



Parenting Calendar October 2018

<i>When</i>	<i>What</i>	<i>Who</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
Monday October 22 nd 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
Mondays October 1 st 15 th & 29 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 9:30-11:30am	PPD Support Group	Postnatal Moms & Dads	Strong Start Family Centre 679 Hall St W	sue.rader@ saskhealthauthority.ca	Free - Weekly Drop In Postnatal Moms& Dads Recovery Tips
Saturday, October 13 th 10:00am - 1:00pm	Prenatal Class	Prenatal Parents	Dr.F.H. Wigmore Hospital 55 Diefenbaker Dr. (Katherine Klassen Room)	Public Health 306-691-1553	Please register No cost
Fridays October 5 th -----> 10:30-11:30am October 12 th -----> 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	Strong Start Family Centre 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
Saturday October 20 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, October 2 nd , 9 th , 16 th & 23 rd 6:00-8:00pm	Active Parenting 5-12 Years	Caregivers with children 5-12 years	Strong Start Family Centre 679 Hall St W	Nicole 306-631-4428	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