



The Family Place

312 Silica Street
Nelson, BC
PH: 352-6678
Fax: 354-2055

Calendar of Events and Programs

• January – February – March 2010

Open hours: Monday–Thursday, 9:00-4:00, Saturday, 9:30-12:00*

*Closed all statutory holidays including Saturdays of long weekends or holidays

CLOSED: Spring Break, March 8-March 19

Mon	Tue	Wed	Thu	Fri
<p>Speaker Series @312 Silica Street 1st Monday of the Month 9:30–11:30</p> <p>Registered parent program. See program description inside calendar. PH: Trina at 250-352-6678, ext. 236 to RSVP or w/ questions.</p> <hr/> <p>Little Robes: @312 Silica 12:30–2:30 Drop-in gathering to learn traditional crafts, share stories, food and friends. Phone Diane for more information at 250-352-6678, ext. 231.</p> <hr/> <p>Le Leche League @ 312 Silica St. 10:00-11:30 3rd Monday of the Month</p> <ul style="list-style-type: none"> Jan 18 Feb 15 March 15 <hr/> <p>Diaper Free Baby Support Circle @312 Silica St. 10:00-12:00 4th Monday of the month</p> <ul style="list-style-type: none"> Jan 25 Feb 22 March 22 <p>For anyone who is practicing, has practiced or is interested in learning more about Elimination Communication</p> <hr/> <p>Aboriginal Family Gatherings @312 Silica To be Announced!</p> <p>Includes traditional teachings, games, crafts, drumming & singing.</p> <p>Contact Diane at 352-6678, ext. 231 for dates and times.</p>	<p>Baby “dis and dat” @312 Silica St.</p> <p>9:30-11:00AM Drop in for parents with children Under 2 years old.</p> <ul style="list-style-type: none"> Snack Circle Time Socialize Q & A sessions <hr/> <p>Let’s Get Messy: @312 Silica St.</p> <p>1:30–2:30 Sessions: Feb 2–March 9</p> <hr/> <p>Pre-register w/ NDCC at 354-4386</p> <hr/> <p>Nobody’s Perfect @312 Silica St. 4:30–7:00 March 30–May 4</p> <p>Registration Required. Ph: Rebecca, 250-352-678, ext. 227</p>	<p>Sunbeams: play and literacy group @ 312 Silica St. 9:30 – 11:00 ages 0–6 Everyone welcome!</p> <hr/> <p>Young Parent Group @ 312 Silica St. 1:00–3:00PM</p> <p>Drop in group for parents who are under 25. Phone Cathy 352-6678, ext. 228 for more info</p> <hr/> <p>S.P.E.A.K group @312 Silica St. 4th Wed. of the month 4:00–6:00</p> <ul style="list-style-type: none"> Jan 27 Feb 24 March 24 <p>Phone Linda Hunter, 250-3525546 for more information.</p> <hr/> <p>Eating Well during Pregnancy and after birth @312 Silica St. 5:00–7:00 January 27 Registration required, ph: 352-6678, ext. 236</p> <hr/> <p>Special Events: @ 312 Silica St. 9:30–11:00</p> <p>January 27— Family Literacy Day</p> <p>February 17— Olympic Games for Kids</p>	<p>Baby’s Best Start @ 312 Silica St. 12:00–2:00</p> <p>Drop-in group for pregnant and new parents with children up to 12 months old</p> <hr/> <p>Infant Massage @312 Silica St. Feb 11–March 4 9:30–10:30 Registration required, PH: Trina @ 352-6678, ext. 236</p>	<p>Baby Food Making Workshop @312 Silica St. March 5 10:00–12:00 Registration required, ph: 352-6678, ext. 236</p>
				<p style="text-align: center;">Sat</p> <p>Trucks and Trains: play and literacy group @ 312 Silica St. 10:00–11:30</p> <p>DAD’s playgroup!! mother’s welcome too. ages 0–6</p>

Learn about the new **Early Heart\$smarts** program starting at the Family Resource Center this winter! Pg. 4



The Family Place Programs

@ 312 Silica Street

We offer parents with children 0-6 an opportunity to get away from the regular routines at home, meet new friends, enjoy a new activity or craft and find information to help with parenting issues that come your way.

Open to dads, moms, grandparents and caregivers!

What is here for you:

- Free parent library with books about labour and delivery, breastfeeding, separation/divorce, parenting, and more
- Free Pre-natal vitamin
- Food Vouchers for Pregnant mothers
- Support for Fathers - Dads play groups and father friendly staff
- Parent Education Groups - see our schedule for upcoming programs
- Home Support—for parents making life changes after the arrival of a new baby
- Play and literacy groups— weekly groups offer children and parents a chance to join others for fun activities, crafts, story and rhyme time
- Special events- one a month, see our calendar
- Food Bags— for when you need extra food at your house

Young Parents Group

@ 312 Silica Street

Wednesday 1-3 PM

This drop in group is for moms and dads that are under 25 years old - are pregnant or have a baby under 1 year.

This is a space to talk about the specific challenges that young parents face while pregnant or after birth. Weekly topics with speakers and lots of helpful information will be provided including: parenting, finances, housing, education and much more.

For more information call Cathy at 352-6678, ext. 228.

Little Robes:

@ 312 Silica Street

Mondays— 10:00-12:00

Drop-in for families with children aged 0-6 whose heritage is First Nations, Metis or Inuit living in the West Kootneys.

Gather to share stories, food and friends.

Phone Diane for more information at 250-352-6678, ext. 231.

Baby's Best Start

@ 312 Silica St.

Thursdays

12:00-2:00

This is a drop-in program for parents expecting a new baby and parents with babies up to 12 months of age.

Find breastfeeding support, food vouchers, free pre-natal vitamins, nutrition information and meet other parents!

Enjoy discussions to answer frequently asked questions about pre & post natal questions/info..

Totally free, child minding and a nutritious lunch provided.

Program topics:

- Jan 7 : "What is a playgroup?" w/Trina Graham, Family Place Programs
- Jan 14 : "Birth control and more!" w/ Judith, Options Clinic
- Jan 21 : "Exploring our birth experience through art" w/Rebecca, Family Place Programs
- Jan 28: "Let's talk about sexual health" w/ Jaime, ANKORS
- Feb 4: "Baby Care" w/ Nikk Guerin, Pregnancy Outreach Program
- Feb 11: "Connecting with your baby" w/ Catherine Williams, Infant Mental Health
- Feb 18: "The importance of play—how to choose toys for child development" w/ Ray-Ann, Childcare Resource and Referral
- Feb 25: "Everything you ever wanted to know about dental health" w/ Mara Sands, Community Dental Hygienist
- March 4: "Baby talk-connecting with your baby through oral language" w/ Deb Seville, Speech and Language Program
- March 11: CLOSED—Spring Break
- March 18: CLOSED—Spring Break
- March 25: "How to deal with Stress & anger. Know the signs of depression" w/Jim Farley, Individual and Relationship counselor— Nelson Community Services

For more information or questions, please call:

Nikk at 325-6678, ext. 229 or
Cathy at 352-6678, ext. 228



Check out the awesome new nutrition, cooking, and exercise videos in the free Parent Library!

Baby “dis and dat”

@ 312 Silica St.

Tuesdays

9:30-11:00AM



A peer led—drop in group for parents with children, under 2 years old.

- ◆ Snack, circle time & socialize
- ◆ “Q & A” sessions with your favourite community resources - a schedule will be announced.

We hope this group will provide parents of infants, crawlers and first time walkers a place to meet and exchange ideas about milestones, first foods and baby steps.

Aboriginal Family Gatherings

@312 Silica Street

Drop in Aboriginal Family Gathering. Includes traditional teachings, games, crafts, drumming & singing.

Contact Diane at 352-6678, ext. 231 for a schedule of programs dates.

Organized through the West Kootenay Aboriginal Early Childhood Council.

Parent Education Programs:

● Speaker Series

@312 Silica Street

1st Monday of the Month

9:30-11:30

Topics:

- February 1
How to deal with stress, anxiety and anger: led by Jim Farley w/ Nelson Community Services
- March 1
- Praise and Encouragement— How to build Self Esteem & Confidence in your child”: led by Liz Amaral w/ Nelson Community Services
- April 5
What to expect from your 3-5 year old: led by Tracey Kikals, Family Life Educator

The program includes:

- Snack, coffee & tea
- Child minding
- Help with transportation

For more information or to register, please call 352-6678 to speak with Trina, ext. 236 or Rebecca, ext. 227

- Eating well during Pregnancy and after birth
@312 Silica St.
Wednesday, January 27, 2010
5:00-7:00

Learn how to eat a balanced diet and increase important nutrients in your diet while you are pregnant, recovering from birth or breastfeeding. Make easy to cook foods during the group to taste.

- Led by Tara Starks, Registered Nutritionist
 - Child minding & transportation provided
- Please RSVP by phoning 250-352-6678, ext. 236.

● Baby Food Making Workshop

@312 Silica St.

Friday, March 5

10:00-12:00



Learn to cook delicious & nutritious baby's first foods. Child minding & help with transportation available.

- Registration required, ph: Rebecca 352-6678, ext. 227

● Nobody's Perfect parent program

@312 Silica Street

5:00-7:00PM

Tuesdays, March 30—May 4

There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while.

The program includes:

- Learning how to understand your child better
- Info on children's health, safety, and behavior
- Coping with stress
- Sharing ideas, tips and experiences
- How to take a break from your busy day

Each session includes:

- Pizza dinner, Child minding & Help with transportation

-For more information or to register, please call Rebecca at 352-6678, ext. 227

● Infant Massage

@312 Silica Street

9:30-10:30, Feb. 11– March 4

Learn techniques to relax, relieve discomfort and connect emotionally with your infant.

Come if your pregnant!!!

The program includes:

- Child minding & Help with transportation
- Registration required. PH: Trina at 250-352-678, ext. 236.

Special Events:

- **Family Literacy Day Celebration**
@312 Silica Street
Wednesday, January 27
9:30-11:00

Join us for early literacy activities and a Teddy Bear Picnic! Bring your favorite teddy or doll and a favorite book to share.

- Literacy is more than books.

Reading, playing a game, following a recipe, and even singing a song all help prepare children for challenges ahead and sharpen skills for adults. Join us to learn more!

- **Olympic Games for Kids**
@312 Silica Street
Wednesday, February 17
9:30-11:00

This is an opportunity for your child to get acquainted with the Olympic Games.

The central message during the activities is one of friendship and peace.

People playing and working together in peace and friendship makes for a better and beautiful world.

- **“The Kids are Alright” concert**
-Fundraiser!!!
@ Capitol Theater, 412 Victoria St.
7:00, Saturday, March 13

Selkirk Music Graduates debut with a night of rock and roll covering your favorites: Pink Floyd, Danzas, Journey and more. Big Sound & Lights will fuel the ultimate night of fun music.

Attention Parents:

- **Early HeartSmarts Program**
Starting Winter 2010

Dear Parents:

We want to let you know about a new program we plan to share with your children this year called Early HeartSmarts. This program encourages young children, with the help of their parents, to learn more about the connection between the physical heart and the emotional part of the heart. It helps to develop problem-solving skills, improve decision-making and reduce stress by increasing emotional balance and self-esteem.

It is our sincere hope that the Early HeartSmarts program will provide your children with a wealth of knowledge and skills to enrich their learning and social skills. If you have questions, please call 250-352-6678-Trina, ext. 236 or Rebecca, ext. 227

● Parent Responsibilities during all Family Place Programs

- Supervise your children at all times
- Participate and interact with your child in activities.
- If your child is not interested in group time, such as circle time or story, find a quiet activity so others are not interrupted.
- * It is our expectation that your child is supervised at all times and that a parent interacts with their child during activities.

Health:

- Help children wash hands before eating, after toiletin and before playing with sensory materials (i.e. playdoh)
- Put Mouthed toys in toy washing bucket.

Safety:

- Encourage children to sit when eating to avoid choking.
- Do not leave children unattended in the playroom. If you need a short break, ask another parent or staff if they are free to watch your child.
- Please discourage children from running, jumping or climbing on the furniture.

Thanks to everyone for making our programs fun and safe!

Partner Programs:

◆ Le Lache

(Pronounced “la lay-chay”)

@312 Silica Street

3rd Monday of each month

Support group to provide breastfeeding information and encouragement. If you plan to breastfeed or are looking for ways to support your situation, check out this group.

For more information, please phone: Catherine Williams, 250-354-4424 or Judy Banfield, 250352-1789.

◆ Diaper Free Baby Support Circle

@312 Silica St.

10:00-12:00

4th Monday of each month

For anyone who is practicing, has practiced or is interested in learning more about Elimination Communication

◆ S.P.E.A.K—Supportive Parents Educating and Advocating for Kids

@312 Silica Street

4:00-6:00, 4thWenesday of each month

An informal group of parents of kids with special needs. We meet to support each other, share information and resources, and to talk about our experiences with one another.

-PH: Linda Hunter for more info @ 352-5546.