

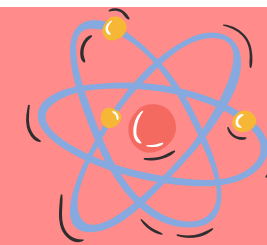


# 2023 Programs for Children & Families

## Early Childhood Programs

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

### Curiosity Kids-High River



Tuesdays, February 7, 14, 21 & 28 @ 1:30pm  
Registration is required

*Join us for some super awesome science fun! Kids ages 2-6 years old will learn and explore through mixing, creating and experimenting!*

### Learn & Play Series- High River



Wednesdays in February @ 10am  
Registration is required

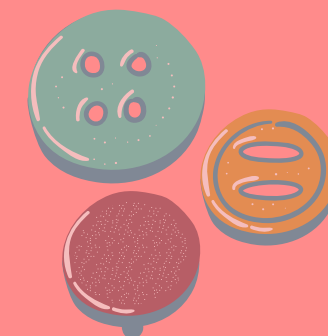
*February 1 for 3 year olds and their caregivers*

*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.*

### Sew Crafty via Zoom



Wednesdays, February 1, 8, 15 & 22 @ 1:30pm  
Registration is required

*Sewing helps children develop their fine motor skills, hand-eye coordination skills, build self-confidence, learn patience and be creative! This program is for 3-6 yr olds. All supplies will be delivered before the first class.*

### Daily Discoveries- Winter- Lomond



Mondays, February 6, 13 & 27 @ 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 Lomond Library.*

### Around the World-via Zoom



Mondays, February 6, 13 & 27 @ 1:30pm  
Registration is required

*Would you like to take a trip around the world? In this program we will "travel" and learn about other countries, through activities, crafts, songs, and more! This program is for 3-6 year olds. All supplies will be delivered before the first class.*

### Little Wiggles-High River (for babies & their caregivers under 1 year)

New!



Mondays, February 6, 13 & 27 @ 10am

*This group meets on Monday mornings from 10-11:30am - no registration is required, just drop by! This is a great opportunity for new parents & caregivers to meet, learn from each other and for little ones to have activities designed just for them!*

### Stay & Play- Claresholm



Tuesdays, February 7, 14, & 28- 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- Vulcan



Mondays, February 6, 13 & 27- 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– Nanton



Wednesdays, February 1,8,&15 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– Stavelly



Thursdays, February 2,9,16 & 23, 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!

## Stay & Play– Eden Valley



Thursdays, February 2,9,&16– 1:30–3pm

In partnership with Eden Valley, the Family Centre will be providing a drop in Stay & Play Program on Thursday afternoons from 1:30-3pm. Facilitators will also be able to provide information and referrals for other community resources.

## Stay & Play–Joe Clark School



Fridays, February 3,10 & 17 9–11am

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.

# School Age Programs

## Kids Club– Game On! via Zoom



Mondays, February 6,13 & 27th – 4:30pm

\*Registration is required

Game On will present kiddos will challenges, fun and the opportunity to meet new friends. All supplies will be delivered before the first class.

## Kids Club–Drop In

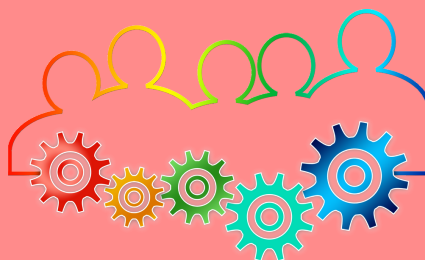


Saturdays, February 4,11 & 25– 9–11:30am

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

## Inner Ninjas– for grades 3–6



Saturdays, February 4 & 11, 24 & March 4, 2023 from 1–3pm

\*Snack will be provided– Registration is required.

Getting to know who you are and becoming comfortable with it is at the core of this fun, interactive program. Designed for boys in grade 3-6. Activities will guide participants to think about and identify what their interests and strengths are, what their values are, and what is important and meaningful to them.

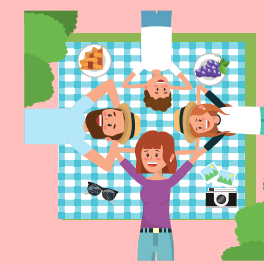
We will discuss why boys are less likely to discuss their feelings and why that isn't healthy. The boys will learn how to identify what they are feeling and the thought pattern that goes along with it. We will discuss how to use self talk and strategies for dealing with strong emotions such as stress, fear, anxiety, and anger.



# For Families



## Family Fun Nights (in person)



We are bringing Family Fun Nights to you! This month, we will be staying here in High River! Registration is required and Supper will be provided

Tuesday, February 28th 6-7:30pm High River  
@ The Greater Foothills Family Centre



# For Parents



## FEAR-less Triple P



Ongoing Dates available– in person or via Zoom

Does your child (aged 6 to 14 years) have anxiety that is affecting their everyday life? It may stop them, or your whole family, from doing certain activities. Your child may be worried a lot of the time. Fear-Less Triple P helps you set a good example of coping with anxiety, coach children to become more emotionally resilient, and develop your own toolbox of strategies. You can choose how to best support your child as they learn to manage their anxiety more effectively. Call today to find out more.

## Raising Resilient Children–via Zoom



Thursday, February 9th– 6:30pm

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

## 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- 1:30-3pm @ 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

# Greater Foothills Family Resource Network Partners



Investing in Families, Builds A Stronger Future

