

Calendar of Events and Programs

September — October — November 2009

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

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

Mon	Tue	Wed	Thu	Sat
<p>Social Butterflies @312 Silica Street 1:00-2:30</p> <p>Drop-in for 3-5 year olds. Develop skills to get prepared for school.</p> <hr/> <p>Little Robes: @312 Silica 10:00-12:00 1st Monday of the Month</p> <p>Sept. 11: Welcome back, Friday program, October 5, November 2 December 7</p> <p>Gather to 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"> Sept 21 Oct 19 Nov 16 <hr/> <p>Diaper Free Baby Support Circle @312 Silica St. 10:00-12:00 4th Monday of the month Sept 28, Oct 26 & Nov 23</p> <p>For anyone who is practicing, has practiced or is interested in learning more about Elimination Communication</p> <hr/> <p>Talking Little Feet @312 Silica Street 3rd Monday of each Month 5:00-7:00 Drop in Aboriginal Family Gathering. Includes traditional teachings, games, crafts, drumming & singing.</p> <p>Contact Diane at 352-6678, ext. 231</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: Sept 15-Oct 20</p> <hr/> <p>Pre-register w/ NDCC at 354-4386</p>	<p>Sunbeams: play and literacy group @ 312 Silica St.</p> <p>9:30 – 11:00 ages 0-6</p> <hr/> <p>Young Parent Group @ 312 Silica St.</p> <p>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>Baby Food Making Workshop @312 Silica St. 10:00-12:00 Nov 20</p> <p>Learn to cook delicious & nutritious baby's first foods. Child minding available. Registration required, ph: Rebecca 352-6678, ext. 227</p> <hr/> <p>Prenatal Breastfeeding Workshop With Nancy Harmon, Lactation Consultant @ 312 Silica Street Wednesday October 21 5:30-7:30PM</p> <hr/> <p>S.P.E.A.K group @312 Silica St. 4th Wed. of the month 4:00-6:00 Sept. 30 Oct. 28 Nov. 25</p>	<p>Baby's Best Start @ 312 Silica St.</p> <p>12:00-2:00</p> <p>Drop-in group for pregnant and new parents with children up to 12 months old</p> <hr/>	<p>Trucks and Trains: play and literacy group @ 312 Silica St.</p> <p>10-11:30</p> <p>DAD's playgroup – mother's welcome too. ages 0-6</p> <hr/> <p>Breastfeeding Challenge @ Chako MiKa Mall 11:00 Oct. 3 Arrive a few minutes early to register. All breastfeeding supporters are welcome!</p>



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 other 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

Every Wednesday 1-3 PM

STARTING: October 14, 2009

This drop in group is for moms and dads that are under 25 years old and have babies under 1 year. This is a space to talk about the specific challenges that young parents face and learn valuable skills. There will be weekly topics with speakers and lots of helpful information. We will be discussing everything from parenting, finances, housing, education and much more.

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

Social Butterflies

@312 Silica Street

Mondays

1:00-2:30

A play group where you and your preschooler (aged 3—5years old) can interact with others and take part in more structured activities that develop their coordination and motor skills.

Enjoy: coffee time -free play-art activities-circle time, songs and stories.

A healthy snack is provided.

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:

- Sept 17 : “Breastfeeding & attachment” w/ Catherine Williams
- Sept 24 : “Family Place programs—things to know” w/ Trina, Playgroup Coordinator
- Oct 1 : “What are the signs of a sick kid? Tips and Tricks—When to go to the doctor.” w/ Kari McCulloch PHN
- Oct 8: “General Nutrition & your family” w/ Tara Stark, RD
- Oct 15: “Sexual Health & kids” w/ Jamie, ANKORS
- Oct 22: “Mother Goose & Library Programs” w/ Joanne Harris
- Oct 29: “Baby Sign language” w/ Avairy & Dana
- Nov 5: “Birth Control for you” w/ Linda Devries
- Nov 12: “Flu season—How to protect your family” w/ Myrna Lindblom, PHN
- Nov 19: “Communicating with your infant the first year = language net year.” w/ Deb Saville, Speech and Language
- Nov 26: “Dental Deliciousness!” w/Mara Sand, Community Dental Hygienist
- Dec 3: “Pre-printing skills” w/Cari Julien, KKS Occupational Therapy
- Dec 10: “What is attachment & what parents can do to encourage healthy attachment with their children.” w/ Michelle Binnie
- Dec 17: “Relationships after birth” w/ Jim Farley, Counselor, Nelson Community Services

For more information or questions, please call:

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

Little Robes:

@ 312 Silica Street
1 st Monday of the Month
10:00-12:00

Sept. 11 Welcome back, Friday program
October 5
November 2
December 7

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 “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.

Special Events:

- **Breastfeeding Challenge**
@ Chako MiKa Mall
11:00

Gather to celebrate breastfeeding!
Arrive a few minutes early to register.
All breastfeeding supporters are welcome!

- **Spooktacular Halloween Party**
@312 Silica Street
October 28th
9:30am – 11:00am

Fun with pumpkins, treats & more!

- **Lantern Walk**
@312 Silica Street
November 12
3:30pm - 5:00pm

Celebrated the coming of winter with families and friends:
Gather with us for the Lantern Walk. The evening begins making lanterns and enjoying a warm bowl of chili. All of the lanterns are lit as darkness arrives, and the group walks and sings lantern songs. Help light up the neighbourhood.



- **Holiday Party**
@312 Silica Street
Saturday, December 12
10:00-12:00

Come celebrate the holidays with us. Enjoy special holiday activities, music, refreshments and a special visitor to our Santa's Village.

Parent Education Programs:

- **Nobody's Perfect parent program**
@312 Silica Street
5:00-7:00PM
Tuesdays, Oct. 13-Nov.17

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

Fit for You!

These free 45-minute classes are designed for moms with children. Babies, toddlers, and children of all ages are welcome.

● Restore The Core

@312 Silica Street

Friday, October 2

10:00-11:00AM

Focus will be placed on conditioning the core and buttocks...all the body parts that need a little TLC! Young babies will be on mats or in chairs, while older babies are welcome to crawl or sit and play. The exercises are designed to include toddlers and older children...so everyone has fun and gets some exercise.

● Total Body Conditioning

@ Lakeside Park

Friday, October 23

10:00-11:00

Focus will be placed on getting the heart rate up and burning calories. Babies will be in strollers or on blankets while they sit and play. The activities are designed to include toddlers and older children...so everyone has fun and gets some exercise. MOMS

● Need Muscle

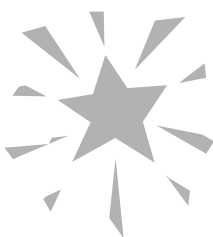
@ 312 Silica Street

Friday, November 13

10:00-11:00

Focus will be placed on upper and lower body strength and toning. We all know that the more muscle you have, the higher your metabolism, and the more calories you burn. Young babies will be on mats or in chairs, while older babies are welcome to crawl or sit and play. The exercises are designed to include toddlers and older children...so everyone has fun and gets some exercise.

Register w/ Nikk : 250-354-6678, ext. 229



Stars for Success

This program provides each child in your family with up to \$200 per calendar year to attend early learning programs around Nelson and in some cases preschool.

Some restrictions apply, so please ask Family Place staff for details.



Talking Little Feet

@312 Silica Street

3rd Monday of each Month

5:00-7:00

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

Contact Diane at 352-6678, ext. 231

Organized through the West Kootenay

Aboriginal Early Childhood Council.

Diaper Free Baby Support Circle

@312 Silica St.

10:00-12:00

4th Monday of the month

Sept 28, Oct 26 & Nov 23

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

Baby Food Making Workshop

@312 Silica St.

10:00-12:00, November 20, 2009—Friday

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

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

Prenatal Breastfeeding Workshop

With Nancy Harmon,

Lactation Consultant

@ 312 Silica Street

Wednesday October 21, 2009

5:30-7:30PM

Learn about breastfeeding before your baby arrives!

Meet other soon to be moms.

Have questions answered and find out about resources available for you and your family in the community

This workshop is **FREE FREE FREE!**

Child minding and dinner provided

To register: call Nikk at 352-6678 ext. 229

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

@312 Silica Street

4:00-6:00, 4th 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.