



# MARCH

SUN	MON	TUES	WED	THURS	FRI	SAT
01	02	03	04	05	06	07
		<b>10:00 – 11:00 AM</b> <u>Indoor obstacle Course and Play</u>	<b>10:00 – 11:00 AM</b> LENA Start (ages 0 – 3) *Hybrid*		<ul style="list-style-type: none"> <li><span style="color: #00A0C0;">●</span> Educational Workshops for Parents &amp; Caregivers</li> <li><span style="color: #FFC000;">●</span> Interactive Sessions for Kids &amp; Caregiver</li> <li><span style="color: #E91E63;">●</span> Parent Chats for conversational Peer Support</li> </ul>	
	<b>1:00 – 2:00 PM</b> <u>Collaborative Arts for Little Ones</u>	<b>1:00 – 2:00 PM</b> <u>Music &amp; Movement</u>	<b>1:00 – 2:30 PM</b> <u>Coffee and Playtime</u>			
08	09	10	11	12	13	14
		<b>10:00 – 11:00 AM</b> <u>Wellness Tuesdays: Indigenous Wellness with Miskanawah</u>	<b>10:00 – 11:00 AM</b> LENA Start (ages 0 – 3) *Hybrid*	<b>11:00 – 4:00 PM</b> <u>Adults Counseling &amp; Child Minding</u>		<b>10:00 – 11:30 AM</b> Little Big Steps: Drama Education Program (ages 6-9)
	<b>1:00 – 2:00 PM</b> <u>Wait Your Turn: Indoor Obstacle and Play</u>	<b>1:00 – 2:00 PM</b> <u>AHS Nurse: Infant Attachment</u>	<b>1:00 – 2:30 PM</b> <u>Coffee and Playtime</u>			
15	16	17	18	19	20	21
		<b>10:00 – 11:00 AM</b> <u>Family Yoga</u>	<b>10:00 – 11:00 AM</b> LENA Start (ages 0 – 3) *Hybrid*			
	<b>1:00 – 2:00 PM</b> <u>Impulses and Redirection: Learning through Playing</u>	<b>1:00 – 2:00 PM</b> <u>Music &amp; Movement</u>	<b>1:00 – 2:30 PM</b> <u>Coffee and Playtime with Trellis Society</u>			
22	23	24	25	26	27	28
		<b>10:00 – 11:00 AM</b> <u>Parent Led Dance Party</u>	<b>10:00 – 11:00 AM</b> LENA Start (ages 0 – 3) *Hybrid*			<b>10:00 – 11:30 AM</b> Little Big Steps: Drama Education Program (ages 6-9)
	<b>1:00 – 2:00 PM</b> <u>Rhyming and Timing with Music &amp; Movement</u>	<b>1:00 – 2:00 PM</b> <u>Wellness Tuesdays: Sharing is Caring (?)</u>	<b>1:00 – 2:30 PM</b> <u>Coffee and Playtime—Occupational Therapist: Potty Training</u>			
29	30	31				
		<b>10:00 – 11:00 AM</b> <u>Music &amp; Movement</u>				
	<b>1:00 – 2:00 PM</b> <u>Breakdowns &amp; Transitions: Bubble Time</u>	<b>1:00 – 2:00 PM</b> <u>Wellness Tuesdays: Sharing is Caring(?)—Boundary</u>				
				<p><b>To register for the above FREE YW Family Champions Program, please scan this QR code</b></p> 		

### Educational Workshop:

- **Collaborative Arts for Little Ones:** Create and colour together. Children and caregivers explore simple crafts and hands-on art while practicing sharing materials, expressing feelings, and building confidence side by side.
- **Wait Your Turn: Indoor Obstacle and Play:** Climb, crawl, and balance through playful challenges while learning how to wait, take turns, and celebrate each other.
- **Impulses and Redirection: Learning through Playing:** Some children love to throw, run, or crash. Instead of simply saying no, we explore safe ways to redirect that energy. Caregivers learn practical ways to guide big impulses into safe and positive play
- **Rhyming and Timing with Music & Movement:** Time can feel confusing for little ones. Through familiar songs and repeated rhythms, children begin to understand concepts like waiting and how long something lasts.
- **Breakdowns & Transitions: Bubble Time:** Using bubbles and simple routines, we practice moving from one activity to the next with calm support and connection.

### 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 motor 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:

- **Wellness Tuesdays: Indigenous Wellness with Miskanawah:** Join us for a culturally grounded wellness gathering led by community facilitators from Miskanawah. Together, we explore family connection, resilience, and holistic well-being in a respectful and welcoming space.
- **Adults Counseling with Kindred & Child Minding:** We collaborate with a Kindred counselor to offer individual sessions for caregivers. There are only 3 spots available during this time period, so registration is required. While adults meet with the counselor, children are cared for separately in the playroom. Once you register, our Family Resource Network intake worker will contact you for follow-up.
- **AHS Nurse: Infant Attachment:** An AHS nurse will guide a conversation on bonding, secure attachment, and early emotional development. Caregivers can ask questions and learn practical ways to strengthen connection with their little ones.
- **Coffee and Playtime with Trellis Society:** Enjoy a relaxed coffee and play session while connecting with Trellis facilitators. Caregivers can access parenting support and community resources as children explore and play.
- **Coffee and Playtime—Occupational Therapist: Potty Training:** Join our coffee and play session with a visiting occupational therapist who will share gentle guidance on potty training readiness, routines, and common challenges. Caregivers can ask questions while children enjoy free play.

### Parent Chat:

- **Wellness Tuesdays: Sharing is Caring (?):** We often hear “sharing is caring,” but is it always true? In this session, we'll explore different perspectives on sharing, question whether it should be compulsory, and think about creative ways to approach it with children.
- **Wellness Tuesdays: Sharing is Caring (?) —Boundary:** Sharing can be tricky. How do we teach children to share while respecting their own needs? This session looks at ways to set gentle limits and respond to children's “no” in a polite and supportive way. Caregivers will explore practical strategies to balance connection and boundaries in everyday life.