



Parenting Calendar June 2018

| <i>When</i> | <i>What</i> | <i>Who</i> | <i>Location</i> | <i>Contact Person</i> | <i>Details</i> |
|---|---|---|---|--|---|
| Mondays June 4 th & 18 th 6:00-8:00pm | DAD's Group New topics each session, come out and meet other dads! | Dads | Strong Start Family Centre 679 Hall St W | Krista 306-630-2406 | Free – Open to all Dads Supper, childcare and transportation available – PLEASE REGISTER |
| Tuesday June 5 th 6:30-7:30pm | Drop-In Parenting Session Discussion Topic will be “Separation Anxiety” | Parents with children 0-10yrs | Strong Start Family Centre 679 Hall St W | 306-691-1580 | Free drop in for all parents! Come and learn some new information and ask your parenting questions <u>Pre-register if you require childcare</u> |
| Monday June 11 th 6:00-8:00pm | MOM's Group New topics each session, come out and meet other moms! | Moms | Strong Start Family Centre 679 Hall St W | Michelle 306-631-4402 | Free – Open to all Moms Supper, childcare and transportation available – PLEASE REGISTER |
| Fridays 10:00am – 12:00pm | Postnatal Recovery Drop In Group | Postnatal Moms | Fairview Family Centre 665 Fairford St E | mj.postpartum@ gmail.com | Free – Weekly drop in Postnatal Recovery Tips Childcare provided |
| Friday, June 8 th 9:00am – 12:00pm | Breastfeeding Class | Breastfeeding Parents | W.G. Davies Bldg Room #2 (lower level) | Public Health 306-691-1553 | |
| Fridays June 1st-----> 10:30-11:30am June 15th-----> 10:30-11:30am | Visiting Professional during Open Play at Strong Start Family Centre with Frances Hammel-Kampus, Registered Psychologist (Provisional) with Tanya Morland, BSW, RSW | Parents with children 0-5 years | Strong Start Family Centre 679 Hall St W | 306-691-1580 | Open to everyone No cost |
| Thursdays 2:00-4:00pm | Well Baby Service An opportunity to meet one on one with a Public Health Nurse | Parents with Infants 0-6Weeks | Public Health Rm 107 110 Ominica W | Public Health 306-691-1500 | Open to everyone No cost |
| Thursdays 5:00 – 6:30pm | Babies Best Start For individuals requiring extra prenatal support | Prenatal Education | Fairview Family Centre 665 Fairford E | Veronica 306-690-2362 | No cost, supper and transportation available |
| Friday June 22 nd 12:30 - 3:30pm | Prenatal Class | Prenatal Parents | W.G. Davies Bldg in Room # 2 (lower level) | Public Health 306-691-1527 | |
| Saturday June 16 th 9:00am-3:00pm | Parenting After Separation and Divorce | Any Age | Moose Jaw Location will be provided when registering | Family Justice Services 1-888- 218-2822 | Please register No cost No childcare provided |
| Tuesdays, June 12, 19 & 26 th 6:30-8:00pm | Parenting Your 1-4 Year Old | Caregivers with children 1-4 years | Strong Start Family Centre 679 Hall St W | Nicole @ 306-690-7305 | Please register No cost Childcare & Transportation Available |

If you know of any other parenting program being offered or would like further information please contact: 306-691-1598 or email katherine.knudson@saskhealthauthority.ca