



SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
		10:00 – 11:00 AM Starting the Day off Right; Yoga	10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*		<ul style="list-style-type: none"> ● Educational Workshops for Parents & Caregivers ● Interactive Sessions for Kids & Caregiver ● Parent Chats for conversational Peer Support 	
		1:00 – 2:00 PM Music & Movement	1:00 – 2:30 PM Coffee and Playtime with Rainbow Road			
07	08	09	10	11	12	13
		10:00 – 11:00 AM Starting the Day off Right; Yoga	10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*			
	1:00 – 2:00 PM Messy Mondays Process Arts— Fall Leaves	1:00 – 2:00 PM Mom's Group— Managing Transitions	1:00 – 2:30 PM Coffee and Playtime			
14	15	16	17	18	19	20
		10:00 – 11:00 AM Starting the Day off Right; Yoga	10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*			
	1:00 – 2:00 PM Messy Mondays Sponge Paints— Ice Cream	1:00 – 2:00 PM Music & Movement	1:00 – 2:30 PM Coffee and Playtime— Prenatal Mental Health			
21	22	23	24	25	26	27
		10:00 – 11:00 AM Parent Led Dance Party	10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*			
	1:00 – 2:00 PM Messy Mondays Sensory Play Wet Noodles	1:00 – 2:00 PM Mom's Group with AHS—Pre/Post Natal	1:00 – 2:30 PM Coffee and Playtime	6:00 – 7:30 PM YW Dads— I AM A ROCK		
28	29	30				
		10:00 – 11:00 AM Starting the Day off Right; Yoga			<p>To register for the above FREE YW Family Champions Program, please use the QR code below</p> 	
	1:00 – 2:00 PM Messy Mondays Paper Towel Tie Dye Paintings	1:00 – 2:00 PM Music & Movement				

New Workshop:

- **YW Dads: I Am A Rock** – For men answering the call of fatherhood and rising to the occasion. I Am A Rock helps build a strong foundation for supporting families, protecting what matters, and standing strong through every storm.

Workshops:

- **Bringing the Singing:** Singing, rhyming and story telling to help build babies brains. Come and enjoy and interactive session with your child.
- **Coffee and Playtime:** This session is all about building community. Come and hang out in our space, enjoy a cup of coffee or tea, and connect with other caregivers and talk about the journey of raising children in today's world.
- **Mom's group—Managing Transitions:** Our mom's group focuses on managing transition behaviors and explores effective approaches to help children navigate changes in their environment or routine. Parents will have the opportunity to share experiences and learn from each other while gaining insights from our facilitator.
- **Music and Movement:** Come and dance the day away with music, movement and songs, as we work on our gross motor skills together.
- **Parent-led Dance Fun time:** Get ready to shake it at our Parent-led Dance Fun Time Workshop! This interactive session encourages families to dance together, exploring different styles and rhythms. Parents will lead the way in teaching easy-to-follow moves, making it a perfect opportunity for laughter, exercise, and quality time!
- **Sensory Play for Little Ones—Messy Monday:** Join us for Sensory Play for Little Ones: Messy Monday Workshop! This hands-on session invites toddlers to explore their creativity through fun, messy activities that stimulate their senses. With a variety of textures and materials, children will engage in playful learning while developing fine motor skills. Come ready to get messy and have fun!
- **Starting the Day Off Right: Family Yoga:** Enjoy some morning yoga with your children. A certified yoga teacher will guide you through a yoga sequence you do with your child, followed by gentle stretching and relaxation. This provides a great opportunity to connect with yourself and child.

Collaboration Sessions:

- **Coffee and Playtime Collaboration with Rainbow Road:** Join us for a story time with Rainbow Road! The Rainbow Road offers an enriched Storytime program, incorporating readings of beautiful children's books with on-theme activities featuring movement, creativity, games, and more.
- **Coffee and Playtime—Prenatal Mental Health:** It features **Families Matter** as our guest speaker, sharing practical tips and heartfelt support for emotional well-being during pregnancy. Enjoy coffee, connect with others, and let little ones play in a safe and engaging space.
- **Mom's group Collaboration with AHS—Pre/Post Natal:** Join our Mom's Group in collaboration with **AHS** for a Pre Natal workshop! This supportive session offers expectant mothers a chance to connect, share experiences, and learn about pregnancy wellness. With expert guidance and engaging discussions, it's a perfect opportunity to prepare for motherhood while building a community with other moms.