

Early Childhood Programs

Crafty Creations– for 2–6 year olds (Virtual)

Mondays, March 7,14,21 & 28 @ 10am, via Zoom
* Registration is required

*Let's get creative with some fun March themed crafts!
Each week will be something new and exciting!
All supplies will be delivered before the first class*



Circle Time! (Virtual)

Tuesdays, March 1,8,15 & 22 @ 10am–via Zoom
*Registration is required

Parents and children will love spending this time together, exploring books and singing songs!



All Around The World– for 3–6 year olds (Virtual)

Tuesdays, March 1,8,15 & 22 @ 1:30 pm via Zoom.
*Registration is required

*Want to take a trip around the world? In this program we will “travel” and learn about some different countries and cultures in our world!
All supplies will be delivered before the first class.*



Kids In Motion for 2–6 year olds (Virtual)

Wednesdays, March 2,9,16 & 23 at 10 am, via Zoom
* Registration is required

*Join us for a fun and engaging movement program! Let's shake our sillies out and wiggle our waggles away!
All supplies will be delivered before the first class.*



March 2022 Programs for Children & Families

Music Baby! (Virtual)

Wednesdays, March 2,9,16 & 23 at 10 am, via Zoom
* Registration is required

*The first year of life is the most significant time for your baby's development. In this program we will sing songs, learn about fun sensory play ideas, and discuss developmental milestones.
All supplies will be delivered before the first class.*



Mindfulness (Virtual)

Wednesdays, March 2,9,16 & 23 @1:30 pm via Zoom.
*Registration is required

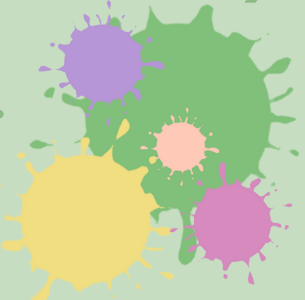
.During this program we will explore relaxation, emotions, mindfulness, and yoga with children. All supplies will be delivered before the first class.



Daily Discoveries– for 2–6 year olds (Virtual)

Thursdays, March 3,10,17 & 24 @10:00am via Zoom.
*Registration is required

*This program engages your preschooler through crafts, stories, activities and games. In March we will explore COLOURS!!!
All supplies will be delivered before the first class.*



Community Helpers for 2–6 year olds (Virtual)

Thursdays, March 3,10,17 & 24 at 1:30pm, via Zoom
* Registration is required

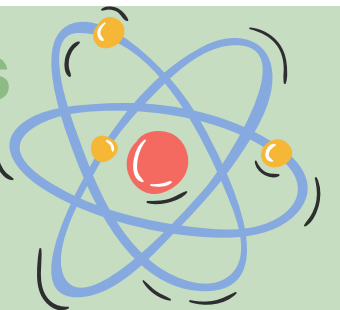
*Learn All about the helpers in your community, through games, crafts and fun activities! 2-6 year olds.
All supplies will be delivered before the first class.*



SUPER Saturday! for 4–6 year olds (Virtual)

Saturday, March 19th at 10am, via Zoom
* Registration is required

Curiosity Kids is the theme for this month's Super Saturday. Join us for some super awesome science fun! Kids ages 4-6 will learn and explore through mixing, creating, and experimenting! All supplies will be delivered before the first class.

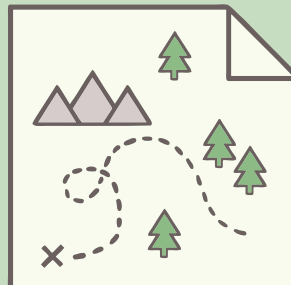


To register or for information, resources and referrals, please call 403-652-8633 or toll free at 1-877-652-8633

coming
SOON

The Greater Foothills Family Centre is getting our very own website!
Stay tuned on more information and to find out when our new site will be launched!

Little Explorers– Outdoor Program (In Person)



High River (Family Centre)- Mondays, March 7,14,21 &28 @ 1:30pm
Claresholm (West Hill Park)- Tuesdays, March 1,8,15 &22 @10am
Nanton (Centennial Park)- Wednesdays, March 2,9,16 & 23 @10am
Vulcan (Birch Park - Allen Sub Division)- Thursdays, March 3,10,17 &24 @10am
Turner Valley/Black Diamond (Riverside Park)- Fridays, March 4,11,18 &25 @10am

This OUTDOOR program will give children the opportunity to connect with the natural world through hands-on outdoor activities! Make sure that you are dressed for the weather and outdoor nature play!

Kids Club Programs for 7-12 year olds

Kids Club– Creative Kids for 6–12 year olds (Virtual)



Fridays, March 4,11,18 &25 at 1:30pm, 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, creating and a little socializing too!

Sign up for one, two or all of the sessions, you choose!

Friday March 4th- Canvas Art

Friday March 11th- Adventures in Painting

Friday March 18th- Rock Creations

Friday March 25th- Paper Art

All supplies will be delivered before the first class.

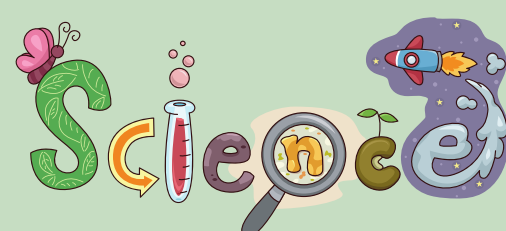
Kids Club– Projects! for 6–12 year olds (Virtual)



Mondays March 7,14,21 &28 at 4:30pm, via Zoom
* Registration is required

Calling all 6-12 year olds! We had so much fun last month, we thought we would do it again! Each week we will complete a new project. This month will feature woodworking projects. All supplies will be delivered before the first class.

SUPER Saturday! for 7–10 year olds (Virtual)



Saturday, March 19 at 11:30am, via Zoom
* Registration is required

Curiosity Kids is the theme for this month's Super Saturday Join us for some super awesome science fun! Kids ages 7-10 will learn and explore through mixing, creating, and experimenting! All supplies will be delivered before the first class.

For Parents

Circle of Security Program (Virtual)



Tuesdays, beginning March 8 at 7pm, via Zoom
* Registration is required

You are not alone. Sometimes it's hard to tell what your child needs, what their behaviours mean and if you're doing right by them. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security Parenting is an opportunity to join other parents just like you for an 8 week class where you'll 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 and make sense of his or her behaviour*

**Meet your child's needs*

Tip Talks– for Parents & Caregivers



Fridays, March 4,11,18 &25 @10am
via Zoom

Tip Talks are a great opportunity to join in with other parents and caregivers to chat about all things parenting and maybe pick up a few tips and tricks along the way!

Each week we explore a new topic and provide lots of opportunity for discussion and questions.

Friday March 4, 2022 @10am- Positive Parenting

What is the Triple P Parenting Program and how can it support me in my parenting? Join us as we highlight the Triple P Program and share some positive parenting strategies.

Friday March 11th, 2022 @10am- Hurting Others

Toddlers sometimes hurt others without thinking. They may bite, hit or scratch. Join us as we share some suggestions to help teach toddlers to be gentle with others

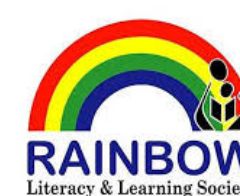
Friday March 18th, 2022 @10am- Attention Deficit Hyperactivity Disorder (ADHD)

Being a parent of a child with ADHD is a challenging job, but it can also be very rewarding. Parents of children with ADHD often experience frustration and disappointment as the parenting skills they have learned are not effective with their child. This tip talk will provide some suggestions to help you manage the challenges that come with being a parent of a child with ADHD.

Friday March 25th, 2022 @10am-Being A Parent (Coping With Stress)

Being a parent is busy and demanding and it is normal for parents to feel stressed at times. However if parents often have high levels of stress, it can be hard for them to deal with their child's behaviour. This tip talk will provide some suggestions to help you learn to manage day-to-day stress so that you can parent calmly and consistently with your child.

Greater Foothills Family Resource
Network
Partners



Investing in Families, Builds A Stronger Future



We are grateful for your support and commitment to families.

