



MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
					01	02
<p>To register for the above FREE YW Family Champions Program, please scan this QR code</p> 					<ul style="list-style-type: none"> ● Educational Workshops for Caregivers ● Interactive Sessions for Kids & Caregiver ● Parent Chats for conversational Peer Support 	
03	04	05	06	07	08	09
		<p>10:00 – 11:00 AM <u>Music & Movement</u></p>	<p>10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*</p>	<p>10:00 – 3:30 PM <u>Adult Counselling & Child Minding</u></p>		<p>10:00 – 11:00 AM <u>Little Big Steps: Drama Education Program (ages 6-9)</u></p>
	<p>1:00 – 2:00 PM <u>Messy Monday</u> (Instructions in notes)</p>	<p>1:00 – 2:00 PM <u>Indoor Obstacle Course & Play</u></p>	<p>1:00 – 2:30 PM <u>Coffee and Playtime with CIWA</u></p>			
10	11	12	13	14	15	16
		<p>10:00 – 11:00 AM <u>AHS Nurse: Mental Health Challenges</u></p>	<p>10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*</p>			
	<p>1:00 – 2:00 PM <u>Indoor Scavenger Hunt</u></p>	<p>1:00 – 2:00 PM <u>Music & Movement</u></p>	<p>1:00 – 2:30 PM <u>Coffee and Playtime: Healthy Babies Network - Managing Stress</u></p>	<p>2:00 – 2:30 PM <u>Online Parent Chat</u></p>		
17	18 STAT	19	20	21	22	23
		<p>10:00 – 11:00 AM <u>Family Dance Party</u></p>	<p>10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*</p>			<p>10:00 – 11:00 AM <u>Little Big Steps: Drama Education Program (ages 6-9)</u></p>
		<p>1:00 – 2:00 PM <u>Wellness Tuesdays: Routine & Predictability</u></p>	<p>1:00 – 2:30 PM <u>Coffee and Playtime with Lead Foundation: Potty Training</u></p>	<p>2:00 – 2:30 PM <u>Online Parent Chat</u></p>		
24	25	26	27	28	29	30
		<p>10:00 – 11:00 AM <u>Family Yoga</u></p>	<p>10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*</p>			
	<p>1:00 – 2:00 PM <u>Rhythm and Routine: Music & Movement</u></p>	<p>1:00 – 2:00 PM <u>Wellness Tuesdays: Changes & Adaptability</u></p>	<p>1:00 – 2:30 PM <u>Coffee and Playtime</u></p>	<p>2:00 – 2:30 PM <u>Online Parent Chat</u></p>		

Educational Workshop with Monthly theme: Routine & Flexibility

- **Messy Monday:** An open-ended, sensory play experience where families are invited to explore materials and responses in creative and unexpected ways. Through playful mess and experimentation, children and caregivers can step outside of familiar routines, notice their reactions, and discover new ways of engaging with the moment. **Expect parents and children to get messy – bring a change of clothes!**
- **Indoor Scavenger Hunt:** A playful adventure where families work together to complete a series of challenges. As they move through the hunt, unexpected twists and small obstacles invite participants to adapt, rethink, and find different ways forward while staying connected as a team.
- **Rhythm and Routine – Music and Movement:** Navigate changing and chaotic situations by rooting your family through the routine of rhythm! Join Rambling Jim as we sing and dance to your favourites, providing fun, silliness, and familiarity.

Workshops:

- **Coffee and Playtime:** This session is all about building community. Come hang out in our space, enjoy a cup of coffee or tea. 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 that you can 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!
- **Little Big Steps---Drama Education Program (ages 6-9):** Join Little Big Steps to explore drama through games, storytelling, and role-play. Children and caregivers will spark creativity and imagination while building teamwork, communication, and social skills in a playful, supportive environment.
- **Music and Movement:** A joyful music and movement experience with live guitar. Children are invited to sing, move, and play while exploring rhythm and sound in a welcoming space.
- **Online Parent Chat** A space for caregivers to check in and share experiences, ask questions, and connect with supports.
- **Family Dance Party:** Get ready to shake it at our Family Dance Party! This interactive session is led by a professional dance tutor, who is also one of our FRN families, inviting everyone to dance together while exploring different styles and rhythms. With easy-to-follow moves, it's a perfect opportunity for laughter and exercise.

Collaboration Workshop:

- **Coffee and Playtime with Canadian Immigrant Women's Association (CIWA):** This session is in collaboration with CIWA where families can connect through simple, interactive activities that support children's development.
- **Coffee and Playtime with Healthy Babies Network—Managing Stress:** A relaxed chat session with Healthy Babies Network. We'll talk about stress in everyday parenting, what it looks like, and how it shows up in our daily lives.
- **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-Mental Health Challenges:** Join an AHS nurse for an open conversation around family mental health. A space to learn, ask questions, and talk about the challenges that can come up in daily family life.
- **Coffee and Playtime with Lead Foundation—Potty Training:** This session is in collaboration with the LEAD Foundation. An Occupational Therapist will share helpful insights on potty training, with space for parents to share experiences and questions.

Parent Chat:

- **Wellness Tuesdays—Routine & Predictability:** What does "routine" really look like in your family? A space to explore how routines support children's sense of safety and confidence. We'll look at how predictability shows up in daily life, and how it connects to emotions, transitions, and relationships.
- **Wellness Tuesdays—Changes & Adaptability:** What happens when things don't go as planned? This session focuses on how children and parents experience change. We will explore how we respond to the unexpected, navigate feelings, and build adaptability through everyday moments.