



FALL 2010 PROGRAMS

September - December

PROGRAM	Location	Day	Dates	Times
Early Childhood Education Programs (Registration Required & Drop-In)				
Books for Babies	Millbourne	Mondays	October 18 – November 8	10:00 am – 11:00 am
Bedtime Rhymes & Story Time	#MWPL	Mondays	September 20 – November 15 (no group on October 11)	6:30 pm – 7:15 pm
NEW! Leaps and Bounds – Developmental Check-Up Event	Knottwood	Saturday	October 2	1:00 pm – 4:00 pm
Me and My Buddy	*MWRC	Saturdays	September 25, October 30, November 27	1:30 pm – 2:30 pm
Pat-A-Cake Kids	**SEAC	Fridays	October 1 – December 3	10:00 am – 11:00 am
Rhymes, Songs, and Story Time	***MWTC Mill Creek Room	Wednesdays	September 22 – November 24	10:00 am – 11:00 am 1:00 pm – 2:00 pm
		Thursdays	September 23 – November 25 (no group on November 11)	1:00 pm – 2:00 pm
Rhymes that Bind	Millbourne	Tuesdays	September 21 – November 23	10:00 am – 11:00 am
NEW! Sing, Play & Learn	Knottwood	Tuesdays	September 14 – November 9	1:00 pm – 2:00 pm
Child and Youth Programs (Registration Required & Drop-In)				
Homework Club	Knottwood	Wednesdays	September 29 – December 8	4:00 pm – 5:00 pm
Southwood Youth Drop-In	#Southwood	Thursdays	Ongoing	3:00 pm – 4:30 pm
Family Support Programs (Registration Required)				
Collective Kitchen	**SEAC	Saturdays	Call 780-413-4521	1:00 pm – 4:00 pm
Managing Motherhood	Knottwood	Mondays	September 20 – November 15 (no group on October 11)	1:00 pm – 2:30 pm
Rainbows & Prisms	Knottwood	Mondays	September 27 – December 6 (no group on October 11)	6:30 pm – 8:00 pm
Family Matters	Knottwood	Tuesdays	September 28 – November 16	6:30 pm – 8:00 pm
Family, Youth & Substance Abuse	Millbourne	Wednesdays	October 20 – November 24	6:30 pm – 8:00 pm
Parenting Programs (Registration Required)				
Your Child & You	Knottwood	Thursdays	September 23 – December 2 (no group on November 11)	6:00 pm – 8:30 pm
Parenting Teens	Millbourne	Mondays	October 18 – November 22	6:30 pm – 8:00 pm
Parenting Young Children in Canada	Knottwood	Tuesdays	September 14 – November 2	10:00 am – 11:30 am
NEW! Triple P Seminars – Power of Positive Parenting	##MWPL	Tuesdays	November 23 – December 7	6:00 pm – 8:00 pm
Adult Programs (Registration Required)				
Adult Tutoring	Millbourne	Call Centre for Family Literacy for times 780-421-7323		
Count to Ten	Millbourne	Thursdays	October 7 – December 2 (no group on November 11)	6:30 pm – 8:00 pm

Mill Woods Family Resource Centre has three sites to serve you:

Knottwood Site: 1733 Millwoods Road (Approximately 17th Avenue and 80th Street)

Millbourne Community Site: 3756 – 78 Street

Millhurst Site: 5704 – 19A Avenue

Around Mill Woods:

*Mill Woods Recreation Centre (Indoor Playground – 3rd floor): 7207 – 28 Avenue

**South Edmonton Alliance Church: 6508 – 31 Avenue

***Mill Woods Town Centre Mall: 2331 – 66 Street

Southwood Community League 1880 – 37 Street (next to Daly Grove school)

(MWPL) Mill Woods Public Library: 2331 – 66 Street

How to find us

Knottwood Site 1733 Millwoods Road

Directly across from the 7-11 in the Ekota 1 complex, approximately 17 Ave & 80 Street.



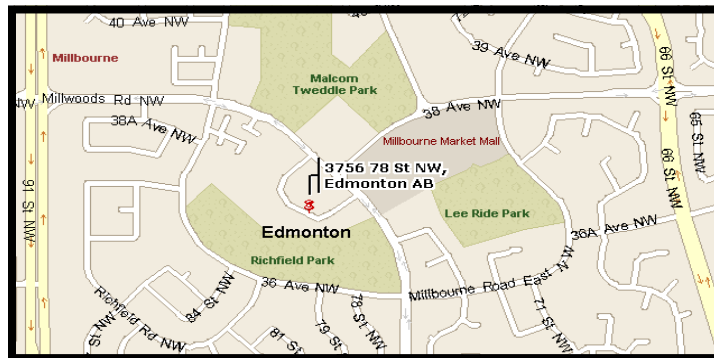
Parking: Available on the street only (No parking in the complex)

Bus: Stop #3051 Northbound and #3549 Southbound (Bus #64 or #65)

Hours: 9am – 5:00 pm Monday to Friday. Closed daily for lunch from 12 noon to 1:00 pm

Millbourne Site 3756-78 Street.

Located in the Richfield III housing complex.



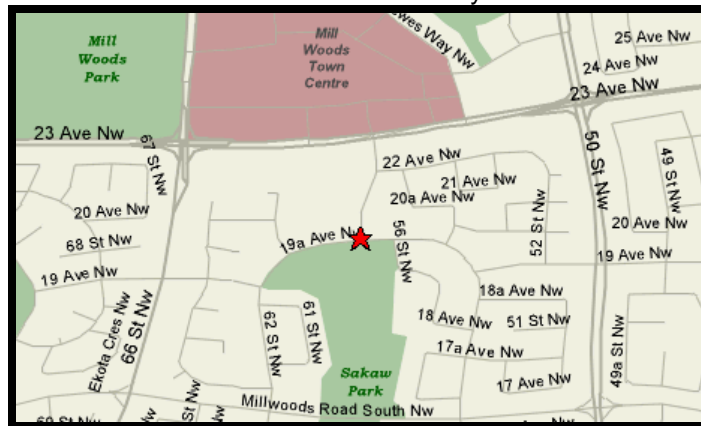
Parking: Available on the street only (No parking in the complex)

Bus: Stop #3352 Northbound and #3345 Southbound (Bus #6 or #8)

Hours: 9am to 5:00 pm Monday to Friday. Closed daily for lunch from 12 noon to 1:00 pm

Millhurst Site 5704 – 19A Avenue

Located across the street from Meyokumin School



Parking: Available in front of the building

Bus: Stop #3088 (bus # 62 or #63)

Hours: 9am to 4:30 pm Monday to Friday. Closed for lunch from 12:30 pm – 1:30 pm

EARLY CHILDHOOD EDUCATION PROGRAMS



Our Early Childhood Education Programs are geared towards children birth to 5 years, offering parents and caregivers opportunities and experiences to develop their children's social, emotional, physical and cognitive growth through activities such as early literacy skills, socialization, and learning through play and music.

Books for Babies (Birth to 12 months)

Playful parents of bouncing babies under 12 months of age are welcome to learn the importance of reading to their infant. Discover the benefits sharing books can offer and take a free book home for every time you attend this 4 week group! **Registration Required**
Partnership: Centre for Family Literacy

Bedtime Rhymes & Story Time (Birth – 5 years)

Snuggle up with your little one while reading a dreamy bedtime story and singing some fun rhymes and songs. Children ages birth to 5 years and their older siblings are welcome to arrive in their pajamas and bring along their favourite teddy bear to this evening group.
Drop-In

NEW! Leaps and Bounds – Developmental Check-Up Event (3 – 5 years assessment)

Come and join us for a fun fall afternoon where you and your child aged 3 – 5 years can spend time together doing fun activities while you learn about your child's development, strengths and interests. Learn strategies to encourage healthy development and school readiness. Have a snack and spend some time meeting other families. **Registration Required**

Me and My Buddy (Dads group for birth - 5 years)

A group for children ages birth to 5 years (older siblings welcome) and their *male role-model* (dad, step-dad, grandpa, uncle, etc.) Learn new songs, meet other dads, and enjoy a healthy snack while playing at the best indoor playground in Mill Woods! It's a great time to bond with your Buddy! Sorry, NO moms allowed! **Drop-In**

Pat-A-Cake Kids (3 – 5 years)

A fun, interactive playgroup where you and your little one(s) ages 3 to 5 years can share in singing popular songs and rhymes, read stories, and join in for crafts and activities. **Drop-In**
Space provided by: South Edmonton Alliance Church

Rhymes, Songs, and Story Time (Birth – 3 years)

A group that has a structured and repetitive routine which helps children ages birth to 3 years increase their memory and language skills. Join us in singing popular songs and rhymes. Children of all abilities and older siblings welcome. (Please note there will be no group on November 11) **Drop-In**

Rhymes that Bind (Birth – 3 years)

Parents and their children ages birth to 3 years gain the tools to form a strong bond through songs and rhymes at this group. **Drop-In**
Partnership: Centre for Family Literacy

NEW! Sing, Play & Learn (Birth – 5 years)

A group where parents and children ages birth to 5 years meet to sing songs, share a story and socialize with others. Come and meet new friends and spend time playing with educational toys. **Registration Required**

CHILD AND YOUTH PROGRAMS

Homework Club (Homework support)

We are pleased to offer Homework Club at our Knottwood site! Volunteers are on site to assist students in Grades 1 through 7 with work on school projects and to provide homework support. **Registration Required**

Southwood Youth Drop-In (Recreation and Socialization)

Nothing to do after school on Thursdays? Youth ages 12 to 16 years come and join us for basketball, street hockey, dodge ball, volleyball, crafts, art and a whole lot of other fun activities. YOU decide what we do each week. Feel free to bring your friends along to this no-cost group! **Drop-In**



FAMILY SUPPORT PROGRAMS

Collective Kitchen (Low-Cost Food Preparation)

Plan and prepare 3-5 nutritious meals to take home. Only \$2.00 per family member. Space is limited! Planning session occurs online for your convenience. Bring plastic containers to store your meals! **Registration Required**
Space provided by: South Edmonton Alliance Church

Managing Motherhood (Post Partum Depression Support)

This weekly program gives mothers experiencing symptoms of postpartum depression an opportunity to listen, share, and be heard! Learn more about yourself, your baby, and how to be healthy together. Come and meet with other moms who are sharing your experience. Childcare provided on a registration basis. (Please note there will be no group on October 11th) **Registration Required**
Partnership: Alberta Health Services

Rainbows & Prisms (Families experiencing divorce or separation)

Rainbows assists children 5 to 14 years old who are experiencing life changes due to family divorce and/or separation. Children learn to express their feelings and develop coping skills. Parents participate in *Prisms*, a complimentary program for caregivers to learn effective ways to communicate with their children and understand how separation and divorce affect the family unit. (Please note there will be no group on October 11th) **Registration Required**

****There is a \$10 fee to cover the cost of children's workbook as well as a \$25 refundable deposit****

Family Matters (Anger management for 9 - 12 year olds)

An anger management group for parents and children ages 9 to 12 years. Children will learn to understand and control their anger. Parents will discover new ways to communicate with their children and help them deal with anger appropriately. **Registration Required**

Family, Youth & Substance Abuse (For parents of youth 12 – 18 who are/may be using drugs/alcohol)

Are you a parent or guardian of a youth (ages 12 – 18 years) who is using alcohol or drugs? Alberta Health Services – Addiction and Mental Health: Youth Services is providing a four-session workshop for family and concerned parent/guardians who would like to learn more about youth and substance use. These sessions will include such topics as: drugs commonly used by youth, signs of youth substance use, building relationships with youth and supporting youth in recovery from substance use. **Registration Required – For inquiries or registration, contact Youth Community Services Edmonton at 780 422 3602. Please leave a message.**

Partnership: Alberta Health Services – Addiction and Mental Health; Youth Community Services

PARENTING PROGRAMS

Your Child & You (Parents of 2 – 12 year olds)

Caregivers will learn about their unique parenting styles, children's misbehaviour, discipline strategies, and effective communication skills. Some topics covered are sibling rivalry and building self-esteem in children. **Registration Required**

Parenting Teens (Parents of 12 – 17 year olds)

A workshop to help understand why teenagers act the way they do. Learn useful tools to manage behaviour and discover new solutions to common situations. **Registration Required**

Parenting Young Children in Canada (Newcomers to Canada)

A unique program for immigrant mothers new in Canada to attend with their pre-school children. This program helps mothers learn about the Canadian culture and how to utilize community resources. In addition, there will be an opportunity to practice new skills and meet new people. **Registration Required**

NEW! Triple P Seminars – Power of Positive Parenting (Parents of children 5 – 12 years old)

Parents of children 5 – 12 years old will be introduced to the principles and techniques of positive parenting. The three seminars are “The Power of Positive Parenting”, “Raising Confident, Competent Children” and “Raising Resilient Children”. Parents can attend one seminar or all three. **Registration Required**

ADULT PROGRAMS

Adult Tutoring (Literacy and English Language Learning)

An opportunity to work with a volunteer who can provide help with reading and writing. Volunteers can also help you fill out applications and important documents. **Call the Centre for Family Literacy to Register; 780-421-7323**

Partnership: Centre for Family Literacy

Count to Ten (Anger Management - adults)

An adult education & support group for those wanting to learn effective ways to deal with anger. Develop an awareness of how anger can affect your life and those you love. Participants should be prepared to attend regularly. **Registration Required**



OTHER MILL WOODS FAMILY RESOURCE CENTRE SERVICES

Developmental Check-up (4 months – 5 years assessment)

Are you curious to know if your child (aged 4 months to 5 years) is developing typically? Make an appointment to meet with our Early Childhood Development staff to complete an Ages & Stages questionnaire and receive immediate feedback. Our staff will provide you with tips and activities to try at home with your child and also refer you to other services or groups that will be beneficial to your family. **Contact 780-413-4521 to schedule an appointment**

Home Visitation Program

This program focuses on the role of the parent and how they can contribute to their child's growth and development. Family Enrichment Workers assist in locating community resources while providing information on child development to meet the needs of each family. First time parents may join before baby's birth or up to 3 months of age. **Contact the Family Enrichment Program Coordinator**

Outreach Program (One on One support)

Outreach workers are available to: assist you in accessing resources in the community, improve your parenting skills, help you to develop personal goals, provide self-esteem and awareness support, help with resumes and cover letters or assess your child's developmental milestones. **Contact 780-413-4521 to schedule an appointment**

Parents as Teachers Program

This program supports parents in gaining knowledge and skills for their child's healthy development. Parent Educators provide parents with practical information, education and support during the first 3 years of a child's development. Families must live in Mill Woods. **Contact the Parents as Teachers Coordinator**

Volunteer Program

Many meaningful opportunities are available in our agency. People of all ages looking for resume experience, community service hours, play time and/or an opportunity to make a difference in the community are welcome. Volunteer positions include program facilitation, childcare, special events, marketing, Board of Directors and much more! **Contact the Coordinator of Volunteer Services**

UPCOMING EVENTS

Coats for Kids and Families

Once again, we will be a depot site for the United Way's Coats for Kids and Families campaign. If you are in need of warm winter clothing, please visit us in November. Location and time details will be on our website or you can call us directly for information. Please call 211 for other depot locations and dates in Edmonton.

Winter is an etching, spring a
watercolor, summer an oil painting
and autumn a mosaic of them all.

~Stanley Horowitz





OUR PARTNERSHIPS AND SUPPORTERS

We enjoy many relationships with other agencies and businesses in the community. They include:



MILL WOODS RECREATION CENTRE

South Edmonton Alliance Church

OUR FUNDERS

We are able to provide quality, no-cost programs due to the financial support of the following organizations:



CALL 780 413-4521 for more information or visit our website www.mwfrc.org



Children are one third of our population and all of our future.
~Select Panel for the Promotion of Child Health, 1981