

Triple P Discussion Groups

(Registration required)

Bedtime Routines

Saturday, Sept 30, 9:30 - 11:30, Spruce Grove Spruce Grove Parent Link Centre (no childcare)

Managing Fighting and Aggression

Tuesday, Oct 17, 6:00 - 8:00, Family Connection Centre (no childcare)

Hassle Free Shopping

Tuesday, Nov 21, 6:00 - 8:00, Family Connection Centre (no childcare)

Dealing with Disobedience

Saturday, Nov 25, 9:30 - 11:30, Spruce Grove Spruce Grove Parent Link Centre (no childcare)

Triple P Primary Group

The Positive Parenting Program promotes a strong parent-child relationship by empowering parents with tips, tools and strategies that encourage age appropriate behaviour in their children. A strong emphasis is placed on helping children learn, develop and grow. Pre-registration required.

Tuesdays, Sept 12 - Oct 24, 6:00 - 8:00, Spruce Grove Spruce Grove Parent Link Centre (no childcare)

Saturdays, Oct 14 - Nov 18, 9:30 - 11:30, Family Connection Centre (limited childcare available, book at time of registration)

Triple P Seminar: The Power of Positive Parenting

Learn how to help your child develop the skills they need to do their best at school, make friends, feel good about themselves and handle problems. Pre-registration required.

Tuesdays, Sept 26, 6:00 - 8:00, FCSS, 505 Queen Street, Spruce Grove (no childcare)

Kids Have Stress Too!



In partnership with Stony Plain & Spruce Grove FCSS



A program all about helping parents and caregivers understand childhood stress and how to provide kids with tools to deal with stress effectively. These are practical sessions where parents will learn how to recognize stress in their children, identify stressors and find out how to teach their children to handle stress.

Fridays, Oct 27 - Nov 17, 9:30 - 11:30, Family Connection Centre (limited childcare available, book at time of registration)

Bringing Baby Home

New program! A night out for new (or soon to be new) parents experiencing the transition to parenthood, the "new normal". In a relaxed and supportive environment, parents will learn to strengthen their relationship and foster baby's development during this challenging time. Four week program, pre-registration required.

Wednesdays, August 2 - 23, 6:00 - 8:30, Spruce Grove Parent Link Centre

Fall dates TBA



One-on-One Sessions

with a Triple P Practitioner are available days, evenings or weekends, please call Rebecca at 780-963-0549 to make an appointment.



Family Connection Centre
5600 50 Street Stony Plain
Spruce Grove Parent Link Centre
344 Pioneer Road Spruce Grove
780-963-0549 www.apfa.ca

Fall 2017 Program Schedule

Play Your Way

This is a great opportunity for you and your child(ren) to explore all five of the developmental domains in a fun, interactive, parent-led program. All the supplies are included and the activities are different each week. Drop in to see what it's all about.

Mondays, Sept 11 - Dec 18, 9:30 - 11:30, Family Connection Centre

Busy Bodies

Is your child full of energy? Bring them to this program where they will have lots of opportunity to practice moving their bodies through games and activities designed to enhance their gross motor development.

Tuesdays, Sept 12 - Dec 19, 10:00 - 11:30, Family Connection Centre
Thursdays, Sept 14 - Dec 21, 10:00 - 11:30, Family Connection Centre

Parent and Tot Drop In

This a great place to meet other parents in your community with children of a similar age. It provides an excellent opportunity for your child to socialize with other children while you enjoy some adult time and a free coffee.

Tuesdays, Sept 19 - Dec 5, 10:00 - 11:30, Parkland Village Community Centre
Wednesdays, Sept 13 - Dec 20, 10:00 - 11:30, Family Connection Centre
Wednesdays, Sept 13 - Dec 20, 10:00 - 11:30, Spruce Grove Parent Link Centre
Thursdays, Sept 14 - Dec 21, 10:00 - 11:30, St. Andrew's United Church, Spruce Grove

Parent's Morning Coffee

Join us for a play date! Socialize with other parents while your children play in a cheerful, relaxed environment. This program allows parents a chance to develop new friendships for themselves and their children and to share ideas and support one another along the journey of parenthood.

Fridays, Sept 22 - Dec 8, 9:30 - 11:00, Border Paving Athletic Centre, Spruce Grove

Story Surprise

Join us for a special visit from the Spruce Grove Public Library for children and their grown-ups to listen and interact with stories.

Every other Friday, starting Sept 22, 10:00 - 10:30, Spruce Grove Parent Link Centre

Young Moms

If you are under 25 years of age and are parenting or expecting a baby, this group is for you. We offer a supportive environment for sharing the experiences, joys and challenges of parenting as a young mom. There are educational sessions and many opportunities to socialize. Childcare is available.

Wednesdays, Sept 27 - Dec 13, 3:30 - 5:00, Border Paving Athletic Centre, Spruce Grove

Multiples Play Group

A place for families with or expecting multiples to come together. Get to know and support one another while sharing in the beautiful chaos that is twins, triplets or more. Siblings are welcome

Tuesdays, Sept 12 - Dec 5, 10:00 - 11:30, Border Paving Athletic Centre, Spruce Grove

Indoor Play Gym

Our indoor play gym is free and is open to all families. If a drop in program is running, you are always welcome to participate. McDonalds provides free coffee coupons - available at the front desk.

Monday to Thursday, 9 - 4, Family Connection Centre
Monday to Thursday, 9 - 2:30, Friday 9:00 - noon, Spruce Grove Parent Link Centre

Early Childhood Developmental Domains were tested by a standardized (EDI) tool that measured the development of 70,000 Alberta children. The results can be found at www.ecmap.ca. All of our programs are presented with one or more of the five domains in mind. When you see the symbols you will know the primary focus of that activity. If you would like more information on Early Childhood Development, Ages and Stages Screening or other childhood development, please call 780-963-0549.



Physical Health & Well-Being: encouraging physical growth and independence, gross and fine motor skills and coordination.



Social Competence: encouraging playing well with others, curiosity about the world, respect for adults and other children, behaviour and following rules or instructions, independence, self-confidence and eagerness to explore new things.



Emotional Maturity: encouraging age-appropriate emotional understanding, empathy, reflection, controlled actions (thinking before doing).



Language & Thinking: encouraging reading, writing, classification of shapes, numbers, colours, size and concepts.



Communication Skills & General Knowledge: encouraging open communication of needs and wants in a socially appropriate way, storytelling and an appropriate awareness of the outside world.

ADHD & Anxiety with a Focus on Mindfulness

Anxiety may be defined as the act of worrying about an expected or feared future threat, and may be overwhelming at times. This is particularly the case when anxiety is combined with the struggles that are associated with ADHD. Mindfulness is the practice of being aware, accepting and non-judgmental of our present state. Join us for an evening of discussion about anxiety, ADHD, and self-regulation with a focus on practical mindful strategies.

Presenter: Aspire Psychological Services

Wednesday, Sept 20, 6:00 - 8:00, Family Connection Centre

The Different Looks of ADHD

This workshop will examine the different ways that ADHD can present itself in adolescence and in girls and boys. This workshop will provide participants an opportunity to learn about and participate in several different strategies to manage ADHD symptoms and include discussion on the causes of ADHD symptoms, diagnosis and misdiagnosis and treatment options.

Wednesday, Sept 27, 6:00 - 8:00, Family Connection Centre

Health for Two

This program provides information and support for a healthy pregnancy. Following the Public Health Agency of Canada's program guide, mothers receive pre-natal education, help with nutrition and links to community services and supports as needed. Participants can stay with the program until their child is one year of age. Registration is required as lunch is provided. Childcare is available with pre-registration.

Tuesdays, Sept 12 - Dec 19, 11:30 - 1:00, Family Connection Centre

Healthy Together

An innovative family education model for children 7 - 12 years to promote and support healthy lifestyles. The program involves a series of age-based group learning sessions that focus on healthy eating, physical activity, community engagement and offers children easy to use tools to support healthy lifestyle choices.

Tuesdays, Sept 21 - Nov 23, 4:00 - 5:00, Family Connection Centre

Autism Presentation

What does autism look like? Join us to learn about home based and school based strategies. An introduction to ABA treatment programs and practical implementation of behavior theory and strategies. Limited childcare available. Presenter: Erin Bond

Saturday, Sept 30, 9:30-11:30, Family Connection Centre

Take the Lead - For Girls

An empowering 4 week program for girls ages 9-12 that focuses on lifestyle choices that will impact healthy relationships. Each week we will be discussing a relevant topic and how it pertains to each of the participants. We encourage parents to follow up with their daughters and further discuss these topics. During our time together, we will each be making a scrapbook to keep. At the end of the 4 weeks, the girls will be able to bring home their creation. Call 780-963-0549 to register.

Family Connection Centre
Wednesdays, Sept 20 - Oct 11, 4:00 - 5:00

Spruce Grove Spruce Grove Parent Link Centre
Mondays, Oct 23 - Nov 13, 3:30 - 4:30

MOVIE NIGHT WITH DAD!

SHOWTIME: FRIDAY OCT. 13, 6-9 PM

ADMIT 5-9 YEAR OLDS +DAD

INCLUDES SUPPER, GAMES, PRIZES
COST: FREE! BOOK @ 780.963.0549



Do you have a support group looking for space to meet or are you interested in forming a group of like-minded parents? Consider using the Family Connection Centre or Spruce Grove Parent Link Centre - call Tiffany at 780-963-0549 to explore the options available.

Support Groups - where everyone is welcome and no registration is required

Postpartum Depression Support

A group for moms experiencing postpartum depression, presented by Alberta Health Services. Pre-arranged childcare is available.

Thursdays, 10:00 - noon
Family Connection Centre

Grandparents as Parents

A group for grandparents who are the primary caregiver of their grandchildren. Pre-arranged childcare is available.

Fridays, Sept 8 - Dec 22, 9:30 - noon
Family Connection Centre

Circle of Security

FCSS In partnership with Stony Plain & Spruce Grove FCSS
SPRUCE GROVE FCSS Family & Community Support Services

A program designed to help parents and caregivers become aware of their children's needs. Over the 5 weeks, parents learn to understand and interpret behaviour issues and respond appropriately. As observational skills increase so does the confidence parents and caregivers have in responding to the needs and in helping their children build a strong emotional foundation by teaching them to manage their emotions. Pre-registration is required. Childcare available.

Wednesdays, Oct 4 - Nov 8, 9:30 - 11:30, Family Connection Centre

Baby Sign

Teaching your baby sign language enables you to communicate more effectively and create language experiences that support early literacy. Babies respond early to positive reinforcement of their communication. This program is for parents with infants 0-12 months. Pre-registration is required.

Mondays, Sept 11 - Oct 2, 10:30 - 11:30, Stony Plain Library
Mondays, Oct 23 - Nov 13, 10:30 - 11:30, Spruce Grove Library

Tick Tock Time

Through interactive rhyme, parents and children learn songs, finger plays, simple movement games and stories to build important pathways in the brain. This program is a great way to strengthen the parent-child bond. Pre-registration is required.

French/English:	Tuesdays,	Oct 3 - Nov 21,	10:30 - 11:30,	Stony Plain Library
English:	Wednesdays,	Sept 27 - Nov 15,	10:30 - 11:30,	Grove Manor, Spruce Grove
German/English:	Thursdays,	Sept 28 - Nov 16,	10:30 - 11:30,	Stony Plain Library
English:	Fridays,	Sept 29 - Nov 17,	10:30 - 11:30,	Spruce Grove Library

Music & Motion

Children love music, dancing and moving to rhythmic beats, it is even more fun if they use an assortment of instruments to play along. This is a fun way to develop early literacy skills. Pre-registration is required.

Fridays, Sept 22 - Nov 24, 10:30 - 11:30, Family Connection Centre

Playing My Way to School

An interactive playgroup where parents and children 3-4 years old will have a chance to practice foundational skills to set them up for success when they go to school. Play-based activities will be provided to strengthen five areas of development: Physical Health and Well-Being; Social Competence; Emotional Maturity; Language and Thinking; Communication and General Knowledge. Pre-registration is required.

Thursdays, Oct 12 - Nov 2, 1:00 - 2:30, Family Connection Centre

Cooking with Kori

Parents are encouraged to include their children 4-5 years old in mealtime preparation, follow simple recipes, experiment with different flavours and play around with food. Parents are required to attend. Pre-registration required.

Thursdays, Sept 28 - Nov 2, 1:00 - 2:00, Spruce Grove Parent Link Centre

Crafternoons

A chance for children to explore, experiment, exercise imagination and experience creativity. In these sessions, everyone is an artist. Parents are required to attend. Pre-registration required.

Tuesdays, Oct 3, Nov 7,	1:00 - 2:00,	Family Connection Centre	4 & 5 year olds
Wednesdays, Sept 27, Oct 18, Nov 15, Dec 13,	1:00 - 2:00,	Spruce Grove Parent Link Centre	2 - 5 year olds

Little Chefs

A cooking and activity program for children 4 - 5 years. It incorporates fun, nutritional and interactive activities. Each week consists of a story, activity and cooking. Parents are required to attend. Pre-registration required.

Wednesdays, Sept 13 - Oct 18,	10:00 - 11:30,	Family Connection Centre
Wednesdays, Oct 25 - Nov 29	10:00 - 11:30,	Family Connection Centre

