



**Parenting Calendar May 2018**

<i>When</i>	<i>What</i>	<i>Who</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
<b>Monday</b> May 7th 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</b> Family Centre 679 Hall St W	<b>Krista</b> 306-630-2406	<b>Free – Open to all Dads</b> Supper, childcare and transportation available – <b>PLEASE REGISTER</b>
<b>Tuesday</b> May 1st 6:30-7:30pm	<b>Drop-In Parenting Session</b> Discussion Topic will be “How to Encourage Your Child to Sleep in Their Own Bed”	<b>Parents with</b> <b>children</b> <b>0-10yrs</b>	<b>Strong Start</b> Family Centre 679 Hall St W	<b>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> May 14 <sup>th</sup> & 28th 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</b> Family Centre 679 Hall St W	<b>Michelle</b> 306-631-4402	<b>Free – Open to all Moms</b> Supper, childcare and transportation available – <b>PLEASE REGISTER</b>
<b>Fridays</b> 10:00am – 12:00pm	<b>Postnatal Recovery</b> <b>Drop In Group</b>	<b>Postnatal Moms</b>	<b>Fairview Family</b> Centre 665 Fairford St E	<b>mj.postpartum@</b> <b>gmail.com</b>	<b>Free – Weekly drop in</b> <b>Postnatal Recovery Tips</b> <b>Childcare provided</b>
<b>Thursday</b> May 24th 10:00-11:30am	<b>Feeding Baby Family Food</b>	<b>Parents &amp;</b> <b>Caregivers</b> <b>(babies</b> <b>welcome)</b>	<b>Dr. F.H. Wigmore</b> Regional Hospital Katherine Klassen Room A	<b>Public Health</b> 306-691-1553	<b>Also available via Telehealth sites in</b> <b>Assiniboia, Central Butte, Craik,</b> <b>Gravelbourg &amp; Rockglen</b>  <b>Please register</b>
<b>Fridays</b>  May 4-----> 10:30-11:30am  May 11-----> 10:30-11:30am	<b>Visiting Professional during Open</b> <b>Play at Strong Start Family Centre</b>  with Frances Hammel-Kampus, Registered Psychologist (Provisional)  with Tanya Morland, BSW, RSW	<b>Parents with</b> <b>children 0-5</b> <b>years</b>	<b>Strong Start</b> Family Centre 679 Hall St W	<b>306-691-1580</b>	<b>Open to everyone</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</b> <b>Infants</b> <b>0-6Weeks</b>	<b>Public Health</b> Rm 107 110 Ominica W	<b>Public Health</b> 306-691-1500	<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</b> <b>Education</b>	<b>Fairview Family</b> Centre 665 Fairford E	<b>Veronica</b> 306-690-2362	<b>No cost, supper and transportation</b> <b>available</b>
<b>Friday</b> May 11 <sup>th</sup> 12:30 - 3:30pm	<b>Prenatal Class</b>	<b>Prenatal</b> <b>Parents</b>	<b>W.G. Davies Bldg in</b> <b>Room # 2</b> <b>(lower level)</b>	<b>Public Health</b> 306-691-1527	
<b>Saturday</b> May 12th 9:00am-3:00pm	<b>Parenting After Separation and</b> <b>Divorce</b>	<b>Any Age</b>	<b>Moose Jaw</b> Location will be provided when registering	<b>Family Justice</b> Services 1-888- 218-2822	<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)