

SEPTEMBER

AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HOLIDAY: OFFICE CLOSED	2 DROP-IN PLAY: 10-11AM	3 FREE-PLAY DROP-IN: 1-2PM	4 DROP-IN PLAY: 10-11AM	5	6
7	8 CIRCLE OF SECURITY: 10AM-12PM FREE-PLAY DROP-IN: 1-2PM	9 DROP-IN PLAY: 10-11AM	10 FREE-PLAY DROP-IN: 1-2PM	11 DROP-IN PLAY: 10-11AM	12	13
14	15 CIRCLE OF SECURITY: 10AM-12PM FREE-PLAY DROP-IN: 1-2PM	16 DROP-IN PLAY: 10-11AM	17 FREE-PLAY DROP-IN: 1-2PM	18 DROP-IN PLAY: 10-11AM	19	20
21	22 CIRCLE OF SECURITY: 10AM-12PM FREE-PLAY DROP-IN: 1-2PM	23 DROP-IN PLAY: 10-11AM	24 FREE-PLAY DROP-IN: 1-2PM	25 DROP-IN PLAY: 10-11AM	26	27
28	29 CIRCLE OF SECURITY: 10AM-12PM FREE-PLAY DROP-IN: 1-2PM	30				

PROGRAM DESCRIPTIONS:

PROGRAMMING TO DO WITH YOUR CHILDREN:

Drop In Play:

Tuesdays and Thursday mornings. Ages 0-6 with caregiver. This program is for parents and children to come spend time together in our play space. Drop In - no registration needed. Contact Tammy at tfehr@fsms.ca with any questions.

Free-Play Drop In:

Mondays and Wednesdays from 1-2PM. Ages 0-6 with caregiver. Families will have the opportunity to use our space to play! Staff will be available if needed, but there will be no activity or snack provided. Drop In - no registration needed.

PROGRAMMING TO DO FOR YOU:

Circle of Security Parenting Program: The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This program will help parents to understand their child's emotional world by supporting their child's ability to manage their emotions. Please note: Registration for this program is required. If you are interested in attending, please visit www.fsms.ca/circle-of-security-program and fill out the registration to be added to the waitlist. This is an in-demand program, and spots may be full. We will reach out if there are available spots for you to join. Please email Tammy at tfehr@fsms.ca with any questions.



For a full list of our programs and services or to register for upcoming programs, please visit www.fsms.ca/our-services or scan QR code



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