



January-March 2013

10142 101 Ave
(across from the Post Office)

Parent-Child Mother Goose Program

A group experience for families with children birth-4yrs.

- ❖ Rhymes/songs
- ❖ Storytelling
- ❖ Healthy snack



Choose your day and sign up
Tuesday 10-11am Jan.08-Mar.12, 2013
Friday 10-11am Jan.11-Mar.15, 2013

250-785-6021 ext.232 (Pam)
Ongoing registration while space available

Programs are FREE and all families welcome!
250 785-6021 ext.232 or www.npcrs.bc.ca

Family Fun Night

Fun for the whole family!

- ❖ Crafts
- ❖ Family Activities
- ❖ Healthy snack

Drop-in: Fridays 6-8pm
Please check schedule for dates

Nobody's Perfect Parenting Program

For parents of children birth-5 years

Discuss real life parenting situations & solutions-an 8 week series

Potty Training, Bedtimes, Healthy Eating, Sibling Rivalry, Dealing with Challenging Behaviours & Positive Discipline, Stress & Healthy Ways to Cope and Child Development-What's normal?

Next session January 23-March 13, 2013 Wednesdays 6-8pm

Childcare & Transportation available

Pre-registration required 250 785 6021 ext. 232 Pam

Daddy & Me

For Dads/male caregivers and their children 6 years and under.

Community Events

Jan.12 Sat. 3:30-4:30pm or 4:30-5:30pm **Gymnastics** NP Gymnastics 9805 96Ave

- **Must pre-register** The Family Place 250-785-6021 ext.232 (limited space)

Feb.23 Sat. 10:30-11:30am **Kindermusik** Simply Music 9013 100Ave

Mar.09 Sat. 1-2:30pm **Come & Build** NPCRS: The Family Place 10142 101Ave.

Strong Start Gym Nights (Jan.9, Feb.13, Mar.13)

2nd Wed. of the month 6-7:30pm -Robert Ogilvie School 9907 86St.

