



## Parenting Calendar April 2018

<i>When</i>	<i>What</i>	<i>Who</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
<b>Mondays</b> April 9 <sup>th</sup> & 23 <sup>rd</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 679 Hall St W</b>	<b>Krista 306-630-2406</b>	<b>Free – Open to all Dads</b> Supper, childcare and transportation available – <b>PLEASE REGISTER</b>
<b>Tuesday</b> April 3 <sup>rd</sup> 6:30-7:30pm	<b>Drop-In Parenting Session</b> Discussion Topic will be "How to Build Independence in Your Kids!"	<b>Parents with children 0-10yrs</b>	<b>Strong Start Family Centre 679 Hall St W</b>	<b>Carla 306-691-1580</b>	<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>Mondays</b> April 2 <sup>nd</sup> , 16 <sup>th</sup> & 30 <sup>th</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 679 Hall St W</b>	<b>Michelle 306-631-4402</b>	<b>Free – Open to all Moms</b> Supper, childcare and transportation available – <b>PLEASE REGISTER</b>
<b>Fridays</b> 10:00 – 12:00am	<b>Postnatal Recovery Drop In Group</b>	<b>Postnatal Moms</b>	<b>Fairview Family Centre 665 Fairford St E</b>	<b>mj.postpartum@ gmail.com</b>	<b>Free – Weekly drop in</b> Postnatal Recovery Tips Childcare provided
<b>Thursday, April 19<sup>th</sup></b> 6:30-8:30pm	<b>Raising a Healthy Happy Eater</b>	<b>Parents with babies</b>	<b>Dr. F.H. Wigmore Regional Hospital Katherine Klassen Room A</b>	<b>Public Health 306-691-1553</b>	<b>Also available via Telehealth sites in Assiniboia, Central Butte, Craik, Gravelbourg &amp; Rockglen</b>  <b>Please register</b>
<b>Saturday,</b> April 14 <sup>th</sup> 9:00- 12:00pm	<b>Breastfeeding Classes</b>	<b>Breastfeeding Education</b>	<b>Dr. F.H. Wigmore Regional Hospital Katherine Klassen Room A</b>	<b>Public Health 306-691-1500</b>	<b>No cost</b> <b>Please register</b>
<b>Saturday, April 21<sup>st</sup></b> 10:00am – 2:00pm Come & Go	<b>Ages &amp; Stages Questionnaire Event</b>	<b>Parents with children 3-5yrs</b>	<b>Strong Start Family Centre 679 Hall St W</b>	<b>Kathy 306-691-1598</b>	<b>Free, everyone welcome!</b> <b>No cost</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 107 110 Ominica W</b>	<b>Public Health 306-691-1500</b>	<b>Open to everyone</b> <b>No cost</b>
<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 665 Fairford E</b>	<b>Veronica 306-690-2362</b>	<b>No cost, supper and transportation available</b>
<b>Saturday, April 21<sup>st</sup></b> 9:00am-3:30pm	<b>Blended &amp; Blessed</b> Keys to Stepfamily Success One-day livestream	<b>Stepfamily couples, single parents, dating couples with kids and others who care about blended families</b>	<b>Hillcrest Church 1550 Main St. N. Moose Jaw</b>	<b>306-692-5600 or www.hillcrestmj.com</b>	<b>\$15 person/\$25 couple includes lunch</b> <b>Register by April 18<sup>th</sup></b>
<b>Saturday</b> April 14 <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 1-888- 218-2822</b>	<b>Please register</b> <b>No cost</b> <b>No childcare provided</b>

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](mailto:katherine.knudson@saskhealthauthority.ca)