

Presents

September 2022 Programs for Children & Families

Early Childhood Programs

Stay & Play Program- High River

Come in and check out our beautiful playroom. We always have craft, learning activities and fun toys to explore! Can't make it to our High River space? Check out the Outreach communities that we visit weekly

The Playroom is OPEN! Our Fall schedule begins on Wednesday September 7th, 2022

Tuesdays 9-11:30am
Wednesdays 1:30-3:30pm
Thursdays 9-11:30am
Saturdays 9-11:30am

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

Fine Motor Fun (via Zoom)

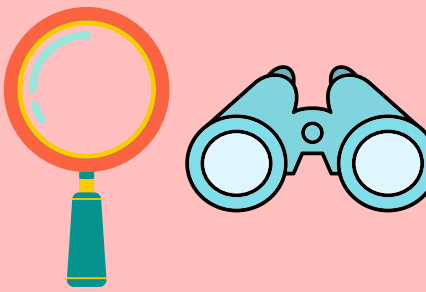
Wednesdays, September 14,21 &28 @ 1:30pm
Registration is required



*Join us for a program designed to enhance fine motor development with fun, developmentally appropriate activities. This parent and child program is designed for 3-6 year olds.
(Supplies will be delivered before the first class)*

Little Explorers (Turner Valley)

Thursdays, September 15,22 & 29 @ 10am
Registration is required



The Little Explorers Program will give children the opportunity to connect with the natural world through hands-on outdoor activities! Make sure you dress for the weather and outdoor nature play!

Busy Bees (in person)

Fridays, September 16,23 &30 @ 10am
Registration is required



BUSY BEES, a program that will get your little ones up and moving!! We will have fun and build cooperation and important skills through games and hands on activities, sure to be fun for everyone!

On the Farm (via Zoom)

Fridays, September 16,23 &30 @10am
Registration is required



*Join us for via Zoom for FARM-TASTIC activities, all about life on a farm! This program is perfect for 2-6 year olds!
All supplies will be delivered before the first class.*

Little Chefs (in person)

Tuesdays, September 13,20 &27th @ 1:30pm
Registration is required



*Have fun preparing delicious healthy snacks with your child as the STAR chef!
This is a hands on program perfect for 3-6 year olds. Each week will be a different recipe with food related crafts and activities. Please let us know if your child has any food allergies.*

On the Farm (in person)

Wednesdays, September 14,21 & 28 @ 10am
Registration is required



Join us for a morning of FARM-TASTIC activities, all about life on a farm! This program is perfect for 2-6 year olds!

Stay & Play- Vulcan

Mondays, September 12,19 &26- 1:30-3pm



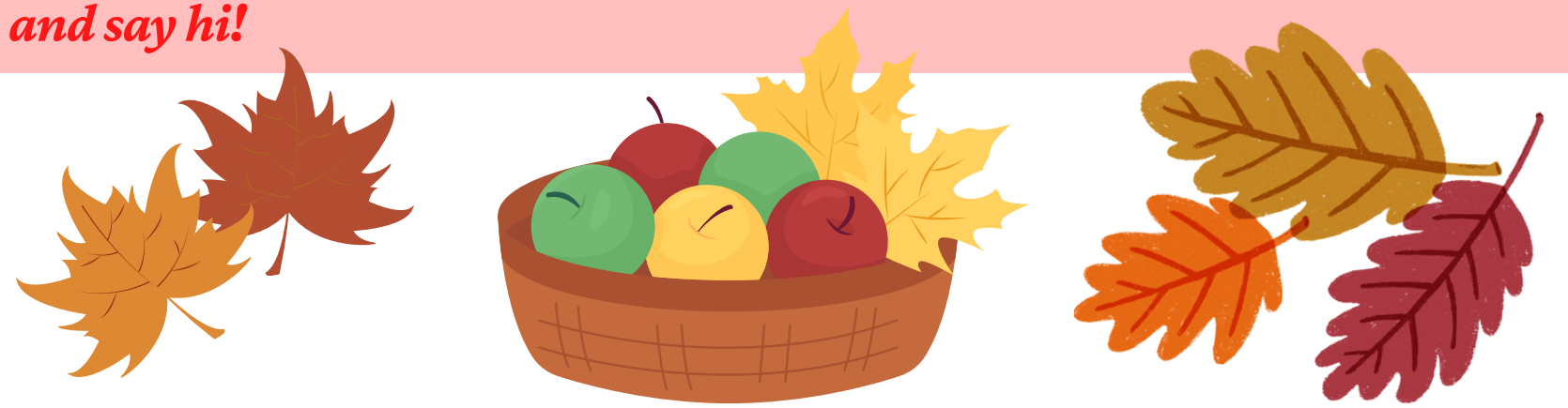
Join us in Vulcan at the Lodge Hall on Monday afternoons. We will bring crafts, activities, stories and more. No registration is required, just drop by and say hi!

Stay & Play- Claresholm

Tuesdays, September 13,20 &27- 9:30-noon



Join us in Claresholm at Mackin Hall on Tuesday mornings. We will bring crafts, activities, stories and more. No registration is required, just drop by and say hi!





We have a website! Visit us at
greaterfoothillsfamilycentre.ca

Stay & Play- Nanton

Wednesdays, September 14, 21 & 28- 9-11:30am

Join us in Nanton at the United Church on Wednesday mornings. We will bring crafts, activities, stories and more. No registration is required, just drop by and say hi!



Stay & Play- Stavely

Thursdays, September 9:30-11:30

Join us in Stavely at the Youth Hall on Thursday mornings. We will bring crafts, activities, stories and more. No registration is required, just drop by and say hi!



School Age Programs

Kids Club- Creative Kids (via Zoom)

Thursdays, September 15, 22 & 29 @ 4:30pm
Registration is required

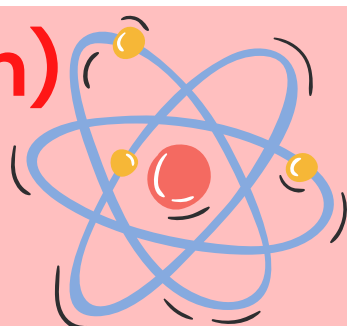
Do you love to craft? Join us on zoom for some fun crafts using a variety of materials- new activities each week. This program is for 7-12 year olds! All supplies will be delivered before the first class.



Kids Club- Curiosity Kids (in person)

Saturdays, September 10, 17 & 24 @ 2:00pm
*Registration is required

Join us for some super awesome science fun! Kids ages 7-12 will learn and explore through mixing, creating, and experimenting!



GLOW program (in person)

Mondays, for 8 weeks beginning September 26th from 5-7pm

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



Greater Foothills Family Resource Network Partners



Investing in Families, Builds A Stronger Future

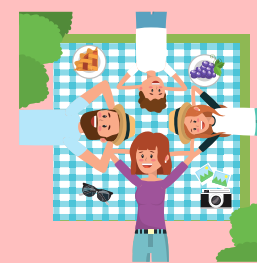
We are grateful for your support and commitment to families.



For Families

Family Fun Nights (in person)

We are bringing Family Fun Nights to you! Check out where we will be in September. Registration is required and Supper will be provided



Tuesday, September 13th- 6-7:30pm- High River
@ The Greater Foothills Family Centre

Tuesday, September 20th- 6-7:30pm- Vulcan
@ Lodge Hall

Tuesday, September 27th- 6-7:30pm-
@ Blackie United Church



Family Links (in person)

This is an opportunity to connect in person with one of our team in your community to chat about all things parenting, and how your child is learning and growing. Learn about community resources and provide support for you and your family. Here is where we will be in September...



Wednesday September 14th- 1:30-3:30pm @ Nanton United Church

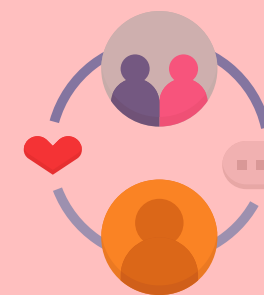
Wednesday September 21st- 1:30-3:30pm @ Sheep River Library (Turner Valley)

Wednesday September 28th- 1:30-3:30pm @ Mackin Hall (Claresholm)

For Parents and Caregivers...

Triple P- Parenting Programs

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.

We offer many different Triple P Programs- there is one to fit the needs of your family. To find out more, please call to speak with one of our accredited facilitators. Call 403-652-8633 or email us at triplepparenting@highriver.ca

Ages & Stages Questionnaire

This developmental check in is available for parents with children 0-5 1/2 yrs old to complete.

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

