

SEPTEMBER

AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 HOLIDAY OFFICE CLOSED	5 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	6	7 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	8	9
10	11	12 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	13	14 NO DROP-IN PLAY SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	15	16
17	18	19 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	20	21 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	22	23
24	25	26 DROP-IN PLAY: 10-11AM BABY LOVE: 1-3PM	27	28 DROP-IN PLAY: 10-11AM SELF-CARE: TIME SLOT 1: 4:30-5:30PM TIME SLOT 2: 6-7PM	29	30

OCTOBER

AT FRESH START SUPPORT SERVICES

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

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 with any questions.

PROGRAMMING TO DO FOR YOU:

Self-Care: Thursday evenings from 4:30-5:30PM or 6-7PM. For moms to come together and practice self-care strategies in a fun supportive way. Childminding provided during this time. There is now registration for this program. Visit our website at www.fsms.ca/self-care-group to register or scan the QR code below:



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 to register or for more information.

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. Childminding provided. Contact Jenna at jzinck@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 for more information or registration.