



## FEBRUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
01	02	03	04	05	06	07
		<u>10:00 – 11:00 AM</u> <u>Indoor Obstacle Course and Play</u>	<u>10:00 – 11:00 AM</u> LENA Start (ages 0 – 3) *Hybrid*			
	<u>1:00 – 2:00 PM</u> <u>Fine Motor Skills</u> Monday: <u>Building Blocks</u>	<u>1:00 – 2:00 PM</u> <u>Music and Movement</u>	<u>1:00 – 2:30 PM</u> <u>Coffee and Playtime with Lead Foundation:</u> <u>Picky Eating</u>			
08	09	10	11	12	13	14
		<u>10:00 – 11:00 AM</u> <u>Music and Movement</u>	<u>10:00 – 11:00 AM</u> LENA Start (ages 0 – 3) *Hybrid*			<u>10:00 – 11:30 AM</u> <u>Little Big Steps: Drama Education Program (ages 6-9)</u>
	<u>1:00 – 2:00 PM</u> <u>Mathematics</u> Monday: Counting	<u>1:00 – 2:00 PM</u> <u>AHS Nurse: Coping with Crying</u>	<u>1:00 – 2:30 PM</u> <u>Coffee and Playtime</u>			
15	16 Family Day	17	18	19	20	21
		<u>10:00 – 11:00 AM</u> <u>Parent Led Dance Party</u>	<u>10:00 – 11:00 AM</u> LENA Start (ages 0 – 3) *Hybrid*			
		<u>1:00 – 2:00 PM</u> <u>Wellness Tuesdays: Managing the Mundane</u>	<u>1:00 – 2:30 PM</u> <u>Coffee and Playtime Collaboration with Sleep Health Specialist</u>			
22	23	24	25	26	27	28
		<u>10:00 – 11:00 AM</u> <u>Family Yoga</u>	<u>10:00 – 11:00 AM</u> LENA Start (ages 0 – 3) *Hybrid*			<u>10:00 – 11:30 AM</u> <u>Little Big Steps: Drama Education Program (ages 6-9)</u>
	<u>1:00 – 2:00 PM</u> <u>Mindful Monday: Breakdowns &amp; Transitions</u>	<u>1:00 – 2:00 PM</u> <u>Music and Movement</u>	<u>1:00 – 2:30 PM</u> <u>Coffee and Playtime with Lead Foundation: Skill Vs Will</u>			
<p>To register for the above <b>FREE YW Family Champions Program</b> <b>PLEASE SCAN THE QR CODE</b></p>						



### **Special Workshop:**

- **Fine Motor Skills Monday---Building Blocks:** Hands-on block play supports children's fine motor development through stacking, building, and problem-solving. A playful way to strengthen hand coordination and early planning skills.
- **Mathematics Monday---Counting:** Through games and play, children are introduced to early counting skills and number awareness in a relaxed and engaging way.
- **Mindful Monday---Breakdowns & Transitions:** Games and playful activities are used to help children manage big emotions and daily transitions. Caregivers will share and learn simple strategies for supporting emotional regulation in everyday moments.
- **Wellness Tuesdays---Managing the Mundane:** A relaxed, supportive space for caregivers to share experiences, connect with others, and explore ways to bring self-care into daily routines. Together, we'll reflect on everyday moments, swap stories, and enjoy the chance to feel supported and understood in the ups and downs of caregiving.

### **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.
- **Family Yoga:** Enjoy some morning yoga with your children. A 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.
- **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!
- **Music and Movement:** Come and dance the day away with music, movement and songs, as we work on our gross mother skills together.
- **Parent-led Dance Party:** 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!

### **Collaboration Workshop:**

- **Coffee and Playtime Collaboration with Lead Foundation---Picky Eating:** This workshop looks at why picky eating happens, what's developmentally normal, and practical strategies to support healthy eating habits without stress or power struggles. Parents and caregivers are welcome to share experiences, ask questions, and learn simple, realistic approaches to mealtimes.
- **Coffee and Playtime Collaboration with Sleep Health Specialist:** Explore practical tips and advice from a Sleep Health Specialist from Healthy Babies Network to help your little ones sleep better. The workshop is an opportunity to ask questions, share experiences, and get guidance in a supportive setting
- **Coffee and Playtime Collaboration with Lead Foundation---Skill VS Will:** This Coffee and Playtime workshop explores how children grow and learn at different stages. Together with the Lead Foundation, caregivers will learn how development affects what children can do right now and how to respond with realistic expectations. A relaxed space to ask questions, share experiences, and connect with other families.
- **AHS Nurse Workshop---Coping with Crying:** In this workshop led by an AHS Nurse, caregivers will learn why babies cry, how to respond safely and calmly, and strategies to cope during overwhelming moments. The session also provides space for questions, reassurance, and practical guidance to help caregivers feel more confident and supported.