

NOVEMBER

AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM - 12PM FREE-PLAY DROP-IN: 1-2PM	2 DROP-IN PLAY: 10-11AM SELF-CARE GROUP B: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	3	4
5	6 FREE-PLAY DROP-IN: 1-2PM	7 DROP-IN PLAY: 10-11AM	8 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM - 12PM FREE-PLAY DROP-IN: 1-2PM	9 DROP-IN PLAY: 10-11AM SELF-CARE GROUP B: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	10	11
12	13 FREE-PLAY DROP-IN: 1-2PM	14 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	15 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM - 12PM FREE-PLAY DROP-IN: 1-2PM	16 DROP-IN PLAY: 10-11AM SELF-CARE GROUP B: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	17	18
19	20 FREE-PLAY DROP-IN: 1-2PM	21 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	22 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM - 12PM FREE-PLAY DROP-IN: 1-2PM	23 DROP-IN PLAY: 10-11AM SELF-CARE GROUP B: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	24 GROWING TOGETHER: 1:30-2:30PM	25
26	27 FREE-PLAY DROP-IN: 1-2PM	28 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	29 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM - 12PM FREE-PLAY DROP-IN: 1-2PM	30 DROP-IN PLAY: 10-11AM SELF-CARE GROUP A: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM		

DECEMBER

AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 GROWING TOGETHER: 1:30-2:30PM	2
3	4 FREE-PLAY DROP-IN: 1-2PM	5 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	6 FREE-PLAY DROP-IN: 1-2PM	7 DROP-IN PLAY: 10-11AM SELF-CARE GROUP A: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	8 GROWING TOGETHER: 1:30-2:30PM	9
10	11 FREE-PLAY DROP-IN: 1-2PM	12 CHRISTMAS DROP IN: 10AM-12PM 	13 FREE-PLAY DROP-IN: 1-2PM	14 DROP-IN PLAY: 10-11AM SELF-CARE GROUP A: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	15 GROWING TOGETHER: 1:30-2:30PM	16
17	18 FREE-PLAY DROP-IN: 1-2PM	19 DROP-IN PLAY: 10-11AM	20 FREE-PLAY DROP-IN: 1-2PM	21 DROP-IN PLAY: 10-11AM SELF-CARE GROUP A: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	22	23
24	25	26	27	28	29	30
31	OFFICE CLOSED FOR CHRISTMAS HOLIDAYS					

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@fsm.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.

Christmas Drop-In:

Join us on Tuesday, December 12th from 10-12pm at Fresh Start Haven for a Christmas celebration. Hot breakfast provided. Contact Jenna to register for breakfast: jzinck@fsm.ca

PROGRAMMING TO DO FOR YOU:

4-Week Self-Care: Thursday evenings from 4:30-5:30PM or 6-7PM. For moms to come together and practice self-care strategies in a fun supportive way. Childminding provided during this time. There is now registration for this program. Contact Cristina at coliveira@fsm.ca with any questions. Visit our website at www.fsm.ca/self-care-group to register or scan the QR code below:



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@fsm.ca

Growing Together: For moms to join us in a safe space to explore faith, share life, build relationships and find hope in Jesus! No childcare provided. Contact Tammy to register: tfehr@fsm.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@fsm.ca for more information or registration.