



**Moose Jaw and District
Quality Education Committee
November 2017**

<i>When</i>	<i>What</i>	<i>Age Group</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
Mondays November 6th & 20th 6:00-8:00pm	DAD's Group New topics each session, come out and meet dads in our community	Dads	Strong Start Family Centre 679 Hall St W.	Krista Koch 306-630-2406	Free – Open to all Dads Supper, childcare and transportation available
Tuesday November 7th 6:30-7:30pm	Parenting Drop-In Session	Parents with children 0-12yrs	Strong Start Family Centre 679 Hall St. W	Rhonda 306-691-1580	Free drop in for all parents! Come and learn some new information and ask your parenting questions with. Please register if you require childcare
Fridays 9:30 – 11:30am	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
Tuesdays 6:30-8:00pm	Active Parenting 5-12	Parents with children 5-12yrs	Strong Start Family Centre 679 Hall St W	Michelle 306-631-4402	Free, everyone welcome! Childcare and snacks provided Transportation available upon request Please register
Tuesdays November 14th, 21st & 28th 9:30-10:30am	Come Read With Me Books and Babies	Parents and Caregivers with their babies (0-2)	Fairview Family Centre 665 Fairford St E	Chris 306-313-7222	Free Program for parents and caregivers. Parents learn and practice rhymes, songs, stories, activities, and share with their babies!
Thursdays 2:00-4:00pm	Well Baby Service An opportunity to meet one on one with a Public Health Nurse, Weight, Height, and answer any questions Lactation Consultants available to assist with breastfeeding	Parents with Infants 0-6Weeks	Public Health Rm 107 110 Ominica St W.	Public Health 306-691-1553	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 St E	Veronica 306-690-2362	No cost, supper and transportation available
Saturday November 4th 9:00am-12:00pm	Labour & Birth	Prenatal Education	Public Health	Public Health 306-691-1553	No cost Please register
Saturday November 18th 9:00am-3:00pm	Parenting After Separation and Divorce Topics include stages of separation and divorce, Children's reaction, and challenges to parenting	Any Age	Location in Moose Jaw provided upon registration	Family Justice Services 1-888-218-2822	Please register 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