

Supports for Families Program Guide 2020 **(January – March)**

(All programs are free of charge, however registration is required)

Messy Play is Fun Play

This 5 week program is designed mainly for children between the ages of 2 and 5 years of age. During each class we will be exploring different types of messy play as well as open ended art experiences. At the beginning of each class we will come together as a group to participate in a story that relates to the experiences that are out that day. Parents will be given a copy of any of the recipes used during the program so that messy play can be created at home as well!

Mondays from 9:30 -10:30am Fulton Place Community League 6115 Fulton Road
January 6 – February 3, 2020 February 10 – March 16, 2020 (Omit Feb. 17th)

Infants Can Talk With Their Hands

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. By using both sign language and speech you will not only ease your frustration but also the frustration of your infant. By using sign language you are promoting whole brain development in your infant. This is a 4 week program.

Tuesdays from 9:30 – 10:00am Fulton Place Community League 6115 Fulton Road
January 7 – 28, 2020 February 25 – March 17, 2020

Music and Movement with Nancy's Notes

In this 8 week program is designed for children 0- 5 years of age to enjoy with their parents/ caregivers. Enjoy singing, dancing and playing instruments with your little one. It is proven that early musical experiences provide opportunities for whole brain development. These developmental skills include, social, emotional, language, as well as early reading and early math skills. This is a fun, lively and interactive class.

Tuesdays from 10:00-11:00am Fulton Place Community League 6115 Fulton Road
January 7 – March 10, 2020 (Omit Feb. 4th and 18th)

Baby and Me Yoga

There are many benefits both for the mind and body by participating in Yoga. This 8 week yoga program is suitable for all levels and each pose can be altered to suit your needs. Through our yoga program you will have a chance to stretch and strengthen your muscles all while making connections with your little one. Both during and after the program you and your little one will have a chance to meet and socialize with other parents with young children. In order to participate in the program you have to be 6 weeks postpartum and have clearance from your doctor to resume exercise. We ask that participants make an 8 week commitment that way you are getting the most out of the program

Wednesdays from 2:00 -3:00pm Fulton Place Community League 6115 Fulton Road
January 8 – February 26, 2020

To register for any of these great programs or if you have any questions please contact Jessica Mantel at:

fcssdodie@shaw.ca

Phone: 780-667-4383

