

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

<i>When</i>	<i>What</i>	<i>Age Group</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
<b>Monday</b> March 13 <sup>th</sup> & 27 <sup>th</sup> 6:00 – 8:00 p.m.	<b>DAD's Group</b> New topics each session, come out and meet dads in our community	<b>DAD'S</b>	YMCA Strong Start Family Centre 679 Hall St. W	<b>Shelley</b> 306-691-1593 306-630-3305	<b>Free – Open to all Dads</b> Supper, childcare and transportation available
<b>Tuesdays</b> 9:30 – 11:30 a.m.	<b>Postnatal Recovery</b> <b>Drop in Group</b>	<b>Postnatal Moms</b>	YMCA Strong Start Family Centre 679 Hall St. W	<b>mj.postpartum@gmail.com</b>	<b>Free – Weekly drop in</b> <b>Postnatal Recovery Tips</b>
<b>Tuesdays</b> March 7 <sup>th</sup> – April 11 <sup>th</sup> 6:30 – 8:00 p.m.	<b>Active Parenting Now</b> 5- 12 yrs	<b>Parents with</b> <b>children 5 – 12 yrs</b>	YMCA Strong Start Family Centre 679 Hall St. W	<b>Ann</b> 306-630-7369	<b>Open to everyone</b> <b>No Cost</b> <b>Must Register</b>
<b>Thursdays</b> 1:00 - 3:00 p.m.	<b>Well Baby Service</b> 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	<b>Parents with</b> <b>Infants</b> <b>0-6Weeks</b>	<b>Public Health</b> <b>Rm 107</b> <b>110 Ominica St W.</b>	<b>Public Health</b> <b>306-691-1500</b>	<b>Open to everyone</b> <b>No cost</b>
<b>Thursdays</b> 5:00 – 6:30 p.m.	<b>Babies Best Start</b> For individuals requiring extra prenatal support	<b>Prenatal Education</b>	Cubiak Family Centre 846 Grandview St. W	<b>Veronica Hawley</b> 306-690-2362	<b>No cost</b> <b>Supper and transportation</b> <b>available</b>
<b>Saturday</b> March 4 <sup>th</sup> 10:00 a.m. – 1:00 p.m.	<b>Labor and Birth</b>	<b>Prenatal Parents</b>	<b>Location</b> <b>provided upon</b> <b>registration</b>	<b>Public Health</b> <b>306-691-1500</b>	<b>If you are expecting your first child, we</b> <b>encourage you to register for all 3</b> <b>sessions. Or if this is your 2<sup>nd</sup> or more</b> <b>you can choose from three class options</b> <b>to best suit your needs.</b> <b>Also free Online Prenatal class available</b> <b>for more information or to register call</b> <b>Public Health</b>
<b>Saturday</b> March 11 <sup>th</sup> 9:00 – 3:00 p.m.	<b>Parenting after</b> <b>Separation and Divorce</b> Topics include stages of separation and divorce, Children's reaction, and challenges to parenting	<b>Any Age</b>	<b>Location in</b> <b>Moose Jaw provided</b> <b>upon registration</b>	<b>Family Justice Services</b> <b>1-888-218-2822</b>	<b>Please register</b> <b>No cost</b>

If you know of any other parenting program being offered or would like further information please contact: Shelley Johnson at 306-691-1593 or email Shelley.Johnson@fhhr.ca

