoom
* Registration is required

*Exploring the alphabet, numbers, colours, shapes, days of the week and MORE!
Our focus will be on building numeracy, literacy and social skills through songs, crafts, games and activities! All supplies will be provided*

Music Makers for 2–6 year olds (Virtual)

Tuesdays, October 5,12,19 &26 @10am via Zoom.
*Registration is required

Does your child love music and also enjoy crafting? Children will create their very own musical instruments! All supplies will be delivered before the first class.

Infant Massage for Parents & Caregivers with Infants 3 weeks to pre–walking (Virtual)

Wednesdays, October 6,13,20 &27 @10am via Zoom.
*Registration is required

The gentle art of infant massage will help you build stronger, more loving bonds with your children. Nurturing touch with infants, babies and children has been shown to have many positive benefits including growth and brain development, sensory integration, colic relief, sleep regulation, and enhanced verbal and nonverbal communication.

Daily Discoveries for 2–6 year olds (Virtual)

Wednesdays, October 6 & 13,20 &27 at 1:30pm via Zoom
* Registration is required

This program engages your preschooler in a variety of activities, exploring a different theme each week. We will learn through crafts, activities and stories.

Curiosity Kids for 3–6 year olds (Virtual)

Thursdays, October 7,14,21 &28@
10:00am–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 provided.

Turkey Thursday for 2–6 year olds (virtual)

This Thanksgiving themed program will be stuffed with crafts, stories and fun activities for your little one. Join us on Thursday October 7th @1:30pm via Zoom

Little Bakers for 3–6 year olds (virtual)

This special online version of our super popular Little Chefs has our kiddos baking up a yummy treat! All supplies will be provided. Join us on Thursday October 21st @1:30pm via Zoom

Little Carpenters for 3–6 year olds (virtual)

A special project is the feature of this program, providing children the opportunity to practice fine motor skills, practice independence and problem solving. All supplies will be provided. Join us on Thursday October 28th @1:30 via Zoom

Read With Me– for 2–6 year olds (Virtual)

Fridays, October 8,15,22 @ 10 am via Zoom.
*Registration is required

*Who doesn't love a good book? We have picked 3 favourites and can't wait to share them with you. Each week we will read a different book and explore some super fun activities (psst... you get to keep the book)
All supplies will be provided.*

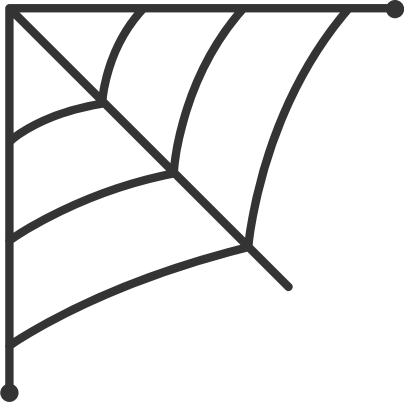
Halloween Fun (Virtual)

Friday October 29 @10am via Zoom.
*Registration is required

*Join us online for some SPOOKTACULAR Halloween Themed Fun!!!
Who knows what surprises will be in store!!!*

Outdoor Scavenger Hunt (In Person) *weather permitting

* Registration is required
Monday October 4th- Claresholm @10am Centennial Park
Tuesday October 5th- High River @ 10am George Lane Park
Wednesday October 6th- Vulcan @10am Vulcan Centennial Park
Monday October 18th- Nanton @ 10am Centennial Park
Wednesday October 20th- Turner Valley@10am- Field beside Sheep River Library
Dress for the weather and join for some Fall Outdoor Fun!!



Kids Club Programs for 7-12 year olds

Kids Club- Creative Kids (Virtual)

Tuesdays, October 5, 12, 19 & 26 @ 4:30pm via Zoom
*registration is required

Calling all budding artists or creative crafters! Join us via Zoom to put your creative side to work! This is a fun program focused on crafting and creating and a little socializing too! All supplies will be provided before the first class.

Kids Club- GLOW Program (Virtual)

Thursdays, beginning October 7
@ 4:30pm via Zoom
*registration is required

This GLOW Theme - Authentic Me: Girls explore their super powers and learn ways to stay true to their values. Authentic Me runs once a week for 8 weeks and is designed for girls 9-12 years of age.

For Parents and Caregivers...

Triple P- One on One Parenting Sessions

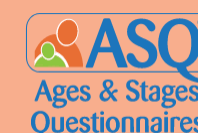


Ongoing sessions by
appointment, available in person
or via Zoom

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.

Ages & Stages Questionnaire-

The Ages & Stages Questionnaire is an early years developmental check-in, designed to provide a snapshot of your child's development which can help in catching delays and celebrating milestones. It's easy to do and you can receive great activity ideas to help enhance your child's skill development. To learn more, talk to one of our team members at 403-652-8633 or complete one online using this link, <https://www.asqonline.com/family/91b5e7>



For Families

Family Fun Nights (Virtual)

Wednesday October 13 @ 6:30pm via Zoom
*registration is required

Wednesday October 27 @ 6:30pm via Zoom
*registration is required

Gather around the computer, invite us into your home and join us for some family fun on two separate evenings via Zoom!

Tip Talks- via Zoom

Join us for Tip Talks on Friday mornings. Each week features a new topic with tips on popular parenting questions and child development

Friday October 8th- 10:00am- Infant Sleep Patterns- This tip talk gives some suggestions to help you understand your babies sleep patterns, help your baby develop a healthy sleep pattern and help you manage the changes to your own sleep.

Friday October 22nd- 10:00am- Disobedience in Toddlers- This tip talk will provide some suggestions to help you teach your toddler to accept limits, do as they are told and to understand the meaning of the word "no"

Friday October 29th- 10:00am- Coping With Stress- This tip talk gives some suggestions to help you learn to manage day to day stress so that you can act calmly and consistently with your children

Greater Foothills Family Resource Network Partners



Investing in Families, Builds A Stronger Future

We are grateful for your support and
commitment to families.



To register or for information, resources and
referrals, please call 403-652-8633 or
toll free at 1-877-652-8633

