

# FEBRUARY

## AT FRESH START SUPPORT SERVICES

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

# 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 Bailey at [bashcroft@fsms.ca](mailto:bashcroft@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:

**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. Circle of Security will be running for 8-weeks from January 24th to March 14th. To learn more, please visit [www.fsms.ca/circle-of-security-program](http://www.fsms.ca/circle-of-security-program). Email Tammy at [tfehr@fsms.ca](mailto:tfehr@fsms.ca) with any questions.

**Growing Together:** An eight-week program for moms to join us in a safe space on Mondays from February 3rd to March 31st (not including Feb 17th). Come explore faith, share life, build relationships and find hope in Jesus! We will be doing a study called "Life's Healing Choices." Registration opens January 6th and closes on January 17th. To learn more, please visit [www.fsms.ca/growing-together](http://www.fsms.ca/growing-together). For more information, email Tammy at [tfehr@fsms.ca](mailto:tfehr@fsms.ca).

## PROGRAMMING WITH A MIX OF BOTH:

**Baby Love:** Wednesday mornings. For caregivers and babies 14 months and under. A 6-week parenting program that supports learning about our babies, connection and security between caregiver and babies. Register in advance. Contact Bailey at [bashcroft@fsms.ca](mailto:bashcroft@fsms.ca) for more information.



For a full list of our programs and services or to register for upcoming programs, please visit [www.fsms.ca/our-services](http://www.fsms.ca/our-services) or scan QR code



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