



April – June Spring 2010 Programs

PROGRAM	Location	Day	Dates	Times
Early Childhood Development Programs (Registration Required & Drop-In)				
Preschool Play Time	Knottwood	Thursdays	April 8 – June 10	9:30 am – 11:30 am
Everyday Learning with Your Child	Knottwood	Saturdays	April 17, May 15, June 19	10:00 am – 11:30 am
Me & My Buddy	**MWRC	Saturdays	April 24, May 29, June 26	1:30 pm – 2:30 pm
Pat-a-Cake Kids	***SEAC	Fridays	April 9 – June 11	10:00 am – 11:00 am
Rhymes, Songs, and Story Time	*MWTC Mill Creek Room	Wednesdays	April 7 – June 16	10:00 am – 11:00 am 1:00 pm – 2:00 pm
		Thursdays	April 8 – June 17	1:00 pm – 2:00 pm
Stay and Play	Knottwood	Mondays	April 12 – June 21 (No group on May 24)	1:00 pm – 3:00 pm
Child and Youth Programs (Registration Required & Drop-In)				
Count to Ten for Teens	Millbourne	Tuesdays	April 13 – June 1	6:30 pm – 7:30 pm
Homework Club	Knottwood	Wednesdays	April 14 – June 16	4:00 pm – 5:00 pm
Southwood Youth Drop-In	##Southwood	Thursdays	Ongoing	2:30 pm – 4:30 pm
Summer Camps	Knottwood	Registration begins April 12th		
Exciting Expressions	Knottwood	Mon - Fri	July 5 – July 16	9:00 am – 5:00 pm
Super Solvers	Knottwood	Mon - Fri	July 19 – July 30	9:00 am – 5:00 pm
Mad Attack	Knottwood	Mon - Fri	August 3 – August 13 (No camp on Mon. Aug. 2)	9:00 am – 5:00 pm
Get Up & Go	Knottwood	Mon - Fri	August 16 – August 27	9:00 am – 5:00 pm
Family Support Programs (Registration Required)				
Adult Tutoring	Millbourne	Call Centre for Family Literacy for times 780-421-7323		
Count to Ten	Millbourne	Thursdays	April 1 – May 6	6:00 pm – 8:00 pm
Family, Youth, and Substance Use	Millbourne	Wednesdays	April 7 – April 28	6:30 pm – 8:00 pm
Managing Motherhood	Millbourne	Mondays	April 12 – June 7 (No group on May 24)	1:00 pm – 2:30 pm
Rainbows & Prisms	Knottwood	Tuesdays	April 13 – June 15	6:30 pm – 8:00 pm
Women's Workshop	Knottwood	Wednesdays	April 14 – June 2	10:30 am – 12 noon
Parenting Programs (Registration Required)				
Family Matters	Knottwood	Mondays	April 12 – June 7 (No group on May 24)	6:30 pm – 8:00 pm
Parenting Teens	Millbourne	Mondays	April 12 – May 17	6:30 pm – 8:00 pm
Parenting Young Children in Canada	Knottwood	Tuesdays	April 13 – June 1	1:00 pm – 2:30 pm
NEW! Teen Triple P Seminar	*MWTC Library	Thursdays	May 27, June 3, June 10	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 Town Centre Mall:** 2331 – 66 Street

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

*****South Edmonton Alliance Church:** 6508 – 31 Avenue

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

Call 780 413-4521 for more information

Or visit us on the internet at www.mwfrc.org

MWFRC is on Facebook!

We've created a page to keep you up to date about what's going on in our agency. Become a fan and stay connected!

How to find us



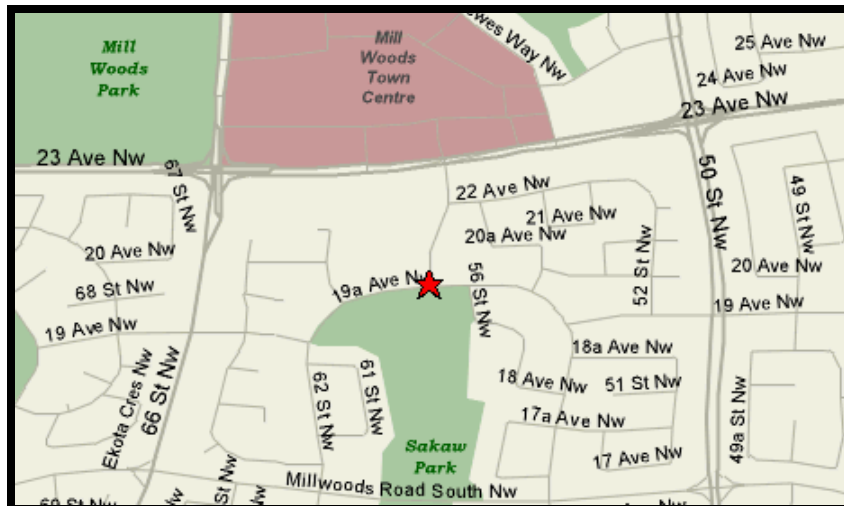
Knottwood Site 1733 Millwoods Road

Directly across from the 7-11 in the Ekota 1 complex, approximately 17 Ave & 80 Street. By bus: the northbound bus stop number is 3051 and the southbound bus stop number is 3549.



Millbourne Site 3756-78 Street. Located in the Richfield housing complex.

By bus: the northbound bus stop number is 3352 and the southbound bus stop number is 3345.



Millhurst Site 5704-19 A Ave (Bus Stop #63)



EARLY CHILDHOOD DEVELOPMENT PROGRAMS

Preschool Play Time

This group is a special program for children between the ages of 3 to 5 years only. This fun preschool group is based on popular children's books. Parents must attend the parent discussion group. Coffee will be offered at the same time! **Registration Required**

Everyday Learning with Children

Find out how you can turn play and everyday family routines into amazing learning opportunities for your child aged 18 months to 4 years.

Registration Required

Partnership: Alberta Health Services

Me and My Buddy

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**

Partnerships: Alberta Health Services & Mill Woods Recreation Centre

Pat-A-Cake Kids

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, have a snack, and join in for crafts and activities. **Drop-In**

Space for this program generously donated by the South Edmonton Alliance Church.

Rhymes, Songs, and Story Time

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. **Drop-In**

Partnership: Alberta Health Services

Stay and Play

A group where parents and children ages birth to 5 years meet and socialize with others. Come meet new friends and play with our wide variety of toys! Older siblings are welcome. Coffee, water, and a small snack will be provided. **Drop-In**

Please Note: There will be no group on May 24.



CHILD AND YOUTH PROGRAMS



Count to Ten for Teens

An 8-week course designed to encourage youth 13 to 17 years to deal more effectively with their anger and learn creative ways to express themselves appropriately. **This program is available due in part to a generous donation from CIBC's Community Foundation. Registration Required**

Homework Club

We are pleased to offer Homework Club at our Knottwood site! Volunteers are on site to assist students in Grades 1 through 9 with work on school projects and to provide homework support. **Registration Required**

Southwood Youth Drop-In

Youth ages 12 to 16 years come and join us for basketball, street hockey, dodge ball, volleyball, and a whole lot of other fun activities. YOU decide what we do each week. Feel free to invite your friends along as well to this no-cost group! **Drop-In**

Summer Camps

A chance for kids who have completed Kindergarten to 12 years of age to have some fun and make new friends for two weeks during the summer! We will be doing lots of fun activities like crafts, games and outdoor activities. **Registration Required - ONE camp per child.**

****There is a \$25.00 refundable deposit that is due by June 1, 2010 to hold your child's spot in the camp.****

Exciting Expressions – Learn about friendships and self esteem!

(Please Note: There will be no camp on August 2)

Super Solvers – Problem solving is fun!

Mad Attack – Find new ways to express yourself!

Get Up and Go – Keep active and exercise!



FAMILY SUPPORT PROGRAMS

Adult Tutoring

An opportunity to work with a volunteer who can provide you help with reading and writing. Volunteers will also help 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

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**

Managing Motherhood

Learn more about yourself, your baby, and how to be healthy together. This weekly program gives mothers experiencing symptoms of postpartum depression an opportunity to listen, share, and be heard! Come meet with other moms who are sharing your experience. Childcare provided on a registration basis. **Registration Required**

Please Note: There will be no group on May 24.

Rainbows & Prisms

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. **Registration Required**

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

Women's Workshop

A series of self enhancement classes that focus on YOU! Topics may include: stress and anger management, boundaries, and building positive self esteem. Childcare and a healthy snack will be provided.

Registration Required

Family, Youth and Substance Use

Are you a parent or guardian of a youth (ages 12 to 18 years) who is abusing alcohol or drugs? Alberta Health Services – Addiction and Mental Health Youth Services is providing a four-session workshop this spring for family and concerned parent/guardians who would like to learn more about youth and substance use. These sessions will include such topics such as: drugs commonly used by youth, signs of youth substance use, building relationships with youth and supporting a youth in recovery from substance use.

Registration Required

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

For inquiries or registration, please contact Community Youth Services Edmonton at 780-422-3602. Please leave a message.



PARENTING PROGRAMS

Family Matters

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**
Please Note: There will be no group on May 24.

Parenting Teens

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

Parenting Young Children in Canada

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

NEW - Teen Triple P Seminar Series

This series of seminars is designed to introduce parents to the principles of positive parenting. Parents will learn how to use these principles to encourage teenagers to learn the skills and competencies they need to develop independence and to promote their health, development and well-being. The three seminar topics are: Raising Responsible Teenagers, Raising Competent Teenagers, and Getting Teens Connected. Parents are encouraged to register for all three seminars; however, registration will be taken for individual seminars. **Registration Required**

OTHER MILL WOODS FAMILY RESOURCE CENTRE SERVICES

Developmental Check-up!

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 Home Visitation Coordinator**

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 and 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. **Contact the Parents as Teachers Coordinator to find out if you are eligible for the program.**

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**

OUR PARTNERSHIPS



We enjoy many partnerships 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



**“No matter how long the winter, spring is sure to follow.”
~Proverb~**