



**Parenting Calendar February 2018**

<i>When</i>	<i>What</i>	<i>Who</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
<b>Mondays February 12<sup>th</sup> &amp; 26<sup>th</sup> 6:00-8:00pm</b>	<b>DAD's Group New topics each session, come out and meet other dads!</b>	<b>Dads</b>	<b>Strong Start Family Centre 679 Hall St W</b>	<b>Krista Koch 306-630-2406</b>	<b>Free - Open to all Dads Supper, childcare and transportation available - PLEASE REGISTER</b>
<b>Tuesday February 6<sup>th</sup> 6:30-7:30pm</b>	<b>Drop-In Parenting Session "Effective Praise"</b>	<b>Parents with children 0-10yrs</b>	<b>Strong Start Family Centre 679 Hall St W</b>	<b>Rhonda 306-691-1580</b>	<b>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></b>
<b>Monday February 5<sup>th</sup> 6:00-8:00pm</b>	<b>MOM's Group New topics each session, come out and meet other moms!</b>	<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 Supper, childcare and transportation available - PLEASE REGISTER</b>
<b>Fridays 10:00 - 12:00am</b>	<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 Postnatal Recovery Tips Childcare provided</b>
<b>Tuesdays February 27<sup>th</sup>-March 27<sup>th</sup> 4:30-6:30pm</b>	<b>FINANCIAL LITERACY Learn about Budgeting, Credit, Banking and more!</b>	<b>Anyone interested in learning more about finances</b>	<b>Fairview Family Centre 665 Fairford St E</b>	<b>Rhonda 306-691-1580</b>	<b>Free, everyone welcome! Childcare and SUPPER provided PLEASE REGISTER (limited spots)</b>
<b>Thursdays February 15<sup>th</sup> - March 22<sup>nd</sup> 6:00-8:00pm</b>	<b>'Nobody's Perfect' Parenting Sessions</b>	<b>Parents with children 0-5 yrs</b>	<b>Strong Start Family Centre 679 Hall St W</b>	<b>Melissa 306-690-5787</b>	<b>Free, everyone welcome! Childcare and transportation available PLEASE REGISTER</b>
<b>Thursdays 2:00-4:00pm</b>	<b>Well Baby Service An opportunity to meet one on one with a Public Health Nurse</b>	<b>Parents with Infants 0-6Weeks</b>	<b>Public Health Rm 107 110 Omin. W</b>	<b>Public Health 306-691-1500</b>	<b>Open to everyone No cost</b>
<b>Thursdays 5:00 - 6:30pm</b>	<b>Babies Best Start For individuals requiring extra prenatal support</b>	<b>Prenatal Education</b>	<b>Fairview Family Centre 665 Fairfrd E</b>	<b>Veronica 306-690-2362</b>	<b>No cost, supper and transportation available</b>
<b>Saturday February 3<sup>rd</sup> 9:00am-3:00pm</b>	<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 No cost No childcare provided</b>

*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@saskhealthauthority.ca](mailto:kknudson@saskhealthauthority.ca)*