

**Moose Jaw and District
Quality Education Committee
July & August 2017**



<i>When</i>	<i>What</i>	<i>Age Group</i>	<i>Location</i>	<i>Contact Person</i>	<i>Details</i>
Tuesday July 4th & 18th August 4th & 18th 6:30-7:30pm	Drop In Parenting Session	Parents with children 0-10yrs	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 Krystal Hawkins (July) and Amy Cruz (August) Childcare Available, PLEASE REGISTER
Tuesdays 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
Thursdays 2:00-4:00pm	Well Baby Service An opportunity to meet one on one with a Public Health Nurse (weight, height & answer questions) Lactation Consultants available to assist with breastfeeding	Parents with Infants 0-6 weeks	Public Health Rm 107 110 Ominica St W.	Public Health 306-691-1500	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

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

Have a great summer!!

