

# January 2024

## FREE Indoor Playground

### Drop-in play times:

Tuesdays: 9:30 to 11:30 am

Wednesdays: 9:30 to 11:30 am

1:00 to 3:00 pm

Thursdays: 1:00 to 3:00 pm

5:30 to 7:30 pm

Fridays: 9:30 to 11:30 am

➤➤➤ 1:00 to 3:00 pm

Friday  
Crafternoon  
& play time  
added  
for winter


Saturdays, January 6, 20 & 27  
9:30 am to 1:30 pm



### INDIGENOUS

## Literacy & Parenting Skills

Join us to connect with Indigenous culture, ways to support children's literacy, and parenting strategies. The topics include: self-esteem, positive discipline, storytelling & communication, and values & traditions.

 **Tuesdays, 1 to 3 pm**

January 16, 23 & 30  
February 6, 13 & 27  
March 5, 12 & 19  
April 9, 16 & 23

ALL  
parents  
welcome!  
Registration  
required.

Indigenous & Metis  
Facilitators



Transportation available.



Limited child minding spots.



Snacks provided.



## Mothers First



Thursdays, 10:00 to 11:30 am  
January 4, 11, 18 & 25

A weekly group for mothers of infants to connect with one another while learning about and practicing self-care.

Location: Midwest Family Connections  
Childcare and transportation is available.  
Registration is required.



Suite 103, 4910 - 50th Street  
Lloydminster SK S9V 0Y5  
306-825-5911 or toll-free: 1-866-651-5911  
info@midwestfamilyconnections.ca





## Ages & Stages (ASQ) & Ages & Stages: Social-Emotional (ASQ:SE)

A quick check of how your child is doing in their development with tips to support what comes next in speech, physical abilities, social skills, problem solving and social-emotional development. Pick up a copy at the Centre or at a program, receive a copy in the mail or access online using this QR code:



## Saskatchewan Outreach Regional Kids First

Freeplay & literacy activities,  
parenting information & more!

### Marsden

Tuesday, Jan. 9

10:00 to 11:30 (MST)

Marsden Library

104 Centre Street



### Marshall

Wednesday, Jan. 10

9:30 to 11:00 (MST)

Marshall School

(in the Kindergarten room)

109-1st Street East



Maidstone Wednesday, Jan. 10 & 24

1:30 to 3:00 (MST)

Ratuszniak Elementary School

(in the Pre-K room), 220-3 St E



Paradise Hill Tuesday, Jan 16 & 30

10:30 to 12:00 (CST)

Paradise Hill Community Centre

102-3rd Avenue



## FAMILY GAME NIGHTS

Variety of games & snacks.

Free & open to all families!

Thursdays, Jan 11, 18 & 25

5:30 to 7:30 pm

in the MFC Education Room



## HAPPY HEARTS & KIND MINDS

Social Emotional Play



## Kitscoty Community Church

5014-51 Avenue

Fridays, Jan. 12, 19 & 26 and Feb. 2

10:00 to 11:30 am

Join for free playtime and fun activities to support children's social-emotional development. No registration required. Open to all families and their children birth to 6 years. Requires parent/caregiver & child engagement.

## INFANT MASSAGE

- Connect with your baby
- Learn to read their cues
- Relieve stress for your baby & you

Wednesdays, January 17, 24 & 31

10:30 to 11:30 am

Open to all dads, moms and caregivers of babies three weeks and older.

306-825-5911

[info@midwestfamilyconnections.ca](mailto:info@midwestfamilyconnections.ca)

Registration required. Not able to join in-person? Call Becky to explore virtual options!

## PAJAMA PARTY

Thursdays 5:30 to 7:30 pm

Jan. 4, 11, 18 & 25

Wear your pajamas and bring your favourite stuffy! Join in the games, activities & bedtime stories in the Indoor Playground.

