

# 2024 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT		
	1	2 <b>Take a Walk</b> <b>10:30 to 11:30AM</b> <b>Town Office</b>	3 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent	4 <b>TODDLER TIME</b> 10:00 -11:00AM Grizzly Den 1 Derrick Crescent <b>ADVENTURES IN THE DEN</b> 1:30 TO 2:30 PM GRIZZLY DEN 1 DERRICK CRESCENT	5	6 		
7	8	9 <b>Take a Walk</b> <b>10:30 to 11:30AM</b> <b>Town Office</b>	10 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent	11 <b>TODDLER TIME</b> 10:00 -11:00AM Grizzly Den (1 Derrick Crescent) <b>ADVENTURES IN THE DEN</b> 1:30 TO 2:30 PM GRIZZLY DEN (1 DERRICK CRESCENT) YOGA & MBSR 7:00 to 9:00PM FCSS OFFICE	12	13		
14	15	16 <b>Take a Walk</b> <b>10:30 to 11:30AM</b> <b>Town Office</b>	17 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent	18 <b>TODDLER TIME</b> 10:00 -11:00AM Grizzly Den (1 Derrick Crescent) <b>ADVENTURES IN THE DEN</b> 1:30 TO 2:30 PM GRIZZLY DEN (1 DERRICK CRESCENT) YOGA & MBSR 7:00 to 9:00PM FCSS OFFICE	19	20		
21	22	23 <b>Take a Walk</b> <b>10:30 to 11:30AM</b> <b>Town Office</b>	24 Baby Buddies 10:00 -11:00AM Grizzly Den 1 Derrick Crescent	25 <b>TODDLER TIME</b> 10:00 -11:00AM Grizzly Den (1 Derrick Crescent) <b>ADVENTURES IN THE DEN</b> 1:30 TO 2:30 PM GRIZZLY DEN (1 DERRICK CRESCENT) YOGA & MBSR 7:00 to 9:00PM FCSS OFFICE	26	27 		
28 	29	30 <b>Take a Walk</b> <b>10:30 to 11:30AM</b> <b>Town Office</b> <b>BULLET JOURNALING</b> 4:00 to 6:00pm <b>SWAN HILLS LIBRARY</b>					<p><i>See attached posters for program details or scan to visit our Facebook page</i></p>	

# ADVENTURES IN THE DEN FOR CHILDREN AGES 3-5

AN INTERACTIVE CHILD PROGRAM

NEW  
DROP OFF  
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



Play is the work of children!

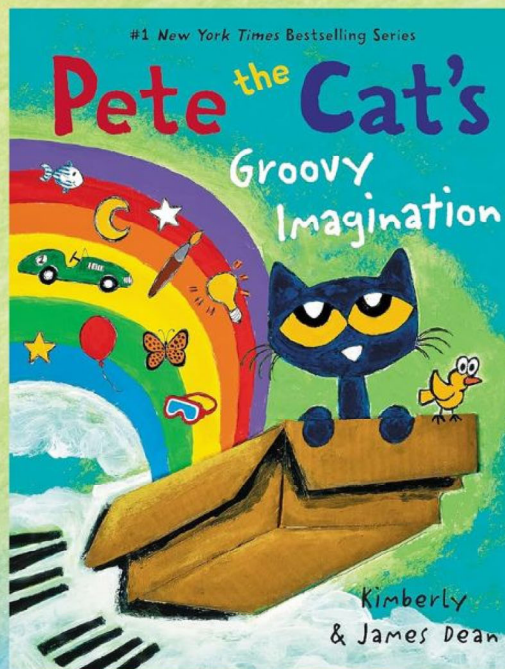


# Story Walk in the Forest

For families, the great outdoors is a natural playground,  
that contributes to a child's positive development

## “PETE THE CATS GROOVY IMAGINATION”

*By Kimberly and James Dean*



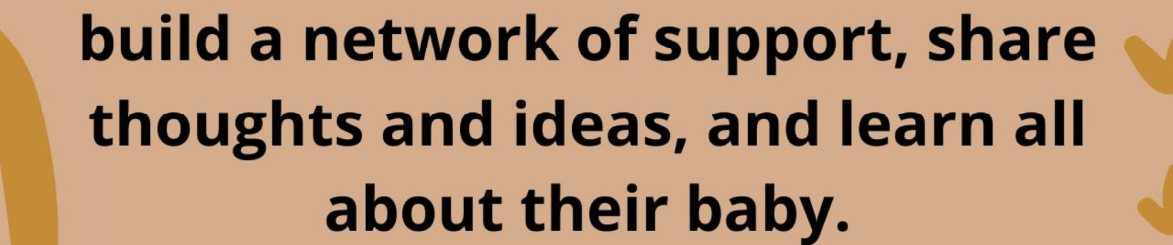
The story will be displayed for the month of April  
for families to read at their own convenience.

STORY WALK TRAIL IS LOCATED AT THE SOUTH WEST  
CORNER OF THE SUPER A PARKING LOT




# 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.



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

**Bullet Journaling is a fun and creative way to help you organize your thoughts, goals and ideas.**



**Customize your own bullet journal. All supplies will be provided (journals, pens, stickers etc).**

**Ages 10-13**

**4:00 to 6:00pm**

**Swan Hills Municipal Library  
REGISTRATION IS REQUIRED**

**For more information call FCSS at 780-333-4119  
Scan to Register**



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

**MUST HAVE A  
MINIMUM OF 3  
PARTICIPANTS  
TO RUN THE  
PROGRAM**

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

In partnership with  
**Be Balanced Health & Fitness**

# YOGA & MBSR

**(Mindfulness Based Stress Reduction)**

FOR PARENTS AND CAREGIVERS WITH  
CHILDREN OF ALL AGES

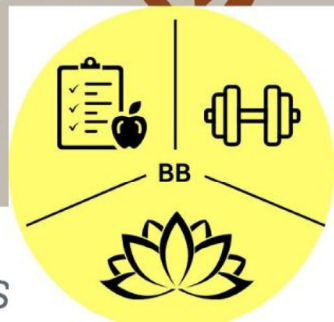
**JOIN US THURSDAY EVENINGS  
APRIL 11TH TO MAY 30TH  
7:00-9:00PM  
FCSS OFFICE  
FREE  
REGISTRATION IS REQUIRED  
PLEASE BRING YOUR OWN YOGA MAT  
AND WATER BOTTLE**



**CHILCARE WILL NOT BE  
PROVIDED FOR THIS  
PROGRAM**



Provincial Family  
Resource Networks



SCAN TO VISIT OUR FACEBOOK PAGE  
"SWAN HILLS FCSS FOR PARENTS AND CAREGIVERS"



TAKE A WALK  
WITH US THIS SPRING

FOR PARENTS/CAREGIVERS ONLY  
CHILDREN IN STROLLERS OR CARRIERS ARE WELCOME TO ATTEND

TUESDAY'S  
APRIL 2ND THRU JUNE 25TH, 2024  
(WEATHER PERMITTING)

10:30 TO 11:30AM  
WALK FOLLOWED BY COFFEE AND CHAT AT THE SWAN HILLS  
FCSS OFFICE

MEET AT THE BACK OF THE TOWN OF SWAN HILLS OFFICE PARKING LOT

CHECK OUR FACEBOOK PAGE FOR PROGRAM UPDATES  
"SWAN HILLS FCSS FOR PARENTS AND CAREGIVERS"  
FOR MORE INFORMATION CALL FCSS 780-333-4119

TODDLER

TIME



FOR CHILDREN AGES 2-3  
AND THEIR CAREGIVER



Thursday'S

10:00 to 11:00AM

1 Derrick Crescent

For more information

call FCSS 780-333-4119

DROP IN

JOIN IN ON YOUR  
CHILD'S CREATIVITY,  
IMAGINATION, AND  
PLAY!

Alberta Provincial Family  
Resource Networks

