

# FEBRUARY

## AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DROP-IN PLAY: 10-11AM	2	3
4	5 SELF & CO-REGULATION: 10AM - 11AM  FREE-PLAY DROP-IN: 1-2PM	6 DROP-IN PLAY: 10-11AM  GROWING TOGETHER: 11AM-12PM	7 FREE-PLAY DROP-IN: 1-2PM	8 DROP-IN PLAY: 10-11AM  BABY LOVE: 1-3PM	9	10
11	12 SELF & CO-REGULATION: 10AM - 11AM  FREE-PLAY DROP-IN: 1-2PM	13 DROP-IN PLAY: 10-11AM  GROWING TOGETHER: 11AM-12PM	14 FREE-PLAY DROP-IN: 1-2PM	15 DROP-IN PLAY: 10-11AM  BABY LOVE: 1-3PM	16	17
18	19 HOLIDAY OFFICE CLOSED	20 DROP-IN PLAY: 10-11AM  GROWING TOGETHER: 11AM-12PM	21 FREE-PLAY DROP-IN: 1-2PM	22 DROP-IN PLAY: 10-11AM  BABY LOVE: 1-3PM	23	24
25	26 FREE-PLAY DROP-IN: 1-2PM	27 DROP-IN PLAY: 10-11AM  GROWING TOGETHER: 11AM-12PM	28 FREE-PLAY DROP-IN: 1-2PM	29 DROP-IN PLAY: 10-11AM  BABY LOVE: 1-3PM		

# 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.

## PROGRAMMING TO DO FOR YOU:

**Self and Co-Regulation:** This is a 4 week program where participants will learn to develop preventative strategies to minimize dysregulation and maximize self and co-regulation. For parents and guardians with children under 6. Snacks provided. Contact Jenna at [jzinck@fsms.ca](mailto:jzinck@fsms.ca) to register or for more information.

**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.