

JANUARY

AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 FREE-PLAY DROP-IN: 1-2PM	6 DROP-IN PLAY: 10-11AM	7 FREE-PLAY DROP-IN: 1-2PM	8 DROP-IN PLAY: 10-11AM	9	10
11	12 FREE-PLAY DROP-IN: 1-2PM	13 DROP-IN PLAY: 10-11AM	14 FREE-PLAY DROP-IN: 1-2PM	15 DROP-IN PLAY: 10-11AM	16	17
18	19 FREE-PLAY DROP-IN: 1-2PM GROWING TOGETHER: 10-11AM	20 DROP-IN PLAY: 10-11AM	21 FREE-PLAY DROP-IN: 1-2PM CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM	22 DROP-IN PLAY: 10-11AM	23	24
25	26 FREE-PLAY DROP-IN: 1-2PM GROWING TOGETHER: 10-11AM	27 DROP-IN PLAY: 10-11AM	28 FREE-PLAY DROP-IN: 1-2PM CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM	29 DROP-IN PLAY: 10-11AM	30	31

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



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