

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



<i>When</i>	<i>What</i>	<i>Age Group</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
October 10 (Tues) & 23 (Mon) 6:00-8:00 pm	DAD's Group New topics each session, come out and meet dads in our community	Dads	Strong Start Family Centre 679 Hall St W.	Krista Koch 306-630-2406	Free - Open to all Dads Supper, childcare and transportation available
Tuesday October 3 rd 6:30-7:30	Parent Drop-In Session	Parents with children 0-12yrs	Strong Start Family Centre 679 Hall St. W	Rhonda 306-691-1580	Free drop in for all parents! Come and learn some new information and ask your parenting questions with Frances Hammel-Kampus . Childcare Available, please register
Fridays 9:30 - 11:30am	Postnatal Recovery Drop in Group	Postnatal Moms	Fairview Family Centre 665 Fairford St E	mj.postpartum@gmail.com	Free - Weekly drop in Postnatal Recovery Tips
Tuesdays October 10, 17, & 24 6:30-8:00 pm	Active Parenting 1-4	Parents with children 1-4	Fairview Family Centre 665 Fairford St E	Ann 306-630-7369	Free, everyone welcome! Childcare and snacks provided Transportation available upon request Please register
Wednesday September 27 th 6:30-8:30 pm	Helping Children Be Good Eaters - common mealtime challenges - why they occur - healthy mealtime practices - managing mealtime behaviours - nutrition for children - goal setting	Parents with children 0-12yrs	Dr. FH Wigmore Regional Hospital. Also available through Telehealth sites: Assiniboia, Central Butte, Gravelbourg, & Rockglen	Public Health 306-691-1553	Free, for parents and caregivers that have common concerns with feeding, growth, and nutrition.
Thursday October 5 th 10:00-11:30	Feeding Baby Family Foods The feeding relationship Signs your baby is ready How often to feed How much to feed What to feed Protecting your baby while feeding	Parents and Caregivers	Dr. FH Wigmore Regional Hospital. Also available through Telehealth sites: Assiniboia, Central Butte, Gravelbourg, & Rockglen	Public Health (306)691-1553	Presented by Melanie Warken, Public Health Dietician. Babies are welcome to attend with their parents and caregivers. Please register.
Thursdays 2:00-4:00 pm	Well Baby Service 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	Parents with Infants 0-6Weeks	Public Health Rm 107 110 Ominica St W.	Public Health 306-691-1553	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 St E	Veronica Hawley 306-690-2362	No cost, supper and transportation available
Saturday October 7 th 9:00-12:00	Bringing Home Baby	Prenatal Education	Public Health	Public Health 306-691-1553	No cost Please register
Saturday October 14 th 9:00am-3:00pm	Parenting After Separation and Divorce Topics include stages of separation and divorce, Children's reaction, and challenges to parenting	Any Age	Location in Moose Jaw provided upon registration	Family Justice Services 1-888-218-2822	Please register No cost No childcare provided

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@fhr.ca