



# Presents JANUARY

## 2023 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

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

#### Community Helpers via Zoom

Mondays, January 9,16,23 & 30@ 1:30pm  
Registration is required

Join us as we learn all about the helpers in our community, through games, crafts and fun activities! This class is designed for 3-6 year olds and all supplies will be delivered before the first class.



#### Busy Bees-High River

Tuesdays, January 10,17,24 & 31@ 1:30pm  
Registration is required

This class will get the kiddos up and moving! Activities will help develop gross motor skills, coordination, cooperation and are pure fun! Come dressed to crawl, jump and roll!



#### Learn & Play Series- High River

Wednesdays in January @10am  
Registration is required

January 11 for babies under 1 and their caregivers  
January 18 for 1 yr olds and their caregivers  
January 25 for 2 yr olds and their caregivers  
February 1 for 3 year olds and their caregivers  
February 8 for 4 year olds and their caregivers  
February 15 for 5 year olds and their caregivers

Each week focuses on a different age group and what to expect as your child learns and grows. Exploring a variety of activities that focus on skill development. Caregivers will also have the option to complete an ASQ Questionnaire and chat about their child's development.



#### Daily Discoveries-Winter via Zoom

Wednesdays, January 11,18 & 25 @ 1:30pm  
Registration is required

There is so much fun to be had in Winter! Join us as we explore everything winter through crafts, stories, activities and more! This class is suited for 2-6 year olds. All supplies will be delivered before the first class.



#### Daily Discoveries- Winter- Milo

Mondays, January 9,16,23 & 30@ 10:30am  
Registration is required

There is so much fun to be had in Winter! Join us as we explore everything winter through crafts, stories, activities and more! This class is suited for 2-6 year olds and will take place at the Milo Library.



#### Curiosity Kids- Diamond Valley

Thursdays, January 12,19 & 26 @10:30am  
Registration is required

Join us for some super awesome science fun! Kids aged 2-6 years old will learn and explore through mixing, creating and experimenting! This class will take place at the Sheep River Library.



#### Infant Massage-High River

Mondays, January 9,16 & 23 @ 10am  
Registration is required

Infant Massage has many benefits for helping babies thrive and grow. Including opportunities for bonding and attachment but also massage can help with teething, constipation and sleep. Our CIMT trained facilitator will lead you and your baby through new strokes each week in this relaxing, hands on class. This class is designed for babies who are pre-walking and their caregiver.



#### Stay & Play- Vulcan

Mondays, January 9,16,23 & 30 - 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–Joe Clark School

Fridays, January 13,20 & 27 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.



## Family Fun Nights (in person)



We are bringing Family Fun Nights to you! This month, we will be visiting Nanton. Registration is required and Supper will be provided

Tuesday, January 31st 6-7:30pm-Nanton @ United Church

## Stay & Play– Claresholm



Tuesdays, January 10,17, 24 & 31– 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, January 11,18 & 25– 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!

## For Parents

### My Tween & Me



Mondays January 16,23,30 & February 6,13 & 27– 6–8pm

\*Registration is required

My Tween and Me is a facilitated group program that provides parents and tweens the knowledge, tools and support they need during the transition to adolescence. The program strengthens parent-child communication and supports parents in developing a positive relationship with their tween.

## Stay & Play– Stavelly



Thursdays, January 12,19 & 26– 9:30–11:30am

Join us in Stavelly 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!

### 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- Stavelly- 9:30-11:30am @ Stavelly Youth Hall

## School Age Programs

### Kids Club– Chapter Chat via Zoom



Wednesdays, January 11,18 & 25– 4:30pm

\*Registration is required

This exciting book club will be reading a wonderful story called "The Trail"

Each week we will read a number of chapters, have group discussions & use activities and crafts that revolve around the chapters we read. All supplies will be delivered before the first class.

### Kids Club–Drop In



Saturdays, January 14,21 & 28– 9–11:30am

The Kids Club- Drop In Space is OPEN on Saturdays for kids 7-12 years. There are crafts, games, books and more. Drop In is from 9-11:30am

### Power of Positive Parenting–via Zoom



Thursday, January 12th,21 & 28– 6:30pm

The Power of Positive Parenting is designed for every parent who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don't like.

## Greater Foothills Family Resource Network Partners



Investing in Families, Builds A Stronger Future

