



Winter 2024 Program Guide

Programs are FREE unless otherwise stated.

Family Centre Downtown

Drop In Play Programs: no registration required

Play Zone: Tuesdays Jan 9 - Mar 26, 3:30pm-5:00pm. Ages 0-8

Play Zone: Wednesdays Jan 10 - Mar 27, 9:30am-11:00am. Ages 0-5

Play Zone: Fridays Jan 12 - Mar 22, 9:30am-11:00am. Ages 0-5

Come Build With Us: Fridays Jan 26 - Mar 15, 1:30pm-3:00pm. Ages 0-12

Me & My Dad: Saturdays Jan 13 - Mar 23 (no program Feb 17), 10:00am-11:30am. Ages 0-12

Registered Play Programs: Register online www.famcentre.ca/programs

PACT: Mondays Jan 15 - Mar 25 (no program Feb 19), 9:30am-11:00am. Ages 0-8

\$45/one child \$75/two or more children.

Baby PACT: Mondays Jan 15 - Mar 25 (no program Feb 19), 1:30pm-3:00pm. Ages 0-12 months

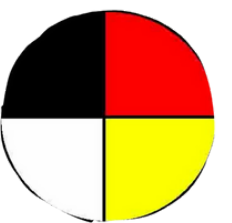
Day Home Family Day: Tuesdays Jan 16 - Mar 19, 9:30am-11:00am. Call 403-320-4232 to register.

Baby Gym Time: Thursdays Jan 18 - Feb 22, 10:00am-11:30am. Ages 4-18 months

Baby Signing: Tuesdays Feb 6 - Mar 12, 9:30am-11:00am. Ages 4-18 months

L-SKIP: Wednesdays Jan 24, Feb 28, & Mar 27, 3:15pm-4:15pm. Ages 2-12

Hosted at Nord-Bridge Seniors, 1904 - 13 Ave. N.



Parent Education Programs:

Parent Support: one to one consultation to discuss parenting and child behavior. Call 403-320-4232

Navigating Life When Families Break Down: An evening of information and resources for those going through separation & divorce. Presentations about legal issues, finances, parenting, grief & loss, Indigenous support and more. Thursday Jan 18, 6:00pm-8:00pm

Putting Children First During Separation & Divorce: Thursdays Jan 25 - Feb 8, 6:00pm-8:00pm

Triple P Transitions: The program for parents who are experiencing personal distress from separation or divorce, which is impacting their parenting. Thursdays Mar 14 - Apr 11, 6:00pm-8:00pm

Understanding Anxiety in Children: Wednesday Jan 24, 6:00pm-8:00pm

Triple P Fearless: The program supports parents to help children manage their anxiety more effectively. Wednesdays Jan 31 - Feb 21, 6:00pm-8:00pm

Dealing With Disobedience Discussion Group: Thursday Jan 25, 6:00pm-8:00pm

Managing Fighting & Aggression Discussion Group: Thursday Feb 1, 6:00pm-8:00pm

Understanding Anxiety in Teens: Thursday Feb 15, 6:00pm-8:00pm

Triple P Teen-Talking about Sex & Relationships: Thursday Feb 22, 6:00pm-8:00pm

Triple P Raising Responsible Teens: Thursday Feb 29, 6:00pm-8:00pm



Family Support Programs:

All My Relations Family Program: Wednesdays Mar 6 - May 22 (no program May 8th) 5:00pm-8:00pm

Programming for First Nations, Metis & Inuit families, meal & childcare provided. Call 587-220-9277

Caregiver Connections: for parents/caregivers who have a child, youth or young adult with a mental health diagnosis or concern. One on one consultations & support groups available. 403-320-4232

Worry Dragons - Youth: Fridays Feb 9 - Mar 15, 2:00pm-3:00pm. Ages 7-12

Worry Dragons - Parents: Wednesdays Feb 7 - Mar 13, 6:00pm-7:00pm through Zoom.

Babes & the Milky Way: Thursdays Mar 7 - Apr 11, 1:30pm-3:00pm. For moms to be and new moms with infants 0-12mos.

Family Centre
Suite 225, 200 - 4 Ave. S.
Lethbridge, AB T1J 4C9
403-320-4232

Facebook: [@lethbridgefamilycentre](https://www.facebook.com/lethbridgefamilycentre)
Instagram: [@familycentreyq/](https://www.instagram.com/familycentreyq/)
LinkedIn: [@Family Centre Society of Southern Alberta](https://www.linkedin.com/company/family-centre-society-of-southern-alberta/)
Website: www.famcentre.ca





Winter 2024 Program Guide

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Family Centre West

Drop In Play Programs: no registration required

Nature Play: Mondays Jan 8 - Mar 25 (no program Feb 19), 9:30am-11:00am. Ages 0-5

Nature Play: Fridays Jan 12 - Mar 22, 9:30am-11:00am. Ages 0-5

Discover Together: Saturdays Jan 27, Feb 24 & Mar 23, 10:00am-11:30am. Ages 0-12

Registered Play Programs: Register online www.famcentre.ca/programs

Baby PACT: Tuesdays Jan 16 - Mar 19, 1:30pm-3:00pm. 0-12 months

Let's Move & Groove: A physical literacy program for parents & children ages 3-6. Cost: \$55/family
Wednesdays Jan 24 - Feb 28, 9:30am-11:00am.

Rhymes & Riddles: Wednesdays Mar 6 - May 1, 10:45am-12:00pm. Ages 3-18 months

SPLAT: Thursdays Jan 25 - Mar 28, 9:30am-11:00am. Ages 0-5.

Cost: \$45/one child \$75/two or more children.

Parent Education Programs:

Parent Cafe: Tuesdays Jan 16 - Mar 26, 9:30am-11:00am. Ages 0-5. No registration required.

Family Support Programs:

RAP (Random Acts of Play): Mondays Jan 22 - Mar 25 (no program Feb 19), 3:30pm-5:30pm.

A drop off program for ages 5-8. Cost: \$25/child



Adult Cooking Classes: Call 403-320-8138 to register. Childcare provided.

Mondays, Tuesdays, Thursdays 1:00pm-3:00pm

Wednesdays, Thursdays, Fridays, 9:30am-11:30am

Children/Youth Classes: Register online www.famcentre.ca/programs

Big Chef Little Chef: Please register for only one session per month as staff will use the same recipe.

Tuesdays Jan 16, Feb 13, Mar 12, 10:00am-11:30am. Ages 3-6 with caregiver.

Wednesdays Jan 31, Feb 28, Mar 27, 1:30pm-3:00pm. Ages 3-6 with caregiver.

Food Explorers: Fridays Jan 19 - Feb 16, 1:30pm-3:30pm. Ages 9-12 only.

Kids in the Kitchen: Fridays Mar 1 - 22, 1:30pm-3:30pm. Ages 7-9 only.



Family Centre West
#10 230 Coalbanks Blvd. W.
Lethbridge, AB
403-359-8092



www.famcentre.ca

Family Centre North
Interfaith Chinook Country Kitchen
1103 3 Ave. N. Lethbridge, AB
403-320-8138