

October 2024

FREE Indoor Playground

Tuesdays: 9:30 to 11:30 am
 1:00 to 7:00 pm <<<

Wednesdays: 1:00 to 3:00 pm

Thursdays: 1:00 to 3:00 pm

Fridays: 9:30 to 11:30 am



Saturdays

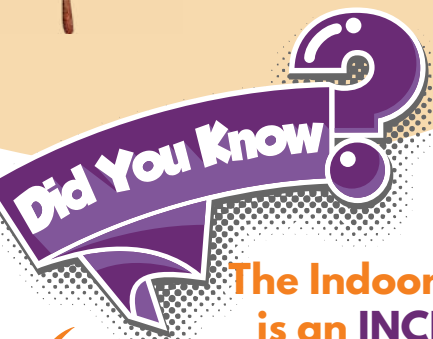
October 5, 19 & 26
 9:30 am to 1:30 pm



CLOSED



THE INDOOR PLAYGROUND WILL BE CLOSED SATURDAY, OCT 12



The Indoor Playground is an INCLUSIVE PLAY SPACE. Children & parents with disabilities, including intellectual disabilities, are welcome. Call or visit to discuss any accommodations that may be needed.



Mothers First

Thursdays, 10:00 to 11:30 am
 October 3, 10, 17, 24 & 31

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



PARENTS & CAREGIVERS



Promoting Mental Health in Young Children

Handle with Care is for parents and caregivers of children from birth to six years. Session topics include:

- expressing emotions
- relationships with others

Hands on interactive activities and discussions.

Limited childcare available. Register early!



**Wednesdays
10 am to noon
Oct 2 & 9**



Do you need a ride? Call us!

Midwest Family Connections is celebrating 40+ years of supporting families & strengthening communities.

Dr. Jean Clinton, Child Psychiatrist & Knowledge Translator, will deliver a series of presentations focused on what matters most in building a community where every child has a great start.



REGISTER EARLY! SEATS ARE LIMITED & FREE

Contact 306-825-5911 or info@midwestfamilyconnections.ca

THE ROLE OF EARLY CHILDHOOD EDUCATORS & COMMUNITY CAREGIVERS IN CHILDREN'S MENTAL HEALTH

Friday, October 18 from 1 to 4 pm. Refreshments will be served.

Learn about the pivotal role of relationships in brain development and helping children express, manage and experience their emotions. Consider how stress experienced by the educator or caregiver can affect a child's mental health.

ANNIVERSARY CELEBRATION

Friday, October 18 from 7 to 9 pm. Refreshments & cash bar.

Join us to celebrate how MFC has evolved over the past 40 years. Hear from parents and community leaders about why this work matters. Dr. Clinton will share her reflections on what matters most for Lloydminster & area to be the greatest place to raise a child.

LOVE BUILDS BRAINS

Saturday, October 19 from 9:30 am to 4 pm. Lunch will be provided.

Parents come and explore the developing brain and the crucial role relationships play in healthy development. In the past decade, and more, the role of the environment, both physical and emotional, has led to a deeper understanding of what children need to thrive. This presentation presents the science in an accessible way and focuses on the early years.

All sessions are open to all parents and community members.



All sessions held in the Bexson Construction Prairie Room @ Lloydminster Exhibition 5521-49th Avenue.



POTTY TIME 101



Toilet Teaching Group

Wednesday mornings

**OCTOBER 16
FROM 9:30 TO 11:30 AM
BEFORE YOU BEGIN**



**OCTOBER 23
FROM 9:30 TO 11:30 AM
GETTING STARTED**



An inclusive group for children of all abilities and their parents.

Limited childminding spaces. Families must register to hold a spot.

Transportation available with 24 hours notice.

Vermilion

Vermilion Public Library
5001 - 49 Avenue
Tuesday, 10:30 am to noon
Oct. 1

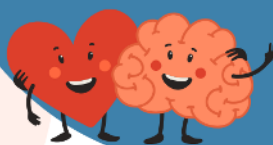
Dewberry

Dewberry School,
75 First Avenue
Wednesdays, 10 to 11:30 am
Oct. 16, 23 & 30

Fun activities to help children express feelings and practise social skills. Requires parent or caregiver & child involvement.

HAPPY HEARTS & KIND MINDS

Social Emotional Play for families & children up to 6 years of age



***please wear socks or indoor shoes at both locations**

SK Rural Outreach Mobile Early Learning

Freeplay & literacy activities, parenting information & more!



Neilburg Library

108 Centre Street, Neilburg
Friday, Oct. 4
from 1 to 2:30 pm (CST)

Maidstone

Ratushniak Elementary School
220 3 St. E, Maidstone
Thursday, Oct. 24
from 10:00 to 11:30 (MST)

Hillmond

Hillmond Memorial Hall
Wednesday, Oct. 9
from 10 to 11:30 am (CST)

Paradise Hill

Community Centre
102 3rd Avenue, Paradise Hill
Wednesday, Oct. 30
from 10 to 11:30 am (CST)

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:

