

Presents

NOVEMBER 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!

Tuesdays 9-11:30am

Wednesdays 1:30-3:30pm

Thursdays 9-11:30am

Saturdays 9-11:30am

*There is no Stay & Play on Saturday

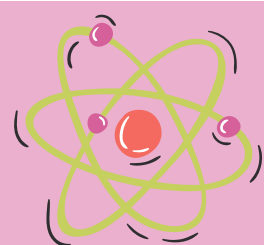
November 5th & 12th, 2022

AHS Developmental Drop In Clinics run during our program on the
4th Thursday of the month

Curiosity Kids- Milo

Mondays, November 7, 14 & 21 @ 10:30am
Registration is required

Join us for some super awesome science fun! Kids ages 3-6 years old will learn and explore through mixing, creating and experimenting! This program will take place at the library.



Music Makers-High River

Tuesdays, November 8, 15, 22 & 29 @ 1:30pm
Registration is required

Join us for Music Makers- so much fun exploring music, movement and creating your own instruments.



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

Messy Make & Take-High River

Wednesdays, November 9, 16, 23 & 30 @ 10:00am
Registration is required

The messier the better! This Sensory-based program is for children 3-6 years of age and will provide an opportunity for exploring and learning through messy play!



Let's Explore Dinosaurs (via Zoom)

Wednesdays, November 9, 16, 23 & 30 @ 1:30pm
Registration is required

If you have a preschooler (2-6 yrs old) who loves dinosaurs then this program is for you! We explore all things dinosaurs with fun activities, crafts and more! All supplies will be delivered before the first class



Music Makers-Turner Valley

Thursdays, November 3, 10, 17 & 24 @ 10:30am
Registration is required

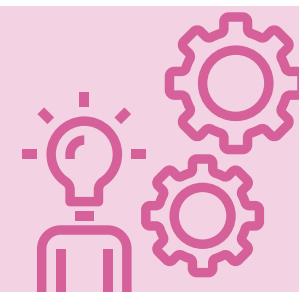
Join us for Music Makers- so much fun exploring music, movement and creating your own instruments. This program will take place at the Sheep River Library.



Junior Inventors- High River

Fridays, November 4, 18 & 25 @ 10:00am
Registration is required

Join us for this hands-on STEM-based program, for 3-6 year olds! Preschoolers will learn and build different, fun and educational engineering machines and structures.



Stay & Play-Joe Clark School

Fridays, November 4, 18 & 25 9:00-11am

In partnership with Joe Clark School, we are excited to offer a DROP IN COFFEE CHAT Program for parents and children (0-6 yrs old)
Join us on FRIDAYS from 9-11am.

There will be crafts, stories and toys for children and great opportunities for parents to meet and chat with each other.



Stay & Play- Vulcan

Mondays, November 7, 14 & 21 & 28- 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!



CHECK
it
OUT

We have a website! Visit us at
greaterfoothillsfamilycentre.ca

Stay & Play- Claresholm



Tuesdays, November 1,8,15,22 & 29- 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!

AHS Developmental Drop In Clinics run during our program on the 2nd Tuesday of the month

Stay & Play- Nanton



Wednesdays, November 2,9,16,23 & 30 - 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

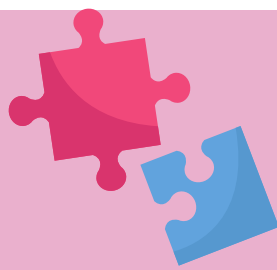


Thursdays, November 3,10,17 & 24 - 9:30-11:30am

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- Design Squad (via Zoom)



Thursdays, November 3,10,17 & 24- 4:30pm via Zoom

**Registration is required*

Join us This program will provide hands-on learning challenges that bring engineering to life for kids 6-12 years of age. The challenges will be engaging and will get kids thinking like engineers! All supplies will be provided and delivered before the first class.

Kids Club- Projects!-High River



Saturdays, November 19 & 26 - 2:30pm

Project Teamwork! Activities will promote, teamwork, communication and friendship.

GLOW- High River



Saturday, November 5th 9-4pm

Sessions utilize a GLOW Circle to promote topic discussions and introduce fun creative physical activities to participants. Participants set personal goals under the guidance of a GLOW leader. All aspects of the program are created to strengthen well being, nutritional choices and physical exercise to develop a true sense of self. Lunch will be provided. Registration is required.

Greater Foothills Family Resource Network Partners

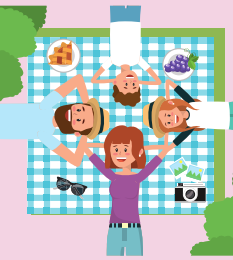


Investing in Families, Builds A Stronger Future



For Families

Family Fun Nights (in person)



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

- Tuesday, November 1- 6-7:30pm- High River @ The Family Centre
- Tuesday, November 8 - 6-7:30pm-Black Diamond @ BGC Foothills (above the ice rink)
- Tuesday, November 15- 6-7:30pm- Carmangay @ TBD
- Tuesday, November 22- 6-7:30pm- Cayley @ TBD
- Tuesday November 29 6-7:30pm- Claresholm @ Drop In Centre

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. Drop by one of our Stay & Play programs to chat with a facilitator.

*Mondays- Vulcan- 1:30-3:30pm @ Vulcan Lodge Hall
Tuesdays- Claresholm-9:30-noon @ Mackin Hall
Wednesdays Nanton 9-11:30am @ United Church
Thursdays- Stavely- 9:30-11:30am @ Stavely Youth Hall*

For Parents and Caregivers...

Kids Have Stress Too!

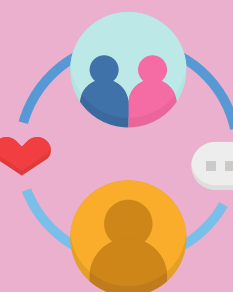


Tuesdays, November 8,15 & 22- 6-8pm
Registration is required

It's a stressful world. In some ways, today's families are under more stress than ever before and that includes kids.

If children can learn to respond to stress in a healthy and constructive way early on, they will be more resilient and better able to cope with whatever life sends their way. Join us for three sessions that focus on what causes stress in our children and what we can do to help.

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