



## Parenting Calendar January 2018

<i>When</i>	<i>What</i>	<i>Who</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
<b>Mondays</b> January 15 <sup>th</sup> & 29 <sup>th</sup> 6:00-8:00pm	<b>DAD's Group</b> New topics each session, come out and meet other dads	<b>Dads</b>	<b>Strong Start Family Centre</b> 679 Hall St W	<b>Krista Koch</b> 306-630-2406	<b>Free - Open to all Dads</b> Supper, childcare and transportation available - <b>PLEASE REGISTER</b>
<b>Tuesday</b> January 9 <sup>th</sup> 6:30-7:30pm	<b>Drop-In Parenting Session</b>	<b>Parents with children 0-10yrs</b>	<b>Strong Start Family Centre</b> 679 Hall St W	<b>Rhonda</b> 306-691-1580	<b>Free drop in for all parents!</b> Come and learn some new information and ask your parenting questions <b>Pre-register if you require childcare</b>
<b>Monday</b> January 22 <sup>nd</sup> 6:00-8:00pm	<b>MOM's Group</b> New topics each session, come out and meet other moms	<b>Moms</b>	<b>Strong Start Family Centre</b> 679 Hall St W	<b>Michelle</b> 306-631-4402	<b>Free - Open to all Moms</b> Supper, childcare and transportation available - <b>PLEASE REGISTER</b>
<b>Fridays</b> 9:30 - 11:30am	<b>Postnatal Recovery Drop In Group</b>	<b>Postnatal Moms</b>	<b>Fairview Family Centre</b> 665 Fairford St E	<b>mj.postpartum @ gmail.com</b>	<b>Free - Weekly drop in</b> Postnatal Recovery Tips
<b>Tuesdays</b> January 9, 16, 23 6:30-8:00pm	<b>Active Parenting</b> 5-12	<b>Parents with children 5-12yrs</b>	<b>Strong Start Family Centre</b> 679 Hall St W	<b>Michelle</b> 306-631-4402	<b>Free, everyone welcome! Childcare and snacks provided</b> Transportation available upon request <b>PLEASE REGISTER</b>
<b>Thursdays</b> 2:00-4:00pm	<b>Well Baby Service</b> An opportunity to meet one on one with a Public Health Nurse	<b>Parents with Infants 0-6Weeks</b>	<b>Public Health Rm 107</b> 110 Omin. W	<b>Public Health</b> 306-691-1500	<b>Open to everyone</b> No cost
<b>Thursdays</b> 5:00 - 6:30pm	<b>Babies Best Start</b> For individuals requiring extra prenatal support	<b>Prenatal Education</b>	<b>Fairview Family Centre</b> 665 Fairfrd E	<b>Veronica</b> 306-690-2362	<b>No cost, supper and transportation available</b>
<b>Friday</b> January 26 <sup>th</sup> 12:30-3:30pm	<b>Prenatal Classes</b>	<b>Prenatal Education</b>	<b>Public Health Lower Level Rm #2</b>	<b>Public Health</b> 306-691-1500	<b>No cost</b> Please register
<b>Saturday</b> January 13 <sup>th</sup> 9:00am-3:00pm	<b>Parenting After Separation and Divorce</b>	<b>Any Age</b>	<b>Moose Jaw</b>	<b>Family Justice Services</b> 1-888-218-2822	<b>Please register</b> No cost No childcare provided

*If you know of any other parenting program being offered or would like further information please contact: Kathy Knudson @ 306-691-1598 or email [kknudson@fhr.ca](mailto:kknudson@fhr.ca)*