



Family Futures
Resource Network

Fall 2021 Programs

& services guide

Our Vision:

Stronger families for a better future.

Our Mission:

Family Futures Resource Network builds on the strengths of individuals and families through connection, support and education to create a better future.



Family Futures

Resource Network

Family Futures Resource Network (FFRN) is a community-based organization with over 20 years' experience, providing a broad spectrum of programming and supports to caregivers and children 0-18 years of age. The services offered are strength-based with a focus on child development, parent education, family support, community connections and home visitation. Most of our programs are no cost to the participants.



Fall 2021



Family Futures
Resource Network

Fall 2021 Programs

& services guide

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**ONLINE REGISTRATION START DATE:
AUGUST 17, 2021 @ 9:00 A.M.**

Registration info

Please go online to <https://register.familyfutures.ca> and you will be taken through our online registration process.

Program info

There will be a picture of a key to the right of each program identifying the following **Program Types**:

1.



IN-PERSON PROGRAM

In-Person programs are available with extra cleaning protocols in place.

2.



ONLINE PROGRAM

We offer a variety of online programs to enjoy anywhere. Registration is still required for online programs. Please double check your junk/spam folder for emails from the agency.

3.



AT-HOME PROGRAM

Programs to be completed from the comfort of your own home are available for you to complete on your own timeline. Our At-Home Family Fun downloads and YouTube videos include program plans with materials required listed.

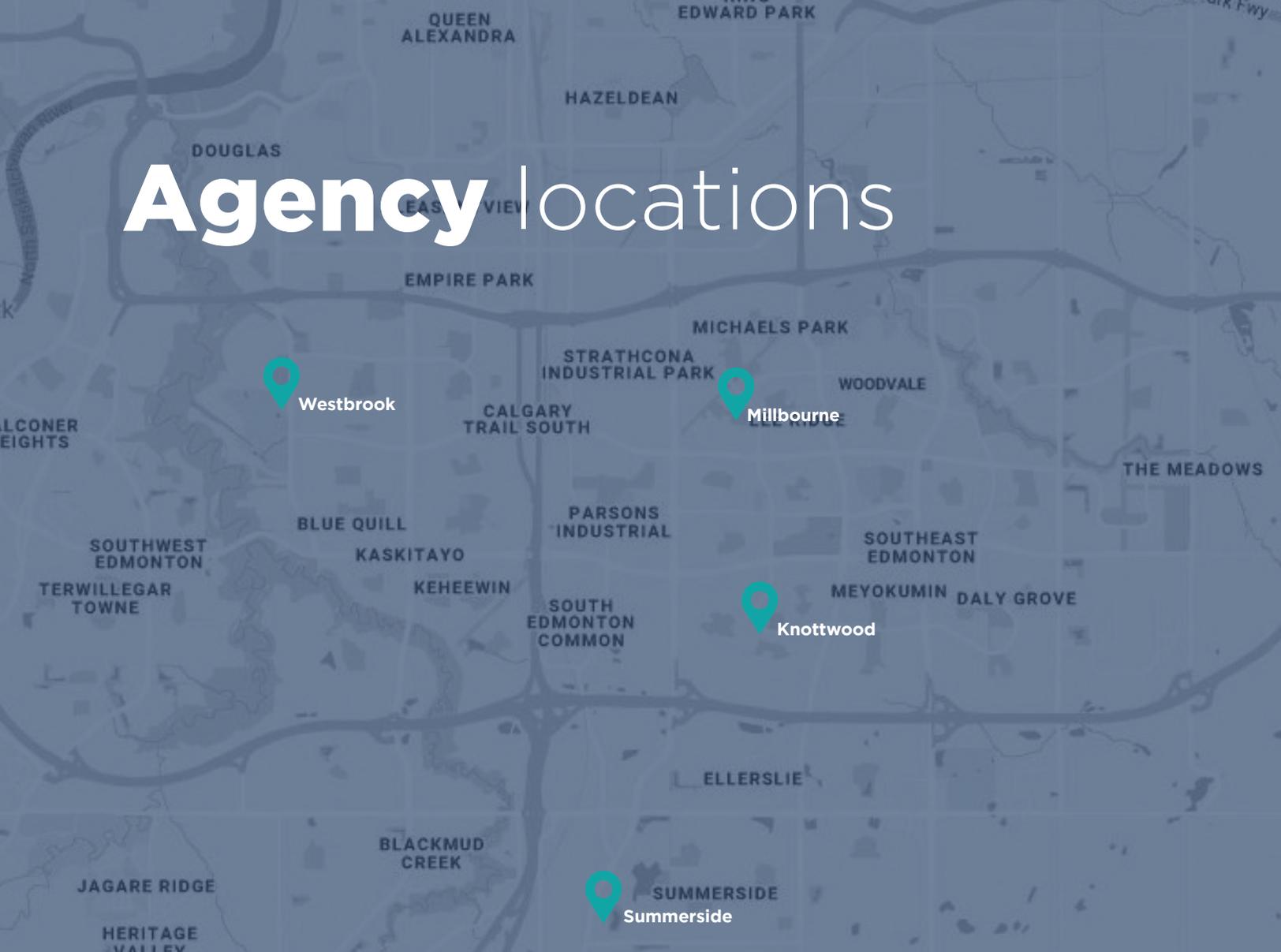
Fee Payment:

Most of our programs are free. However, for those that do have a fee, payment is required at the time of registration. **If you are unable to pay online**, please call to make other arrangements. Spots will not be held for in-person payments.

Program Locations:

Please see our Locations Map and Addresses on the next page or on the back cover.

Agency locations



FFRN Summerside (Main Office)
#101, 4341 Savaryn Drive SW

FFRN Millbourne
3756-78 Street NW
(Located in a housing complex)

FFRN Knottwood
1733 Mill Woods Road NW
(Across from 7-11 in a housing complex at 80 st & 17 ave)

FFRN Westbrook
25 Fairway Drive NW

Look for these additional Community Partner locations

Allendale Hall
6330-105A St

Ridgewood Hall
3705 Mill Woods Rd E

Southwood Hall
1880-37 St NW

Family mentorship Program

(Expectant parents or with
child up to 6 years)

We provide in-home parenting education and family support services to expectant parents and those with children from newborn to the age of six. Trained Family Mentors provide families with information and support that helps them improve their parenting skills to provide a safe nurturing environment for their children. Family Mentors encourage a parent-led experience while providing recommendations based on leading practices.

A Family Mentor will assist you to:

- Discuss pregnancy concerns to provide you with prenatal and postpartum support
- Share child development information
- Create a positive parent and child relationship by supporting positive interactions
- Enhance capacity to face, recover, and move forward from life challenges
- Access and build support networks for you and your family
- Talk about your health concerns and provide you with health-related information

Topics in the past have included:

- Fine motor skills like eating
- Gross motor skills like walking
- Language development
- Co-parenting challenges
- Dealing with challenging behaviour
- Developing coping skills to deal with negative situations
- Providing support to secure necessities, like stable housing



Call us at **780.413.4521** or email **info@familyfutures.ca**
for more information.

Community & Parenting Resources

Community Resource Navigator

A Community Resource Navigator can provide information and referral assistance to individuals and families in finding solutions to challenges they may face, such as basic needs, childcare, counselling, recreation, and more. Open to anyone in the city, this support has no cost and can be accessed by phone, email, or by appointment at any one of our southside locations.

Developmental Milestone Check-ins

Are you curious about your child's development? The Ages and Stages Questionnaires can be used to help you understand your child's development in six main skill areas (social-emotional, gross motor, fine motor, communication, problem-solving, and personal-social). This service is available for children 6 and under. This service can be accessed through any early childhood program or by making a one-on-one appointment with our Community Resource Navigator.

One-to-One Parenting Support

If you have questions regarding parenting, child development, or other family resources, including Triple P (Positive Parenting Program) or One-on-One Primary Care, please contact the agency to speak to the Community Resource Navigator.



Call us at **780.413.4521** or email **info@familyfutures.ca** for more information.

**ONLINE REGISTRATION START DATE:
AUGUST 17, 2021 @ 9:00 A.M.**

Early childhood Development

Early Childhood Development programs offer parents and caregivers opportunities and experiences to support their children in their social, emotional, physical and intellectual growth and development. These programs also provide a natural environment for families to build social connections and increase protective factors for children.



Early childhood Development

For children ages: birth-12 months

Baby Sing & Sensory

The first year of life is the most significant time for your baby's development. In this program, we explore a variety of different activities to stimulate your baby's senses and promote early learning. We sing songs, review different types of sensory play, introduce baby sign language and discuss developmental milestones. Enjoy spending quality time bonding with your baby while safely connecting with other caregivers.

DATES	TIMES	LOCATION
SATURDAYS Sep 18–Oct 23	10:00–11:00 a.m.	Summerside
MONDAYS Oct 25–Nov 29	10:00–11:00 a.m.	Zoom



Zoom invites will be sent out a week prior to the program start date.

For children ages: 2-5 years

Busy Bodies

Is your child full of energy? Bring them to this exciting program where they will practice moving their bodies through fun games and activities with you, to develop their physical literacy.

DATES	TIMES	LOCATION
TUESDAYS Sep 14–Oct 5	2:00–3:30 p.m.	Westbrook
WEDNESDAYS Oct 6–Oct 27	2:00–3:30 p.m.	Summerside
TUESDAYS Oct 26–Nov 16	10:00–11:30 a.m.	Westbrook
MONDAYS Nov 29–Dec 20	10:00–11:30 a.m.	Summerside



Early childhood Development

For children ages: 4-6 years



Discovery Time

Come out to explore, discover, and create with your child at the different activity centers. There will be a variety of materials and activities that enhance learning and creativity, engage the senses, build skills and most of all, are fun!

DATES	TIMES	LOCATION
THURSDAYS Sep 23-Oct 28	10:00-11:30 a.m.	Knottwood
THURSDAYS Nov 4-Dec 16*	2:00-3:30 p.m.	Millbourne
FRIDAYS Nov 12-Dec 17	2:00-3:30 p.m.	Westbrook

*No program Nov 11

For children ages: 0-5 years



Kids Korner Drop-in Playtime

If you are looking for a place to play indoors during the cooler weather or just want a change of scenery, come and enjoy some play time with your children in Kids Korner, our indoor play area. There is no programming at this time so you can just enjoy your time together. If you bring beverages with you, please ensure you have a spill proof travel mug for safety and sanitary reasons. Please ensure snacks are Nut Free.

This is a single session program. Registration is required for each day. Registration is ongoing, with registration only open 1-2 weeks before the program date. Please check the website for registration open dates.

DATES	TIMES	LOCATION
FRIDAYS Sep 24-Oct 29	9:30-11:30 a.m.	Millbourne
WEDNESDAYS Nov 3-Dec 8	1:30-3:30 p.m.	Summerside



Early childhood Development

For children ages: 2-6 years

Let's Get Artsy

Do you have a little Picasso, who loves to be creative and express themselves through art? This program will allow children to utilize a variety of art mediums to express their inner artist. Each week will include learning about art, exploring a new art medium and creating some individual art pieces.



DATES	TIMES	LOCATION
TUESDAYS Oct 12-Nov 2	2:00-3:30 p.m.	Millbourne
THURSDAYS Oct 21-Nov 18*	2:00-3:30 p.m.	Westbrook
FRIDAYS Nov 19-Dec 10	10:00-11:30 a.m.	Westbrook
MONDAYS Nov 29-Dec 20	10:00-11:30 a.m.	Knottwood

*No program Nov 11

For children ages: 3-6 years

Mad Science

Put on your lab coat and join our Mad Science program. Each week we will explore how things work, learn incredible facts and recreate awesome experiments. This program will allow children to explore, learn and discover how science works.



DATES	TIMES	LOCATION
FRIDAYS Sep 24-Oct 15	2:00-3:30 p.m.	Millbourne
TUESDAYS Oct 12-Nov 9*	2:00-3:30 p.m.	Westbrook

*No program Oct 19

For children ages: 3-6 years

Mindful Minis

During this program we explore relaxation, emotions, mindfulness and yoga with children. Learning to be aware of and manage emotions in a way that is fun and meaningful is so important in life for all ages and is a nice way to spend time connecting with your children.



DATES	TIMES	LOCATION
TUESDAYS Sep 21-Nov 2*	10:00-11:00 a.m.	Summerside
THURSDAYS Sep 23-Oct 28	10:00-11:00 a.m.	Westbrook
WEDNESDAYS Nov 3-Dec 15**	10:00-11:00 a.m.	Westbrook

*No program Oct 19

**No program Nov 10

Early childhood Development

For children ages: 3-6 years



Music and Motion

Children love to express themselves through music and movement. This program offers children the opportunity to move freely, express themselves through play & music and support their overall development in fun and engaging ways. Join us for this hour and a half session full of dancing, musical instruments, parachute time and other fun games and activities.

DATES	TIMES	LOCATION
FRIDAYS Nov 5-Dec 17	10:00-11:30 a.m.	Southwood Hall

For children ages: 3-6 years



Once Upon a Time

Storytelling is the art of bringing a story to life. Whether from a book, or as a way of passing on culture and history, or from imagination. Join us each week as we share classic children's stories and bring those stories to life through crafts, activities and art. We will also go on a journey as the children become storytellers. Let your child's imagination soar in "Once Upon A Time".

DATES	TIMES	LOCATION
THURSDAYS Sep 16-Oct 7	10:00-11:00 a.m.	Millbourne
WEDNESDAYS Sep 22-Oct 13	10:00-11:00 a.m.	Westbrook
TUESDAYS Nov 23-Dec 14	10:00-11:00 a.m.	Summerside
THURSDAYS Nov 25-Dec 16	2:00-3:00 p.m.	Westbrook



Early childhood Development

For children ages: 3-4 years

Preschool Prep

ABCs and 123s, come to join us for this fun, interactive preschool prep program. We will focus on building numeracy and literacy skills through fun songs, games and activities. Throughout this program, children will begin to prepare for preschool while learning about social skills, letters, numbers, colours, the days of the week, and so much more.

DATES	TIMES	LOCATION
WEDNESDAYS Sep 15-Oct 20	2:00-3:30 p.m.	Westbrook
FRIDAYS Sep 17-Oct 22	2:00-3:30 p.m.	Summerside
TUESDAYS Oct 26-Nov 30	2:00-3:30 p.m.	Summerside
THURSDAYS Nov 4-Dec 16*	10:00-11:30 a.m.	Westbrook



This program requires an adult to attend. No siblings allowed unless they fit in the age range and are also registered in the program.

*No program Nov 11

For children ages: birth-3 years

Rhymes, Songs and Storytime

This fun and interactive program includes stories, musical movement, rhymes and creative props to go along with them. Connect with your little ones in this discovery of literacy combined with the arts and movement as your children learn and grow. It is also a fun way to interact with other children and families in a safe way.

DATES	TIMES	LOCATION
WEDNESDAYS Sep 22-Oct 20	10:00-11:00 a.m.	Summerside
FRIDAYS Oct 8-Oct 29	10:00-11:00 a.m.	Westbrook
MONDAYS Oct 25-Nov 22	10:00-11:00 a.m.	Westbrook



For children ages: birth-3 years

Rhymes That Bind

Parents will learn songs, finger plays, and simple movement games with their infants and toddlers as well as discover new ways to bond in a supportive peer environment.

DATES	TIMES	LOCATION
WEDNESDAYS Sep 15-Nov 17	10:00-11:00 a.m.	Allendale Hall



**ONLINE REGISTRATION START DATE:
AUGUST 17, 2021 @ 9:00 A.M.**

Family activities

Can't make it to a program? We have created regularly-scheduled downloadable activities with different themes that you can enjoy in the comfort of your own home. Or check out some of our programs on our YouTube channel. There are episodes available for every age!



For families with children ages: 2-14 years

At-Home Family Fun



Here at Family Futures, we aim to empower and strengthen families for a better future. It's important for families to spend quality time with each other, which is why we are offering more "At Home Family Fun" projects to do in the comfort of your own home! Whether you have younger children or older children (or both!) we have projects for ages ranging from 2-14 years.

When you register, you are signing up to receive an email on the specified "event" date which will have instructions for the projects and activities associated with the theme you've selected. There will be themes that focus on exploring nature, learning cooking skills, and doing at-home art projects. It's bound to be fun for the whole family; sign up now to see for yourself!

THEME	DATE
Into the Wild	FRIDAY Oct 1
Around the World	FRIDAY Nov 12
Multicultural Holidays	FRIDAY Dec 17

Theme: Into the Wild

Explore all things wild and wonderful with these Nature themed family activities. When you register for this downloadable package, you will be able to work through the activities provided at your own pace. If you are the parent of a little nature lover this downloadable activity package is for you!

Theme: Around the World

Take an imaginary trip around the world with the whole family while you work through the activities provided in this Downloadable activity document. Explore different countries through these activities and learn a few new things about other cultures too!

Theme: Multicultural Holidays

Everyone celebrates holidays differently in Canada and that's what makes Canada such a great country to live in! Your whole family will enjoy learning about holidays that are celebrated in different cultures by participating in the engaging activities provided in this downloadable document.

FUN WITH DAD

DRAW YOUR DAD Event

For youth ages: 4-12 years

Bring your Dad (*or other male caregivers*) to this fun Saturday morning. No Moms allowed!

You and your Dad will have a silly time making a life-size tracing of each other. Write messages on your tracings about the things you love about each other and decorate them with all kinds of craft material. This is a great opportunity for Dads and their children to spend a fun morning together doing something memorable.

Registration for this event is already available at register.familyfutures.ca.

DATE	TIME	LOCATION
SATURDAY Aug 28	10:00-11:30 a.m.	Summerside



WORK-LIFE BALANCE Single Module

Fathers with children ages: 4-10 years

Being a father isn't easy! The rewards are many, and the sweat is real. This 1.5 hour session is pulled from the Super Dads Super Kids program and is an opportunity to discuss some of the stress that comes with being a Dad. During this session you and your child will spend some time together engaging in activities. You will also spend some time in a discussion group with other Dads while the children have fun with other program facilitators. You will have an opportunity to discuss challenges as well as strategies to bring more balance to your life as you juggle multiple priorities.

DATE	TIME	LOCATION
SATURDAY Sep 25	10:00-11:30 a.m.	Summerside



Fathers with children ages: 4-10 years

Super Dads Super Kids is an 8-week interactive, play based program for male caregivers and the children that they are raising. The topics explored in this group are child development, communication, emotional health, positive discipline, activity and nutrition and work life balance. Deep parent-child connections come from enjoying your child, knowing your child and paying attention to who they are!

DATE	TIME	LOCATION
SATURDAYS Oct 23-Dec 18*	10:00-11:30 a.m.	Summerside

**No program Nov 20*

HANGIN' WITH DAD Annual Event

Fathers with children ages: 4-10 years

A free half day of fun and creativity for children and their Dads, Granddads or other significant male role models. Hang with Superheroes, build a box fort or a tower out of straws, or just make a mess!!!

Share pizza, pretzels and a cold brew (root beer of course) with your special guy. Sorry, No Mom's Allowed!!!
(pst! Book a spa day, mom)

DATE	TIME	LOCATION
SATURDAY Nov 20	9:30 a.m.-1:30 p.m.	Ridgewood Hall



**ONLINE REGISTRATION START DATE:
AUGUST 17, 2021 @ 9:00 A.M.**

Child & Youth

(6-18 years)

Child and Youth programs include many fun ways to make new friends and build on skills in areas such as problem-solving, leadership, communication, self-esteem and more.



For youth ages: 15-18 years

Art for the Heart



Come and join us for a night full of art, creativity and mindfulness, where we will be exploring various art mediums to celebrate everyone's uniqueness and artistic individuality. Not only will each session include an art project, but we will also explore mindfulness activities that you can use to help manage strong emotions and difficult situations. Increase your appreciation of the world around you, no matter your circumstances. These projects may get a bit messy, so please wear suitable clothing and don't forget to invite a friend! This program is open for all levels and abilities because art doesn't judge, it just is.

DATES	TIMES	LOCATION
TUESDAYS Nov 9-Dec 7	6:00-8:00 p.m.	Summerside

For youth ages: 11-14 years

Art Works



Come and join us for a night full of art, creativity and mindfulness, where we will be exploring various art mediums to celebrate everyone's uniqueness and artistic individuality. Not only will each session include art projects, but we will also explore mindfulness activities, team building challenges and problem solving games that show you how to use your creative strengths to manage challenging situations that come up in life. These projects may get a bit messy, so please wear suitable clothing and don't forget to invite a friend! This program is open for all levels and abilities because art doesn't judge, it just is.

DATES	TIMES	LOCATION
WEDNESDAYS Nov 24-Dec 15	6:00-8:00 p.m.	Westbrook



For youth ages: 12 years and up | \$25 fee
Parental Consent Forms Required



Babysitter Training Course



The Babysitter Training Course can help prevent injuries and promote responsible management of common situations that may arise while children are under the care of babysitters. This in-depth course is designed to develop transferable skills and is delivered focusing on lectures, small group discussions, problem-solving, student presentations, inquiry, role-playing and instructor-led demonstrations.

This program has been developed by the Canada Safety Council and is designed for young people who will reach the age of 12 or older within the calendar year. A final exam will be held in the last session. Participants must attend all sessions and obtain a passing grade of 75% on the final exam to obtain certification.

DATES	TIMES	LOCATION
SATURDAYS Nov 27 & Dec 4	10:00 a.m.-4:00 p.m.	Summerside

For youth ages: 6-10 years



Creative Kids

Express your ideas and show your originality at this exciting art program! We will be exploring various mediums of art including, paint, pastels, and papier-mâché. On the final evening of the program, we will have our very own FFRN Art Exhibit for all the children to show off their works of art which, they can then take home in their art portfolios. Youth will be challenged to think outside-the-box and use their creativity with art projects that will boost their confidence and let loose their imaginations!

DATES	TIMES	LOCATION
MONDAYS Nov 22-Dec 13	6:30-8:30 p.m.	Westbrook

For youth ages: 13-15 years



Engage

Step out of your comfort zone while engaging your heart, mind and body. Get your heart pumping, wrack your brain to win the scavenger hunt race, escape a room to find the hidden treasure, and test your limits with your fellow teammates. These weeks will challenge your heart, mind, and body, but you'll leave laughing and wanting more. Do you have what it takes? Come and find out!

DATES	TIMES	LOCATION
TUESDAYS Sep 21-Oct 12	6:00-8:00 p.m.	Westbrook

For youth ages: 13-17 years

Healthy Relationships Plus

The Healthy Relationships Plus Program supports skill-building that promotes healthy relationships, resiliency and mental health in youth. Through interactive activities and engaging discussions, you will increase your knowledge and confidence in navigating through the difficult challenges in peer pressure, relationships, and communication. Some of the topics include messaging in social media, the impact of substance use and abuse, mental health and well-being, building healthy relationships, and boundaries and communication. Come join us!



DATES	TIMES	LOCATION
WEDNESDAYS Nov 10-Dec 15	6:00-8:00 p.m.	Summerside

For youth ages: 10 years and up | \$25 fee

Home Alone

Ideally, children should be supervised at all times by a responsible adult. However, today's family situations often cannot accommodate this idea. The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

This program has been developed by the Canada Safety Council and is recommended for children who are at least 10 years of age and up. Participants will receive a certificate of attendance.



DATES	TIMES	LOCATION
SATURDAY Nov 6	10:00 a.m.-1:00 p.m.	Millbourne

For youth ages: 6-9 years

Junior Kids Klub

Join our Child & Youth team for our evening Jr. Kids Klub for 6 to 9-year-olds. This is a time kids can come to have fun in a safe environment through a variety of games, activities and interesting conversations. Learn some new skills, show us your creative side, and have fun!!



DATES	TIMES	LOCATION
THURSDAYS Oct 21-Nov 18*	6:00-7:30 p.m.	Westbrook

*No program Nov 11

For youth ages: 10-13 years



Kids Klub

Join our Child & Youth team for our evening Kids Klub for 10 to 13-year-olds. This is a time kids can come to have fun in a safe environment through a variety of games, activities and interesting conversations. Learn some new skills, show us your creative side, and have fun!! Themes to be confirmed at the time of registration. Learn some new skills, show us your creative side, and have fun!!

DATES	TIMES	LOCATION
WEDNESDAYS Sep 22-Oct 13	6:00-8:00 p.m.	Westbrook

For youth ages: 7-10 years



Neighbourhood Knights

Participants will train as knights who will learn how to protect their immediate realm from damage and danger. This program will teach kids the elements of personal responsibility in the context of their neighbourhood. Participants will learn how to keep their community safe, environmentally friendly, beautiful, and positive. Join our team as we explore the concepts of neighbourhood citizenship through the eyes of heroes of old: Knights.

DATES	TIMES	LOCATION
TUESDAYS Sep 21-Oct 12	4:00-5:30 p.m.	Millbourne
THURSDAYS Sep 23-Oct 14	4:00-5:30 p.m.	Westbrook

For youth ages: 16-18 years



Mind-Body Connection

This program will provide a variety of fun activities to make the Mind-Body Connection. Stretch yourself literally with a combination of physical activities, puzzles, mysteries and other brain exercises, along with mindfulness activities to help you learn to be calmer and reduce stress as it arises. These weeks will help you develop your mind-body connection to increase health, decrease stress and have fun doing it.

DATES	TIMES	LOCATION
MONDAYS Sep 20-Oct 18*	6:30-8:30 p.m.	Westbrook

*No program Oct 11

For youth ages: 6–12 years | \$40 per day per child
Parental Consent Forms Required

School Break Day Camps



Family Futures Resource Network is excited to offer school break day camps for children ages 6–12! Join us for themed activities, arts and crafts, games and more, utilizing our Kids with Confidence social skills curriculum.

Camps are offered full days from 9:00 a.m. to 4:00 p.m. with FREE before and after camp care provided from 8:30 a.m. to 9:00 a.m. and 4:00 p.m. to 5:00 p.m. Children must bring indoor shoes, appropriate clothing for the weather, a morning and afternoon snack as well as a lunch from home, all of which must be nut-free.

DATES	LOCATION	THEME	SCHOOL BOARD
FRIDAY Oct 1	Westbrook	Illusion Confusion	EPSB
MONDAY Oct 18	Westbrook	Art Attack	EPSB & ECSD
TUESDAY Oct 19	Westbrook	You've Got Talent	EPSB
WEDNESDAY Nov 10	Westbrook	Moving and Grooving	EPSB
FRIDAY Nov 12	Summerside	Galaxy Quest	EPSB & ECSD
MONDAY Nov 15	Summerside	Ooie Gooie	EPSB & ECSD
MONDAY Dec 20	Westbrook	Winter Wonderland	EPSB & ECSD
TUESDAY Dec 21	Westbrook	Winter Wonderland	EPSB & ECSD
WEDNESDAY Dec 22	Westbrook	Winter Art	EPSB & ECSD

Each Winter Wonderland day will have different activities from one another.



For youth ages: 15-18 years



Youth Nights

Are you looking for some fun things to do on a Tuesday night? Come hang out with us at FFRN and engage in some fun and creative activities. We have some ideas of things to do and would like to hear about things that would be of interest to you.

DATES	TIMES	LOCATION
TUESDAY Nov 16	6:30-8:30 p.m.	Westbrook
TUESDAY Dec 14	6:30-8:30 p.m.	Westbrook

For youth ages: 13-15 years



Youth with Confidence

Relationships are HARD WORK! But don't worry, the staff at FFRN are here to support you in building strong and healthy relationships with friends, family, and community. In this program, you will learn about the different characteristics that contribute to healthy relationships, boosting self-esteem and confidence along with strategies to address bullying. You will also learn to quiet your minds with mindfulness practices, explore your skills with fun group activities, and reflect on your experiences with intentional journaling. This program is jam-packed with wonderful and engaging videos, trivia, tips and tricks to build lasting connections! So what are you waiting for? Come join us!

DATES	TIMES	LOCATION
THURSDAYS Nov 4-Dec 16	6:00-8:00 p.m.	Summerside



For families of all ages

Fun in the Fall

Fall into fun with our Autumn themed activities for the whole family! Come enjoy the changing season with us as we do arts, crafts, games, and more.



DATE	TIMES	LOCATION
SATURDAY Oct 2	1:00-3:00 p.m.	Summerside



**ONLINE REGISTRATION START DATE:
AUGUST 17, 2021 @ 9:00 A.M.**

Saturday Family events

Join us on Saturday afternoons to enjoy some quality family time. These activities are designed to encourage creativity, keep you moving, or get messy together.

Registration is required for these events.



Saturday Family events

For families of all ages

Fun in the Fall

Fall into fun with our Autumn themed activities for the whole family! Come enjoy the changing season with us as we do arts, crafts, games, and more.



DATES	TIMES	LOCATION
Oct 2	1:00-3:00 p.m.	Summerside

For families with children ages: 4-10 years

Hangin' with Dad Annual Event

A free half day of fun and creativity for children (age 3 to 8) and their Dads, Granddads or other significant male role model. Hang with Superheroes, build a box fort or a tower out of straws, or just make a mess!!!

Share pizza, pretzels and a cold brew (root beer of course) with your special guy. Sorry, No Mom's Allowed!!! *(pst! Book a spa day, mom)*



DATES	TIMES	LOCATION
Nov 20	9:30 a.m.-1:30 p.m.	Ridgewood Hall

For families of all ages

Anybody Can Art Family Event

Whether you are big or small, creative art has many benefits for every age group in your family! Watch your child's imagination and exploration grow through this creative family experience. Art is an opportunity for younger children to develop their fine motor skills and a creative outlet for teens and caregivers! Come and create something together at our "Anybody Can Art Family Event".



DATES	TIMES	LOCATION
Dec 4	10:00 a.m.-12:00 p.m.	Westbrook

**ONLINE REGISTRATION START DATE:
AUGUST 17, 2021 @ 9:00 A.M.**

Parent & Caregiver Education

Parent and Caregiver Education programs help parents build their skills and confidence in providing a nurturing environment for their children as well as how to build their developmental assets.



Parent & Caregiver Education

For parents of children & youth ages: 0-6 years

Handle with Care

Did you know that supporting your child's social-emotional development when they are young is one of the best investments you can make in their future? Skills such as the ability to manage emotions, build positive self-esteem, express emotions and develop healthy relationships do not come naturally and need to be taught. In this interactive program, you will learn easy and simple ways to promote positive mental health and well-being through basic strategies and everyday interactions for children 0-6 years old.



Zoom invites will be sent out a week prior to the program start date.

DATES	TIMES	LOCATION
WEDNESDAYS Oct 20-Nov 10	9:30-11:30 a.m.	Zoom

For moms and babies ages: Birth-6 months

Healthy Start for Mommy & Me

Are you a new mom with a baby birth to 6 months? Are you looking for an opportunity to connect with other new moms to discuss topics related to motherhood, health, child development, relationships and babies? If so, we invite you to join our Zoom 'Healthy Start for Mommy & Me' program. This 6 week program is a partnership between Alberta Health Services and FFRN offering a facilitated discussion in a safe, relaxed and supportive learning environment.



Zoom invites will be sent out a week prior to the program start date.

DATES	TIMES	LOCATION
WEDNESDAYS Oct 6-Nov 10	10:00-11:30 a.m.	Zoom

For parents of children ages: 2-6 years

Kids Have Stress Too

All children will experience stress and anxiety at times throughout their lives. The Kids Have Stress Too program developed by the Psychology Foundation of Canada is designed to give caregivers the tools they need to understand children's stress and promote the development of effective stress management skills and resiliency from a young age. Participants will leave this Zoom program with practical child-friendly stress management strategies that can be introduced immediately to positively impact children's social and emotional development.



Zoom invites will be sent out a week prior to the program start date.

DATES	TIMES	LOCATION
FRIDAYS Nov 19 & Nov 26	9:30-11:30 a.m.	Zoom

Parent & Caregiver Education

For moms and babies ages: Birth-12 months



IN-PERSON

Managing Motherhood

Motherhood is not as easy as it can seem! Whether it is your first or fifth child, the postpartum period can be challenging. If you are experiencing signs of postpartum depression/anxiety, are having a hard time adjusting, or just want to be around other moms going through similar challenges, Managing Motherhood could be a good fit. In this program, we will discuss topics such as relationships, communication, bonding with your baby, self-care and much more.



ONLINE

Zoom invites will be sent out a week prior to the program start date.

*No program Nov 11

DATES	TIMES	LOCATION
TUESDAYS Oct 12-Dec 7	10:00-11:30 a.m.	Zoom
THURSDAYS Oct 14-Dec 16*	1:30-3:30 p.m.	Summerside

For parents of children ages: 2-18 years



IN-PERSON

Positive Discipline

Positive Discipline teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults. This approach works from the premise that the key to positive discipline is not punishment but mutual respect. Discover concrete tools to support learning in a variety of areas: bridge communication gaps; defuse power struggles; enforce the message of love; build on strengths - not weaknesses; hold children accountable with their self-respect intact; teach children not what to think but how to think; win cooperation at home and school, and meet the special challenge of teen misbehaviour.



*No program Nov 11

DATES	TIMES	LOCATION
THURSDAYS Oct 21-Dec 2*	6:00-8:00 p.m.	Summerside

Families with children ages: 8-12 years



IN-PERSON

Strengthening Families

This program helps bring parents, children, and teens together to learn how to better understand one another and learn how to communicate more effectively. This open communication helps to reduce risk factors that lead to both substance abuse and youth depression. It has a strong focus on prevention and abstinence from drugs and alcohol. Limited childcare will be available



*No program Oct 11

DATES	TIMES	LOCATION
MONDAYS Sep 27-Dec 13*	6:00-7:30 p.m.	Summerside

Parent & Caregiver Education

Fathers with children ages: 4-10 years

Super Dads Super Kids

Super Dads Super Kids is an 8-week interactive, play-based program for male caregivers and the children that they are raising. The topics explored in this group are child development, communication, emotional health, positive discipline, activity and nutrition and work-life balance. Deep parent-child connections come from enjoying your child, knowing your child and paying attention to who they are!



DATES

TIMES

LOCATION

SATURDAYS
Oct 23-Dec 18*

10:00-11:30 a.m.

Summerside

*No program Nov 20

Fathers with children ages: 4-10 years

Super Dads Super Kids: Work/Life Balance

Being a father isn't easy! The rewards are many, and the sweat is real. This 1.5-hour session is pulled from the Super Dads Super Kids program and is an opportunity to discuss some of the stress that comes with being a Dad. During this session, you and your child will spend some time together engaging in activities. You will also spend some time in a discussion group with other Dads while the children have fun with other program facilitators. You will have an opportunity to discuss challenges and strategies to bring more balance to your life as you juggle multiple priorities.



DATES

TIMES

LOCATION

SATURDAY
Sep 25

10:00-11:30 a.m.

Summerside



Agency locations

FFRN Summerside (Main Office)

#101, 4341 Savaryn Drive SW

FFRN Millbourne

3756-78 Street NW
(Located in a housing complex)

FFRN Knottwood

1733 Mill Woods Road NW
(Across from 7-11 in a housing
complex at 80 st & 17 ave)

FFRN Westbrook

25 Fairway Drive NW