

Calendar of Events and Programs

September-December 2018

Open hours: Monday - Thursday 9:00am - 3:00pm

*Closed all school holidays and statutory holidays including Saturdays of long weekends or holidays

Mon	Tue	Wed	Thu	Fri
<p>Join us for pancakes! Every Monday 9:30-11:00am Drop in for pancakes, fruit, coffee and tea.</p> <p>For parents/caregivers of children 0-5 years.</p> <hr/> <p>La Leche League @ 312 Silica St. 1:00 - 2:30pm 3rd Monday of the Month See inside for more information</p> <hr/> <p>Nobody's Perfect Oct 22-Nov 26 5:00-7:00 pm Call Melissa to register 250-352-6678 ext 0</p> <hr/> <p>Dad's Night Start Date Jan 2019 Last Monday of the month 5:00-7:00 PM Dinner and Childminding provided</p> <p>For more information call: Melissa 250-352-6678 or Liam 250-509-0344</p> 	<p>Baby Steps 9:30 - 11:00am Drop-in play group for parents and babes 0-24 months</p> <hr/> <p>Parenting with Compassion 12:00-2:00pm Drop-in parenting group focusing on bonding and attachment. Lunch and Childminding available</p> <p>For parents/caregivers of children 0-5 years.</p> <hr/> <p>Parent Ed Night 4th Tuesday of the month 5:00-7:00pm Information session for parents / caregivers of children 0-5 Call Melissa to register and hear about this months topic. 250-352-6678 ext 0 Everyone Welcome!</p>  <p>Aboriginal Family Night @ the Family Place 312 Silica St. 4:00 - 7:00pm Every First and Third Tuesday</p>	<p>Story Telling 9:30 - 11:00am Drop-in play and story time for children ages 0-5 Everyone Welcome!! See inside for more information</p> <hr/>  <p>Outdoor Playgroup 12:00—2:00pm TBA this fall</p> <hr/>  <p>Bellies 5:00 - 7:00 pm Drop-in program for Pregnant people.</p> <ul style="list-style-type: none"> Light dinner Childminding for children 1-5 Guest speakers <p>Call Cathy at 352-6678 ext. 1 for more information</p>	<p>Sunbeams 9:30 - 11:00am Drop-in</p> <ul style="list-style-type: none"> Snacks Circle Time Art Activities Socialize Coffee and Tea <p>Adulting 101 12:00 - 2:00pm For 8 weeks For parents under 30. Each week will offer new workshops, lunch and childminding provided for children 1-5 years Phone Cathy 352-6678 ext. 1 for more info</p> <hr/> <p>New Family Welcome Dinner 5:00-7:00pm 3rd Thursday Drop-in</p> <hr/> <p>LGBTQ* Parents' Circle 5:30-7:30pm 4th Thursday of every Month Drop-in Open to all LGBTQ* identified parents of kids of all ages.</p> <ul style="list-style-type: none"> Family dinner Social support Childminding <p>Call 250-352-6678 for more information</p>	<p>Circle of Security 10:00-12:00pm An 8 week registered program focusing on attachment.</p> <p>Call 250-352-6678 ext 0 to register. See inside for more details.</p> <hr/> <p>Sat</p> <p>Daddy N' Me Pancake Breakfast 10:00-12:00pm Drop-in play and literacy group for Dads and kids ages 0-5</p> <p>Come on down for pancakes, Oso Negro coffee, art, crafts, stories and social time with other Dads. Pancakes served until 11:30</p> 

The Family Place

@ 312 Silica Street

We offer parents with children 0-5 an opportunity to get away from the regular routines at home, meet new friends, enjoy a new activity or craft and find information to help with parenting issues that come your way.

Open to dads, moms, grandparents and caregivers!

What is here for you:

- Free Pre-natal vitamins
- Clothing closet: free baby and maternity clothes
- Food Vouchers for Pregnant mothers
- Free parent library
- Food Pantry
- Support for Fathers - Dads play groups and father friendly staff
- Parent Education Groups - see our schedule for upcoming programs
- Home Support - for parents making life changes after the arrival of a new baby
- Play and literacy groups - weekly groups offer children and parents a chance to join others for fun activities, crafts, and story time

Aboriginal Family Night

@ 312 Silica Street

For families with children aged 0-6 whose heritage is First Nations, Metis or Inuit living in the West Kootenays.

Gather to share stories, food and friends.
Every first and third Tuesday
4:00 - 7:00pm.

Please call Ann Marie at 250-551-5945

Dad's Night

Coming again soon, after Christmas

- ◆ A group dedicated to supporting dads through facilitated discussions, peer mentoring and guest speakers.
- ◆ Some topics include: New parenting, setting boundaries and child development
- ◆ Childminding (1-5 yrs old), a delicious dinner and coffee provided.

Call Melissa 250-352-6678



Parenting with Compassion

@ 312 Silica Street

Tuesdays 12:00 - 2:00pm

Ongoing peer support group focusing on building strong foundations for healthy parent child relationships.

Childminding and a nutritious lunch provided.

For more information please call Cathy at 250-352-6678 ext 1

Adulting 101

@312 Silica Street

Thursdays 12:00-2:30pm

Adulting 101 is an 8 week series for parents under 30 years old. Each week will offer a new workshop such as finances, nutrition, education, and emotional health with a focus on parenting. Please call Cathy for more info and to register. 250-352-6678 ext 1.

Lunch and childminding provided.

Bellies

@ 312 Silica Street

Wednesdays

5:00-7:00pm

This program is for parents expecting a new baby

We offer: grocery vouchers, food pantry, free pre-natal vitamins, baby clothes and more. Enjoy a nutritious dinner and a guest speaker. (Topics include: nutrition, bonding, health, attachment etc..)

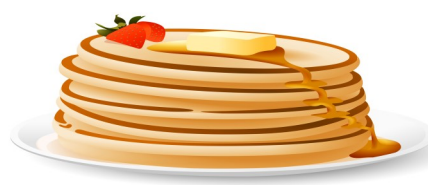
September Topics: La Leche League, Pelvic Health

Childminding available for children ages 1-5

For more information or any questions, please call: Cathy at 250-352-6678 ext. 1

Daddy N' Me

A drop-in playgroup for dads and kids ages 0-5. The group offers a pancake breakfast, fruit and Oso Negro coffee. Come on by for breakfast, arts and crafts, stories as well as social time with other dads.



Monday Pancakes

@312 Silica St

Monday 9:30-11:00am

A drop-in playgroup for parents and caregivers with children ages 0-5.

Join us for pancakes, fruit, coffee and tea.

Explore the playroom, meet new parents and enjoy circle time.

Free or a \$2 donation.

Baby Steps

@312 Silica St

Tuesdays 9:30-11:00am

A drop-in playgroup for families with children under 2 years old. This group provides parents of infants, crawlers and first time walkers a place to meet and exchange ideas about milestones, first foods and baby steps. Coffee, tea and snacks provided.

Free or a \$2 donation.

Story Telling

@312 Silica St

Wednesdays 9:30-11:00am

A drop-in playgroup for families with children 0-5 years old.

This group offers a circle time, art activities, and a healthy snack as well as visiting storytellers from our neighborhood.

For playgroup info please call 250-352-6678 ext 0
Or email @kootenaykids.ca

Outdoor Playgroup

@312 Silica St

More information to come this fall!!

Sunbeams

@312 Silica St

Thursdays 9:30-11:00am

A drop-in play and literacy group for children ages 0-5 years of age. The group offers a healthy snack, circle time, art activities and an opportunity to meet and exchange with other parents.

Free or a \$2 donation.



Strong Start

For families with children 0-5

Program Schedule:

- ◆ Monday: Redfish Elementary 9-12
 - ◆ Tuesday: Rosemont Elementary 9-12
 - ◆ Wednesday: Rosemont Elementary 9-12
 - ◆ Thursday: Blewett Elementary 9-12
 - ◆ Friday: Blewett Elementary 9-12
 - ◆ Mon, Wed, Fri: Crawford Bay School 9:30-12:30
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Child Care Resource and Referral

(Yellow House)

804 Stanley Street

- ◆ Information about child care choices in our community
 - ◆ Workshops for parents and caregivers
 - ◆ Access to resources and the toy lending library
 - ◆ Information about child care subsidies
Hours: 9-4 Tuesday - Thursday
Fridays: care providers only
Closed for lunch 12-1 For info call: 250-352-0407
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Nobody's Perfect Parent Program

@ 312 Silica Street

Next start date: Starting October 22 2018 for 6 weeks.

There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while.

The program includes:

- Learning how to understand your child better
- Info on children's health, safety, and behavior
- Coping with stress
- Sharing ideas, tips and experiences
- How to take a break from your busy day

Each session includes:

Dinner, childminding & help with transportation.

For more information or to register, please call general reception at 250-352-6678 ext 0

Partner Programs:

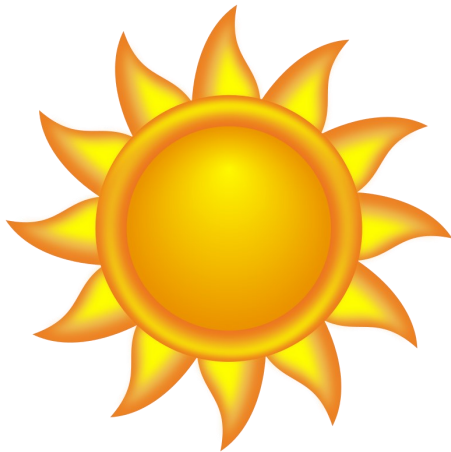
Join these free programs to meet new people and learn more about how to lovingly care for your baby and children

La Leche

@312 Silica Street
3rd Monday of each month

Support group to provide breastfeeding information and encouragement.

For more information, please refer to our website:
[Www.llc.ca/llc-nelson](http://www.llc.ca/llc-nelson)



Find us on Facebook: Cathy Spears
(Family Place, Kootenay Kids)

Also visit our website: Kootenaykids.ca

We Are Open
Mon –Thurs 9am-3pm

Please feel free to come and use our playroom during non-group times.

Also come on in to give a feed, change a diaper (we usually have extras) or check out our free clothing room and book lending library.

Winter Break Closure
TBA

Is My Child Healthy and Well?



If you answer YES to any of the following questions, Your child is likely NOT WELL

ENOUGH to attend the Family Place programs:

Has your child vomited two or more times in the last 24 hours?

Does your child have a body rash, especially with a fever?

Does your child have itching, lice, or nits?

Does your child have diarrhea (i.e: three or more watery stools in the last 24 hours)?

Does your child have a sore throat with a fever or swollen glands?

Is your child not feeling well (i.e. unusually tired, pale, lacking appetite, confused or cranky)?

Does your child have an eye infection with thick mucus or pus draining from the eye?

Does your child have a fever (i.e. 100 degrees F. or 38 C. or more taken under the arm), and earache, or just not feeling well? This could indicate the onset of an infectious disease such as the flu or a cold.

Take the time to get well and we'll see you when you're feeling better

We love that parents and children want to spend many hours here at the Family Place. It has been our experience when attending multiple groups in a day that children can get overwhelmed, tired or restless after too many hours here. Please keep this in mind when planning your time with us. Thanks!



Ktunaxa Kinbasket
Child & Family
Services Society



Public Health
Agency of Canada

Agence de santé
publique du Canada