

February

2025

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

February 1, 8 & 22
9:30 am to 1:30 pm



Did You Know?

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.

CLOSED
February 15
for Family Day
Weekend

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.

Fridays
1 to 3 pm

January 10, 17, 24 & 31
February 7, 14 & 28
March 7, 14, 21 & 28
April 4

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
February 6, 13, 20 & 27

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



SK Rural Outreach Mobile Early Learning

Freeplay & literacy activities, parenting information & more!



Neilburg Library
108 Centre Street, Neilburg
Friday, Feb 7,
from 1 to 2:30 pm (MST)

Maidstone
Ratushniak Elementary School
220 3 St. E, Maidstone
Tuesday, Feb 11
from 10:00 to 11:30 am (MST)

Hillmond
Hillmond Memorial Hall
Wednesday, Feb 5,
from 10 to 11:30 am (MST)

Paradise Hill
Community Centre
102 3rd Avenue, Paradise Hill
Wednesday, Feb 26,
from 10:30 to noon (CST)



Vermilion Family Play & Connect

For families with children under 6.

Snacks & activities for children provided.
Door Prize draw every week!

WEDNESDAYS
January 8 to March 25
from 10 to 11:30 am

FREE Drop In @ Kiddie Oasis in the Vermilion Regional Centre
5702 College Drive

SIMPLE CONNECTIONS
stronger families

Hosted by members of the Vermilion Wellness Coalition: Recovery Alberta, VIBE, Vermilion FCSS & Alberta Family Resource Networks. MFC is hosting on February 19 & 26!

Making Baby Food How To's

Do you have a baby starting solid food in the next few months?

- Cook and sample dishes for your baby.
- Take home handouts, recipes and food prepared during the workshop.



Led by Dallas Odgers
SHA Public Health Nutritionist

Coming in March!

- Child minding available.
- Transportation available.
- Snacks provided.

POTTY TIME 101

EVENING SESSIONS!

Toilet Teaching Group

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

LIMITED childminding spaces. Families must pre-register in order to hold a spot.

Transportation available with 24 hours notice.



Wednesdays 5:30 to 7:30

FEBRUARY 5
What to know before you begin.



FEBRUARY 12
Getting started!



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

Follow your child's development and get tips to support their next steps 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.



My Tween & Me

Parents & 7 to 12 year olds

- support parents and children in the transition to adolescence.
- promote positive youth development, foster resilience in middle childhood and adolescence, and strengthen family relationships through experiential learning.
- parents & tweens attend together.

Hosted @ **Father Gorman Community School**

Enter school via doors that let you into the gym.

Wednesdays

Jan. 22 & 29
Feb. 5 & 12
6 to 8 pm

CALL THE OFFICE TO REGISTER!

Supper provided!



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E: info@midwestfamilyconnections.ca

let's play