

FEBRUARY

AT FRESH START SUPPORT SERVICES

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

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:

Growing Together: A program for moms to join us in a safe space. Come explore faith, share life, build relationships and find hope in Jesus! This group will be like an informal get-together with friends to discuss how your week went and what God has been teaching you during the week, to pray for each other, and to share encouragement and challenges with each other. Registration is required. For any questions, please email Tammy at tfehr@fsms.ca.

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 or to register for upcoming programs, please visit www.fsms.ca/our-programs or scan QR code



Be the first to know about upcoming program registrations! Follow us on Facebook @freshstartssupportservices or scan QR code