

# MARCH

## AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 INTERNATIONAL WOMEN'S DAY CELEBRATION: 10-12PM  FREE-PLAY DROP-IN: 1-2PM	5 DROP-IN PLAY: 10-11AM  GROWING TOGETHER: 11AM-12PM	6 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM  FREE-PLAY DROP-IN: 1-2PM	7 DROP-IN PLAY: 10-11AM  BABY LOVE: 1-3PM	8	9
10	11 FREE-PLAY DROP-IN: 1-2PM	12 DROP-IN PLAY: 10-11AM  GROWING TOGETHER: 11AM-12PM	13 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM  FREE-PLAY DROP-IN: 1-2PM	14 DROP-IN PLAY: 10-11AM  BABY LOVE: 1-3PM	15	16
17	18 FREE-PLAY DROP-IN: 1-2PM	19 DROP-IN PLAY: 10-11AM	20 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM  FREE-PLAY DROP-IN: 1-2PM	21 DROP-IN PLAY: 10-11AM	22	23
24       31	25 FREE-PLAY DROP-IN: 1-2PM	26 DROP-IN PLAY: 10-11AM	27 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM  FREE-PLAY DROP-IN: 1-2PM	28 DROP-IN PLAY: 10-11AM	29 HOLIDAY OFFICE CLOSED	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](mailto:dbernardo@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.

### **International Women's Day Celebration:**

Join us on Monday, March 4th from 10-12pm for a Pancake brunch as we celebrate International Women's Day. Please contact Jenna at [jzinck@fsms.ca](mailto:jzinck@fsms.ca) to register.

## 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. Contact Jenna at [jzinck@fsms.ca](mailto:jzinck@fsms.ca).

**Growing Together:** For moms to join us in a safe space to explore faith, share life, build relationships and find hope in Jesus! Children are welcome to join. Contact Tammy to register: [tfehr@fsms.ca](mailto:tfehr@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](mailto:dbernardo@fsms.ca) for more information or registration.