

Supports for Families Workshop Guide 2020 (April to June)

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

Goodbye Bedtime Battles

Location: Fulton Child Care Association 10310-56st (West Doors)

Thursday, March 26, 2020 6:15 – 8:30pm

Bedtimes can be a struggle for your child and family. Come to this introductory workshop to help make bedtimes more peaceful. The workshop is for parents of children 6 months to 5 years of age. Join other parents and the pediatric Occupational Therapist (OT) to: Learn more about the many different factors that influence a child's sleep: routine, environment, and positive sleep-time associations. Discover how to begin and continue healthy sleep habits. Choose which *first step* strategies best fit your child and family.

Sleep Tight Baby

Location: Fulton Child Care Association 10310-56st (West Doors)

Tuesday, April 7, 2020 6:15 – 8:30pm

The Sleep Tight Baby workshop is for **parents of babies under 18 months**. Sleep can be a struggle especially as you try to develop routines and wean from night feeds. Come to this free introductory workshop to support more peaceful sleep for the baby, you and your family. Join other parents and the pediatric Occupational Therapist (OT) to: Learn about the different factors that influence your baby's sleep. Discover how to begin and continue healthy sleep habits. Choose which first step strategies best fit your baby and family. Options for follow-up by an OT are reviewed at the workshop.

Super Dads, Super Kids

Location: Fulton Child Care Association 10310 56St (West Doors)

April 9 - May 28, 2020 6:30 - 8:30pm

To **Register** please contact **Winifred** with KARA Family Resource Centre **587-525-6679**

This 8 week interactive program is for men and the children they are raising! Good kids don't just happen... they are nurtured by caring, involved and responsible adults. The focus of this program is on responsible fathers – men who make a conscious choice to be the solid role models kids are longing for and need today. The topics include the role of a Super Dad, child development, communication, emotional and physical health, positive discipline and work life balance. When dads and kids are put together, good things happen.

Light refreshments and water are provided for all workshops.

If you have any questions or concerns, please contact Jessica Mantel at:

Email: fcssdodie@shaw.ca

Phone: 780-667-4383

FCSS

Family & Community
Support Services

