



FREE PROGRAMS

FAMILY RESOURCE NETWORK

Services and supports for families with children and youth aged 0 to 18.

YOUTH PROGRAMS

NEXT STEP (In Person, Registered)

Tue 4-6 *Ages 14-17*
Life skills; budgeting, money management, cooking, healthy relationships, etc.

Youth Group (In Person)

Thu 2-4 *Ages 10-17*
Socially distanced activities outdoors to make friends, learn and have fun.

WORK IT (In Person, Registered)

Thur 4-6 *Ages 14-17*
Job skills; skills assessment, resume writing, interviewing, workers rights, etc

Homework Help (Online)

MWF 5:30-6:30 *Grades 1-12*
Virtual learning support - even if you don't have homework come read with us!

FAMILY PROGRAMS

Family Night (Online)

Mon 4:30-6 *All ages*
Socialize and participate in activities like games, crafts and painting.

Literacy Hour (Online)

Tue 11-12 *Ages 0-6*
Participate in your child's learning through reading and related activities.

Preschool Discovery Time (Online)

Wed 10-10:45 *Ages 3-5*
Learning activities including stories, songs, science concepts and movement activities.

Baby & Toddler Exploration (Online)

Thur 10-10:45 *Ages 0-2*
Take part in activities that explore the five senses, including stories, songs & games.

Move & Play (Online)

Thur 11-11:45 *Ages 2-6*
Participate in your child's learning through reading.

Make it with Gillian (Online)

Fri 9-9:30 *Ages 0-6*
Enjoy creating a new craft every week.

PARENT/CAREGIVER PROGRAMS

Parents Are Us (Online)

Mon 1-2 *All caregivers*
Socialize, share ideas and participate in activities. Childcare provided.

Why does my child do that? (Online)

Thur 1-2 *All caregivers*
Do you wonder if what your child's doing, responding and behaving is "typical"?

Triple P (Online)

Tue 1:30-3:30 *All caregivers*
An in-depth look at parenting strategies with opportunities to practice.

Health for Two (In Person, Registered)

Wed 1:30-3:00 *Those pregnant*
Learn about pregnancy, nutrition, baby care, parenting and relationships.

