



**Winter 2016**

### **Vision Statement**

To provide a warm friendly meeting place for families which will support children and parents in their role and offer information needed to help them through the challenges of parenting and family life.

### **Mission Statement**

To promote the development of happy, healthy children and families and to celebrate their value.

### **Family Centre Goals**

Develop a community-based facility that is accessible to all families.

Link families to existing community programs and resources.

Collaborate and coordinate the ongoing development of programming that meets the needs of families and children.

Enhance playful, positive interaction and growth between parents and children through programs and activities.

The indoor play space is open daily

Spring, Summer, Fall & Winter

Monday-Thursday 9:00-11:30 am ~ 1:00-4:00 pm

Fridays 9:00-11:30 am ~ **Volunteer Run**

All Early Learning Programs and Services are FREE

See Guide for Evening and Weekend Openings

**For Program information or to register for Programs please call 634-7233**

**Counseling Services Confidential line 306-634-7234**

Early Learning Educator/Program Coordinator – Colleen Macmillan

Counselling & Family Support - Brianna Wilmot

e-mail: [estevanfamilycentre@sasktel.net](mailto:estevanfamilycentre@sasktel.net)

1322-7<sup>th</sup> Street

Estevan Saskatchewan, S4A 2L6

[www.estevanfamilycentre.com](http://www.estevanfamilycentre.com)

## **Scribbles 'n' Scraps**

Need some fridge art? This is the perfect day to come enjoy some playtime and make and take a craft. This is where your child gets to make whatever they want with a multitude of craft supplies 2 – 5yrs can do them.

[ of course the littlest people will need help]

[craft supplies will be out from 10-11 am]

Wednesday 1t 10 am

January 20

February 3 & 17

## **ABC's of Making Baby Food**

Making your own baby food may seem challenging at first, but it doesn't have to be. Many parents will have a list of questions from; when can I give my baby solids to where do I start? Making your own baby food ensures that you are providing the best possible nutritional start. Parents will learn the basics of baby food making, get nutritional information, learn how to make baby food using simple kitchen tools, storage of baby food.

Wednesday March 30th ~ 1:15 pm

## **Wiggles & Giggles 7-18 months**

This is an extension to the Gym Babies program. More activities for the seven to 18 month old baby that is by now a charmingly social creature, one who can call out, smiles for attention and loves to entertain.

In most cases baby is starting to crawl, sit up roll over and becoming very mobile.

The program runs for 4 weeks of formal instruction after that time the group continues in a play group format for the remainder of the program guide.

Thursdays at 10 am

Formal Group: February 11-March 3

Playgroup: March 10-24

Registration for Formal Group required.

## **Sensory Play 1-5 yrs**

Flour, water, rice, sand, and many other mediums designed to stimulate the senses. Touch, smell, see, and discover!

Because messes do happen, children must be accompanied by an adult.

Tuesday March 8 & 22

10-11 am

No Registration Required

## **Moulding Minds with Play dough [1-5yrs]**

The benefits of playing with play-dough go much further than making a mess. The mold-able properties of play-dough make it fun for investigation and exploration as well as building up fine motor skills. Good fine motor skills will help later on with scissors and pencils. The tactile experiences like squashing, squeezing, rolling, flattened, chopped, cut, scored, raked, punched, poked and shredded. These all help with fine motor skills as well as hand eye coordination. Now let's add other elements like, macaroni, shells, rice, shapes candles and so much more! Come enjoy some play dough fun!!

Wednesdays at 10 am-11am

January 27

February 10 & 24

Each week there will be a different play-dough theme.

## **Little Learners for English as a 2<sup>nd</sup> Language Families [3/4yrs]**

Little Language Learners is a program for 3 and 4 year-old children who are learning English as another language or who need additional opportunities to speak and to interact with other children.

Participants are accompanied by their parents or care givers. Younger siblings are also welcome.

Our goal is to provide opportunities for the whole family to improve their English skills and to improve participants' school readiness. The program includes picture books, crafts, activities, games, and healthy snacks. Each session focuses on a single language topic appropriate for preschoolers, such as colors, shapes, or numbers. Every family receives a copy of the book that is used to illustrate the language topic.

February 22-March 21

10 am

To Register Contact

**Kim Marshall**

Literacy Coordinator

306-636-1626

## **Epicurious Kids 4/5yr olds**

This is a hands on interactive cooking class for the little guys. We will be teaching kitchen safety as well as the basics in the kitchen like stirring, spreading, mixing, cracking eggs and lots of hands on baking fun.

Registration is Required

Wednesdays 9:3-10:30am

March 2-23

## **MOM 2 MOM Breastfeeding Support Group**

Our peer breastfeeding support group is comprised of moms who are passionate about breastfeeding and have experience nursing their own children. We are here to support you and help you access accurate, factual information and resources.

If you need any help, please feel free to contact us at  
Mandi at (306)421-2212  
Alycia at (306)461-6256

Welcome to motherhood! :)

Gatherings are the 3<sup>rd</sup> Saturday of the month at 1pm  
January 16<sup>th</sup>  
February 20  
March 19<sup>th</sup>

## **International Cooking** **“Seasoned with Love”**

This program is a partnership with Southeast Newcomers and brings new immigrants from various countries together to teach cooking classes learning some of their traditional culinary cuisine.

Sessions will be running every two weeks starting in February. We will be trying to give as many people a chance to attend so space is limited to 12 people per session and you can only register for 3 sessions.

Watch the Facebook Page for dates and dishes.

Registration will open once this happens. There is a \$5 fee to hold your space which must be paid in advance.

## **Reminder: Fridays are Volunteer Days**

The Centre is only open Fridays if there is a volunteer to supervise Drop in and Play.  
If you are interested in helping out please get a Police Records Check done then set up an appointment with Colleen to go over your volunteer application. If you have questions contact Colleen or Brianna directly.  
colleenfamilycentre@sasktel.net  
306.634.7233

Www.estevanfamilycentre.com  
estevanfamilycentre@sasktel.net