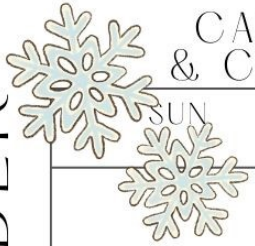


2024 NOVEMBER

CAREGIVER CAPACITY & CHILD DEVELOPMENT

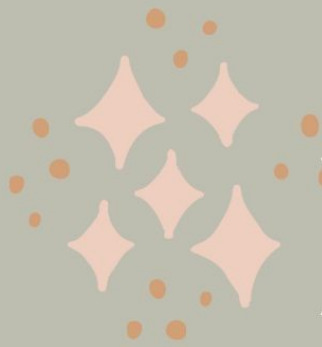


SUN	MON	TUE	WED	THU	FRI	SAT
					1	
3	4	5 Mindfulness Mornings 10:30 to 11:30AM Grizzly Den Story Hour 2-3 Library 4pm-5pm Girls Group FCSS Office	6 BABY BUDDIES 10:00 -11:00AM Grizzly Den	7 TODDLER TIME 10:00 -11:00AM Grizzly Den Yoga 7:30pm-8:30pm Grizzly Den	8	9
10	11	12 Mindfulness Mornings 10:30 to 11:30AM Grizzly Den Story Hour 2-3 Library 4pm-5pm Girls Group FCSS Office	13 BABY BUDDIES 10:00 -11:00AM Grizzly Den	14 TODDLER TIME 10:00 -11:00AM Grizzly Den Yoga 7:30pm-8:30pm Grizzly Den	15	16
17	18	19 Mindfulness Mornings 10:30 to 11:30AM Grizzly Den Story Hour 2-3 Library 4pm-5pm Girls Group FCSS Office	20 BABY BUDDIES 10:00 -11:00AM Grizzly Den	21 TODDLER TIME 10:00 -11:00AM Grizzly Den Yoga 7:30pm-8:30pm Grizzly Den	22	23
24	25	26 Mindfulness Mornings 10:30 to 11:30AM GRIZZLY DEN Story Hour 2-3 Library Creative JOURNALING 4:00 to 6:00pm LIBRARY	27 BABY BUDDIES 10:00 -11:00AM Grizzly Den	28 TODDLER TIME 10:00 -11:00AM Grizzly Den No Yoga Class Light Up	29	30



Provincial Family Resource Networks





Mindfulness Mornings



For Parents and Caregivers

Start your week off with time for yourself;
time to pause, reflect, reset and regulate.

Learn strategies to help cope and manage life's stress and daily challenges. Use these tools in your every day life to be the best you can be for yourself, family and loved ones.

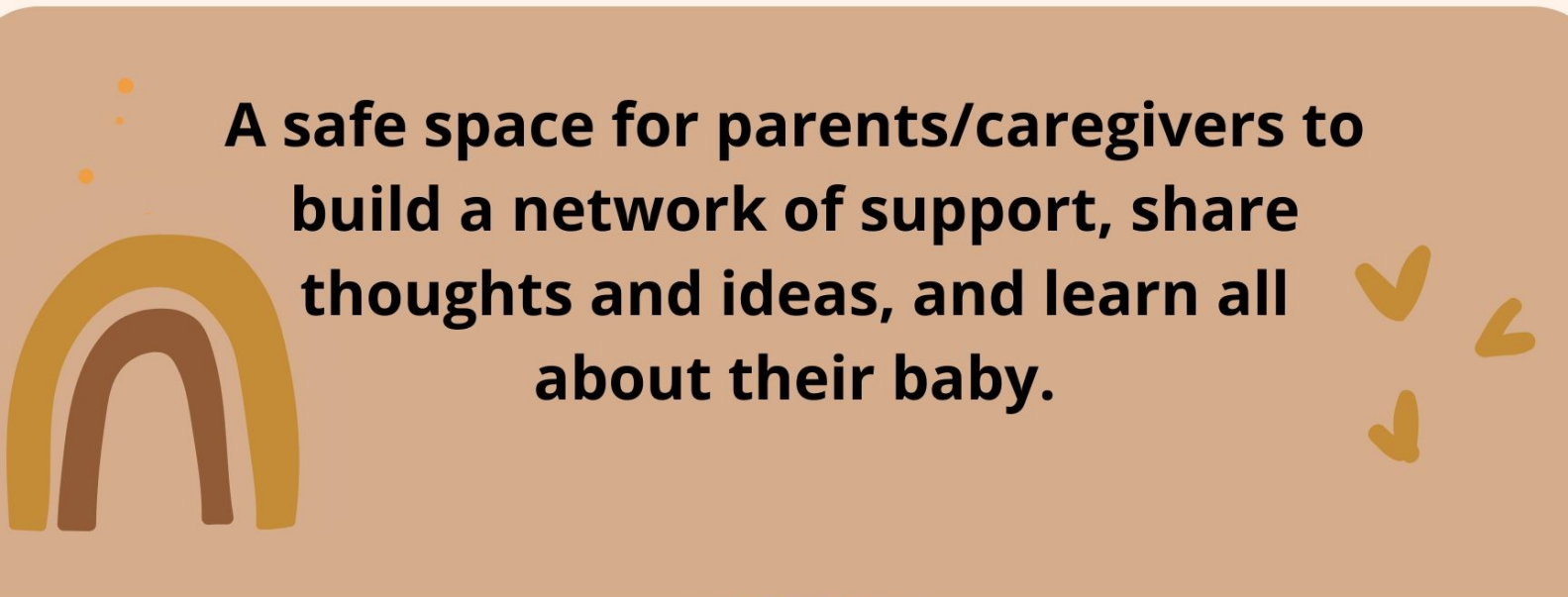
Drop in Program

Tuesday mornings
November 5, 12, 19, 26
10:30-11:30
Grizzly Den
#1 Derrick Crescent




Baby Buddies

For Caregivers/ Babies 0-12 months and expectant mothers
Siblings are welcome to attend



A safe space for parents/caregivers to
build a network of support, share
thoughts and ideas, and learn all
about their baby.



DROP IN
Wednesdays
10:00-11:00 AM
Grizzly Den
1 DERRICK CRESCENT

For more information
call FCSS 780-333-4119

TODDLER TIME



FOR CHILDREN AGES 1-2
AND THEIR CAREGIVER

Thursday
10:00 to 11:00AM

GRIZZLY DEN

1 DERRICK CRESCENT

SIBLINGS ARE WELCOME TO ATTEND

For more information
call FCSS 780-333-4119

DROP IN

JOIN IN ON YOUR
CHILD'S CREATIVITY,
IMAGINATION, AND
PLAY!

Alberta Provincial Family
Resource Networks



YOGA

For Parents and Caregivers
For All Levels

About Us:

Join us on the following
Thursdays
November 7, 14, 21
Time: 7:30pm-8:30pm

Location:
Grizzly Den
#1 Derrick Crescent

- Stress Relief
- Meditation Time
- Self Care

Call FCSS @ 780-333- 4119 for more information



CONNECTIONS & CREATIVITY

GO GIRLS

Join us on the following Tuesdays
November 5, 12, 19

CRAFTS | YOGA | GAMES

PROGRAM DETAILS

Grade 6 -12

Location: FCSS Office (Inside Town Office)

780 - 333 - 4119

Alberta

Provincial Family
Resource Networks





CREATIVE JOURNALING

AGES 11-14

**JOIN US ONCE A MONTH TO CREATE YOUR OWN
UNIQUE JOURNAL. ALL JOURNAL SUPPLIES WILL BE
PROVIDED BY FCSS.**

NOVEMBER 26, 4-6 PM

SWAN HILLS LIBRARY

**REGISTRATION IS REQUIRED
SPACES ARE LIMITED, PLEASE
CALL FCSS @ 780-333-4119
OR USE QR CODE TO REGISTER**

