

SEPTEMBER



Programs

for Children & Families

Early Childhood Programs



GREATER FOOTHILLS
FAMILY CENTRE

403-652-8633

Crafty Creations-High River

Wednesdays, September 13,20 &27 @ 10am
Registration is required



Let's get creative with some fun crafts! Each week will be something new and exciting! This program is for children 2-6 years of age. Registration is required.

Little Explorers- Diamond Valley

Thursdays, September 14,21 &28 *please
choose one of two timeslots offered 9:30 or
11am



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! Registration is required.

Busy Bees-High River

Fridays, September 15,22 &29 @ 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 team work skills through games and hands on activities, sure to be fun for everyone! Registration is required.

Stay & Play- Vulcan

Mondays, September 11,18 &25 - 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 12,19 &26 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, September 13,20 & 27 @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 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. Outreach programs resume the week of September 11/23



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

On the Farm- Milo

Mondays, September 11,18 &25 @ 10:30am
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! and will be held at the library. Registration is required.



Little Wigglers-High River (for babies under 1 year and their caregiver)

Mondays, September 11,18 &25 @ 10am
No registration is required!

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!



On the Farm-High River

Tuesdays, September 12,19 & 26 @ 1:30pm
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! Registration is required.



Stay & Play- Stavelly

Thursdays, September 14, 21 & 28 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!



School Age Programs

Kids Club-Great Outdoors-High River (for kids 7-10 years)

Mondays, September 11, 18 & 25- 4:30pm
*Registration is required

Calling all 7-10 year olds! This program offers a great in person opportunity to explore and participate in a variety of cool outdoor projects- don't forget to dress for the weather!



For Parents

Triple P-Positive Parenting Strategies

Ongoing, flexible delivery, 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. To find out more, connect with one of our trained facilitators at 403-652-8633 or toll free at 1-877-652-8633



The Power of Positive Parenting

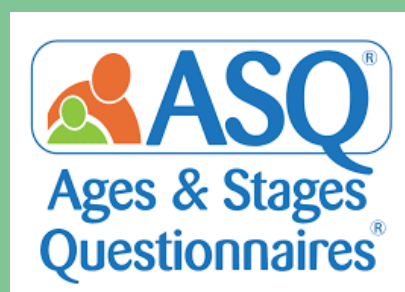
Tuesday, September 19th @ 6:30pm
via Zoom

This is an opportunity to gather and share ideas for creating strong nurturing relationships, good communication and positive attention to help children develop. This group is appropriate for parents with children ages 2 to 10 years old. Registration is required



Ages & Stages Questionnaire (ASQ)

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. Its 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 or complete one online using this link, <https://www.asqonline.com/family/91b5e7> or scanning the QR code



For Families

My Tween & Me

Mondays, September 25- November 20, 6-8pm
*no class October 9th

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. Tweens and parents attend together. Registration is required.



Coming Soon!

Programs change every month at the Family Centre! New program guides come out mid month for the following month so check our website often for new programs and special events!

Greaterfoothillsfamilycentre.ca. Check out some of the programs we will be offering in October!

- Zoom Programs Return!
- Kids Club- Coping Skills Champions
- Wee Imagine
- Community Helpers
- Curiosity Kids
- FEAR-less Seminar
- &More!!!



DID YOU KNOW?

We are the **HUB** of the Greater Foothills Family Resource Network. As the **HUB** we can provide information and referrals on community supports available to support children, youth and families.

- *Parenting Supports
- *In Home Supports
- *Counselling
- *Referrals to Speech, OT & PT
- * Youth Programs & Resources

Please call 403-652-8633 to find out more or to complete a referral

Greater Foothills Family Resource Network Partners



Investing in Families, Builds A Stronger Future

