



FAMILY CENTRE NEWSLETTER

Healthy Children! Healthy Families! Healthy Communities!



Feature Story: Family Week returns!

It might be cold out there, but our hearts are especially warm this month as we get ready to celebrate our **2nd Annual Family Week Campaign February 20-24, 2023!** Building on the Family Day long weekend, we take the rest of the week to highlight the importance of strengthening family bonds through recreation and togetherness. Play and fun is an amazing way to reduce stress, learn more about each other, build relationships and create lasting memories! We will be giving away some activity-based prizes, including tickets for Hurricanes hockey! Program participants at any one of our three locations can **enter our draw before February 18th** for a chance to become a lucky winner! **Draw opens February 6th.** We will draw and announce winners throughout the week from February 21-24.

Need some **Family Day** recreation ideas? On Feb. 20th, check out 'Play Day' from 11 a.m. to 3 p.m. in the 1st Choice Savings Centre for Sport and Wellness (U of L) or 'Family Day is Everyday' at the Helen Schuler Nature Centre, 11 a.m. to 4 p.m. Both are FREE!

New & Upcoming

Triple P: Bedtime Routines
February 9, 6:00-8:00pm

Triple P: Hassle-free Mealtimes
February 16, 6:00-8:00pm

Family Week Campaign
February 20-24

Rainbows - NEW!
Grief & Loss Group
Feb 24-Mar 31, 1:30-2:30pm

For our full program guide, visit
www.famcentre.ca

Fundraising & Events

Family Centre is excited to announce our first-ever **\$5 Fundraiser**! From **February 1-28, 2023**, you can support our programs & services by donating online through our Canada Helps page! You can also make a contribution in person at any one of our 3 locations or via mail. Help us meet our fundraising goal of \$1000 today!

Visit our website www.famcentre.ca for more information and to donate now!

Support our
\$5 Fundraiser
February 1-28, 2023
All proceeds go towards Family Centre programs & services!
A Little Goes A Long Way!
Help us meet our fundraising goal of \$1000!
Your gifts of \$5 can be donated online through Canada Helps, in person at any of our 3 locations, or by cheque via mail
Visit famcentre.ca for more info!
FAMILY CENTRE
Canada Helps.org



Volunteer Corner

We are looking for Early Childhood Education Assistants to volunteer in our various programs! Shifts are mornings 9:00-11:30am or afternoons 1:00-3:30pm with one opportunity for one weekend per month. Please contact us for more information or visit our website www.famcentre.ca to apply online!

Contact our Volunteer Manager, Tenille Doram at
P: 403-320-4232
E: tenille.doram@famcentre.ca

Meet Our Team

Jocelyn Hill, Parent Coach

Hi, I'm Jocelyn. Born and raised in Southern Alberta. I have a diploma in Interior Design and a diploma in Early Childhood Education. I spent the last 12 years in daycare before coming to Family Centre in October of 2022. I have always had a passion for working with and caring for children. I love developing programs that are exciting, fun, and educational because learning should always be fun! In my spare time, I love to read, paint, cross-stitch, and spend time with my 2 cats; Ginny and Luna. I am also a huge movie fan and have a large collection of movies, and shoes. I'm so happy to join the Family Centre team and excited to get to know and work with all of you and your children.



Follow us:



Donate online today!

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