




## JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
				01	02	03
<p>● Educational Workshops for Parents &amp; Caregivers</p> <p>● Interactive Sessions for Kids &amp; Caregiver</p> <p>● Parent Chats for conversational Peer Support</p>		<p>To register for the above FREE YW Family Champions Program, please use the QR code below</p> 				
04	05	06	07	08	09	10
		10:00 – 11:00 AM Parent Led Dance Party				10:00 – 11:30 AM Little Big Steps: Drama Education Program (ages 6-9)
	1:00 – 2:00 PM Messy Sensory Mondays New Year Volcanos	1:00 – 2:00 PM Music and Movement	1:00 – 2:30 PM Coffee and Playtime			
11	12	13	14	15	16	17
		10:00 – 11:00 AM Family Yoga				
		1:00 – 2:00 PM AHS Pre/Postnatal Parent Workshop	1:00 – 2:30 PM Coffee and Playtime			
18	19	20	21	22	23	24
		10:00 – 11:00 AM Wellness Tuesdays- Parental Burnout Tips and Tricks	10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*			10:00 – 11:30 AM Little Big Steps: Drama Education Program (ages 6-9)
	1:00 – 2:00 PM Indoor Obstacle Course and Play	1:00 – 2:00 PM Music and Movement	1:00 – 2:30 PM Coffee and Playtime with ASQ Assessment			
25	26	27	28	29	30	31
		10:00 – 11:00 AM Wellness Tuesdays- Parental Burnout Tips and Tricks	10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*			
		1:00 – 2:00 PM Music and Movement	1:00 – 2:30 PM Coffee and Playtime with The Birth Doula			

### Special Workshop:

- **Wellness Tuesdays--Parental Burnout Tips and Tricks:** Join us for our new monthly workshop series, *Wellness Tuesdays*, where we share practical mental-health insights to support you and your family. This January, we're diving into Parental Burnout — what it looks like, why it happens, and simple tips and tricks to help you recharge, set boundaries, and care for yourself while caring for your kids.

### Workshops:

- **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.
- **Indoor Obstacle Course and Play:** Join us for an hour of body movement and exploration. Your child will be given an opportunity to explore how they can move their body in new and challenging ways while having fun!
- **LENA Start (ages 0-3)** is a program for parents that uses regular feedback from LENA's "talk pedometer" technology to help increase interactive talk in order to close the early talk gap, improve school readiness, and build stronger families. This is a 10-week, closed group for families with children ages 0 – 3 from January 21<sup>st</sup> and March 25<sup>th</sup>.
- **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 Workshop:

- **Coffee and Playtime Collaboration with The Birth Doula:** Join us for a special collaboration with The Birth Doula Alison. She will also share simple, parent-friendly yoga exercises to help you relax, stretch, and reset.
- **Coffee and Playtime Collaboration with Families Forward—ASQ:** Our Families Forward Facilitators will come and help your child complete the ASQ (Ages and Stages Questionnaire) — a simple developmental screening that looks at growth in different areas. It's a great chance for you to better understand your child's milestones and ask questions in a supportive space.
- **AHS Pre/Postnatal Parent Workshop:** In this session, a registered nurse from AHS will share practical pre- and post-natal tips to support parents through pregnancy and early postpartum care. A helpful space to learn, ask questions, and feel more confident on your journey.