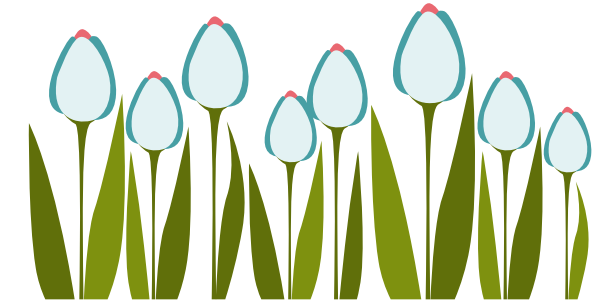
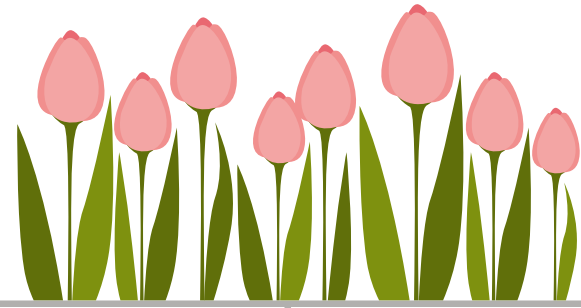


JUNE

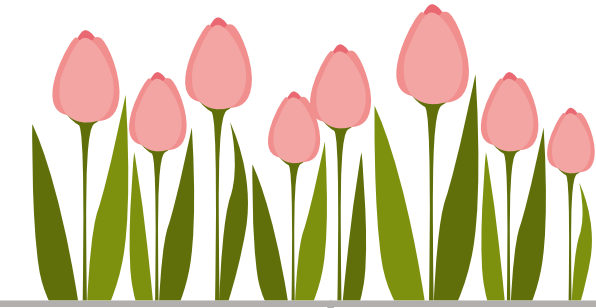
AT FRESH START SUPPORT SERVICES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	2 INFANT MASSAGE: 10-11AM	3
4	5 SKILL BUILDING DROP-IN: 10-11AM	6 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM ALPHA: 6-7:30PM	7	8 DROP-IN PLAY: 10-11AM NO SELF-CARE GROUP	9 INFANT MASSAGE: 10-11AM	10
11	12 SKILL BUILDING DROP-IN: 10-11AM	13 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM ALPHA: 6-7:30PM	14	15 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	16 INFANT MASSAGE: 10-11AM	17
18 HAPPY FATHER'S DAY!	19 SKILL BUILDING DROP-IN: 10-11AM	20 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM ALPHA: 6-7:30PM	21 HAPPY FIRST DAY OF SUMMER!	22 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	23 INFANT MASSAGE: 10-11AM	24 ALPHA: 6-7:30PM
25	26 SKILL BUILDING DROP-IN: 10-11AM	27 DROP-IN PLAY: 10-11AM ALPHA: 6-7:30PM	28	29 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	30 INFANT MASSAGE: 10-11AM SUMMER CELEBRATION 11-1PM	



MAY



AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SKILL BUILDING DROP-IN: 10-11AM	2 DROP-IN PLAY: 10-11AM	3 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	4 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	5	6
7	8 SKILL BUILDING DROP-IN: 10-11AM	9 DROP-IN PLAY: 10-11AM	10 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	11 MOTHERS DAY BRUNCH 10-12 SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	12	13
14 HAPPY MOTHER'S DAY!	15 SKILL BUILDING DROP-IN: 10-11AM	16 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	17 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	18 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	19	20
21	22 HOLIDAY OFFICE CLOSED	23 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	24 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	25 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	26	27
28	29 SKILL BUILDING DROP-IN: 10-11AM	30 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	31 CIRCLE OF SECURITY PARENTING PROGRAM: 12-1:30PM			



APRIL



AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 SKILL BUILDING DROP-IN: 10-11AM	4 DROP-IN PLAY: 10-11AM	5	6 DROP-IN PLAY: 10-11AM SELF-CARE: 4:15-5:30PM	7 GOOD FRIDAY 	8
9 EASTER SUNDAY 	10 EASTER MONDAY OFFICE CLOSED 	11 DROP-IN PLAY: 10-11AM	12 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	13 DROP-IN PLAY: 10-11AM SELF-CARE: 4:15-5:30PM	14	15
16	17 SKILL BUILDING DROP-IN: 10-11AM	18 DROP-IN PLAY: 10-11AM	19 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	20 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	21	22
23	24 SKILL BUILDING DROP-IN: 10-11AM	25 DROP-IN PLAY: 10-11AM	26 CIRCLE OF SECURITY PARENTING PROGRAM: 10-12	27 DROP-IN PLAY: 10-11AM SELF-CARE CANCELLED	28	29
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 Danielle at dbernardo@fsms.ca with any questions.

Skill Building Drop-In:

Monday mornings. Ages 0-6 with caregiver. This program gives little ones the opportunity to explore and strengthen skills around all areas of development with play and activities. No registration needed. Contact Danielle at dbernardo@fsms.ca with any questions.

Mother's Day Brunch:

May 11th from 10-12PM. Come enjoy a french toast breakfast and play to celebrate Mother's Day. Don't have your children that day? No problem - come enjoy and celebrate you. Contact Jenna for more information: jzinck@fsms.ca

Summer Celebration:

June 30th from 11-1PM. Meet us at Horton Market (or Fresh Start if raining) to enjoy lunch on us! Come with or without children. Contact Danielle for more information: dbernardo@fsms.ca

PROGRAMMING TO DO FOR YOU:

Self-Care: Thursday evenings drop-in. For moms to come together and practice self-care strategies in a fun supportive way. Childminding provided during this time. Contact Carolyn at cbernardo@fsms.ca for more information.

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. Childminding provided. Contact Jenna at jzinck@fsms.ca

PROGRAMMING WITH A MIX OF BOTH:

Baby Love:

Tuesday afternoons. For caregivers and babies 14 months and under. A 7 week parenting program that supports learning about our babies, connection and security between caregiver and babies. Register in advance. Contact Danielle at dbernardo@fsms.ca for more information or registration.