

FAMILY RESOURCE NETWORK

2024 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
See attached posters for program details or scan to visit our Facebook page					1	2
3	4	5 MBSR 10:00AM-12:00PM FCSS OFFICE	6 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent Tobogganing 1:00 to 2:00 PM Town Hill	7 ADVENTURES IN THE DEN 1:30 TO 2:30 PM GRIZZLY DEN 1 DERRICK CRESCENT Love and Logic 6:30-8:30pm FCSS Office	8	9
10	11	12 MBSR 10:00AM-12:00PM FCSS OFFICE	13 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent	14 ADVENTURES IN THE DEN 1:30 TO 2:30 PM GRIZZLY DEN 1 DERRICK CRESCENT	15	16
17	18	19 BULLET JOURNALING 4:00 to 6:00pm SWAN HILLS LIBRARY	20 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent	21 ADVENTURES IN THE DEN 1:30 TO 2:30 PM GRIZZLY DEN 1 DERRICK CRESCENT	22	23
24	25	26	27	28	29	30
31						



SPRING BREAK



TO REGISTER
CALL FCSS
780-333-4119
OR SCAN THE QR CODE



LEARN TO RESPOND RATHER THAN
REACT TO LIFE'S CHALLENGING
STRESS AND PARENTING STRUGGLES.

MBSR

Mindfulness Based Stress Reduction

FOR PARENTS AND CAREGIVERS WITH
CHILDREN OF ALL AGES

TUESDAY
JANUARY 23RD AND 30TH
FEBRUARY 6TH, 13TH, 20TH, AND 27TH
MARCH 5TH AND 12TH
10:00AM TO 12:00PM
FCSS OFFICE

CHILCARE WILL NOT BE
PROVIDED FOR THIS
PROGRAM

TOBOGGANING

WEDNESDAY MARCH 6TH

1:00 TO 2:00PM

TOBOGGANING AT THE TOWN OFFICE HILL

HOT CHOCOLATE AND COOKIES

EVERYONE WELCOME

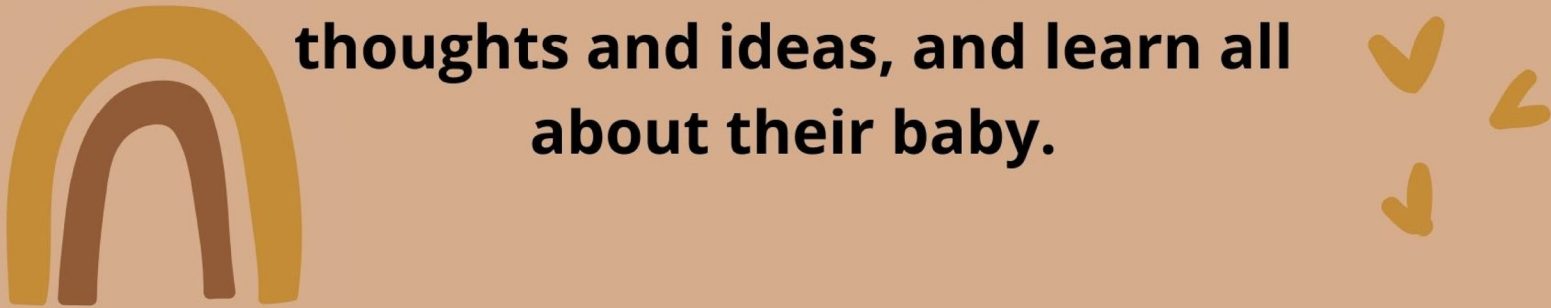
Dress warm, pack up your toboggans, and join us for some winter fun!





Baby Buddies

For caregivers/ babies 0-18 months and expectant mothers
Siblings are welcome to attend



**A safe space for parents/caregivers to
build a network of support, share
thoughts and ideas, and learn all
about their baby.**



***Wednesday's
10:00-11:00 AM
Grizzly Den
1 Derrick Crescent***

ADVENTURES IN THE DEN FOR CHILDREN AGES 3-5

AN INTERACTIVE PARENT AND CHILD PROGRAM

THURSDAY 1:30-2:30pm

Grizzly Den

1 Derrick Crescent

Adventures in the Den (Childhood Development Program) is held in the basement of our Early Childhood Learning Centre at the Grizzly Den.

MONTHLY REGISTRATION IS REQUIRED

SPOTS ARE LIMITED

SCAN TO REGISTER



MARCH 7TH
MARCH 14TH
MARCH 21ST



**CREATING HAPPY FAMILIES
AND RESPONSIBLE KIDS**

Love and Logic Parenting the Love and Logic Way for Fathers!

(Or any man that is an influence in a child's life)

**Fathers play a vital role in the healthy development of children.
Join us to connect with other fathers to gain practical tools for
raising respectful, responsible and happy children while
discussing the reality of fatherhood.**

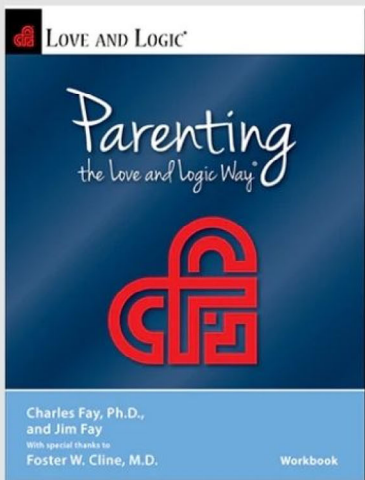
**THURSDAY
JANUARY 18TH, AND 25TH
FEBRUARY 1ST, 15TH, 22ND, AND 29TH
6:30-8:30PM
FCSS OFFICE
TOWN OF SWAN HILLS**

CHILDCARE IS NOT PROVIDED

COST \$10.00

**REGISTRATION IS REQUIRED
SCAN TO REGISTER
OR CALL FCSS
780-333-4119**

INDEPENDANT FACILITATOR



Enchanted Story Walk through the forest

The Story of the Leprechaun by Katherine Tegen



*The story will be displayed for the month of March
for families to read at their own convenience*

The Story Walk Trail is located at the south west corner of the Super A parking lot