



July - August SUMMER 2009 PROGRAMS

PROGRAM	Location	Day	Dates	Times
Early Childhood Development Programs (Registration & Drop-In)				
NEW! Dramatic Story Time	*MWTC Library	Fridays	July 10 – August 14	10:30 am – 11:30 am
Rhymes, Songs, and Story Time	*MWTC Mill Creek Room	Wednesdays	July 8 – August 26	10:00 am – 11:00 am 1:00 pm – 2:00 pm
		Thursdays	July 9 – August 27	1:00 pm – 2:00 pm
Talk and Walk	Millbourne	Thursdays	July 9 – August 27	10:30 am – 12 noon
Child and Youth Programs (Registration Required)				
Kid Quest	Millbourne	Mondays	July 6 – August 24	1:00 pm – 2:30 pm
Southwood Youth Drop-In	##Southwood	Thursdays	Ongoing	3:00 pm – 4:30 pm
Family Support Programs (Registration Required)				
Adult Tutoring	Millbourne	Call Centre for Family Literacy for times 780-421-7323		
Count to Ten	Knottwood	Thursdays	July 9 – August 27	6:30 pm – 8:00 pm
NEW! Family Fun in the Sun	Millbourne	Wednesdays	July 8 – August 26	10:30 am – 12:30 pm
Parenting Programs (Registration Required)				
NEW! Parents Supporting Parents	Millbourne	Thursdays	July 9 – August 27	1:30 pm – 3:00 pm
Positive Parenting	Millbourne	Tuesdays	July 7 – August 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 Town Centre Mall:** 2331 – 66 Street

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

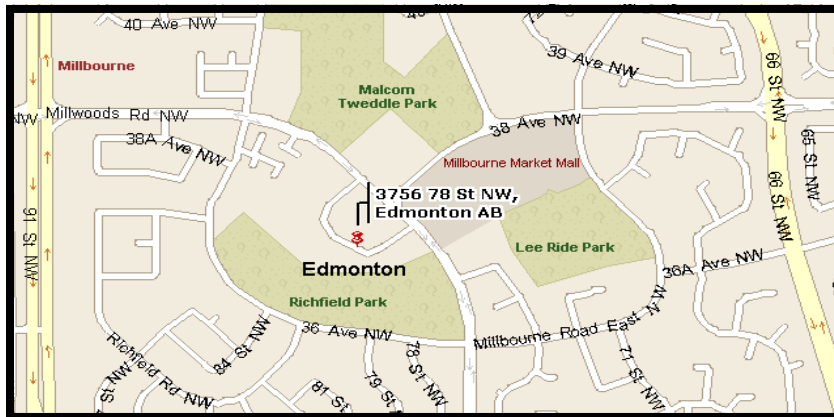
Call 780 413-4521 for more information
Or visit us on the internet at www.mwfrc.org

How to find us



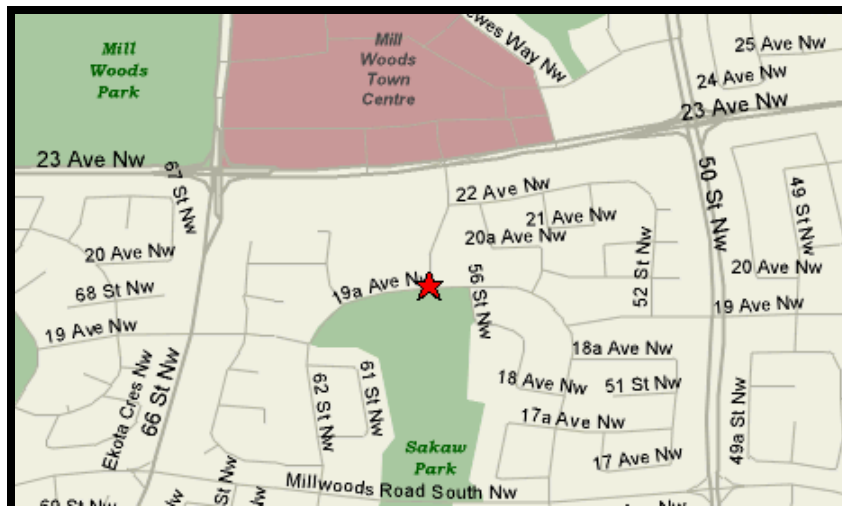
Knottwood Site 1733 Millwoods Road

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 (Route 63)



EARLY CHILDHOOD DEVELOPMENT PROGRAMS

NEW - Dramatic Story Time

Come enjoy a fun and interactive dramatic story time for you and your children ages birth through 5 years. We'll enjoy the opportunity to express ourselves with faces, character voices, and sound effects. **Drop-In**

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

Talk and Walk

A group for moms with babies under 1 year of age! Bring your walking shoes and stroller! Class will discuss nutrition and healthy living, followed by a walk in the community. See how physical activity increases energy and builds confidence! **Drop-In**

CHILD AND YOUTH PROGRAMS

Kid Quest

For kids only! 5-12 year olds will experience sports, games, treasure hunts, and obstacle courses – you never know what to expect! Have fun with your neighbourhood friends! (There will be no group on August 3rd) **Drop-In**

Southwood Youth Drop-In

Youth ages 12 to 16 years come and join us for 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**

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**

NEW- Family Fun in the Sun

This is an interactive group that will provide structured activities that appeal to adults and kids alike. Activities range from preparing a nutritious snack for the day to interactive crafts for adults and children. Don't forget about the outdoor games at the park! Come out and meet some new friends, you may learn some new ways to have fun too! No childcare offered for this program, but child supervision is required during activities and outdoor games. **Drop-In**

PARENTING PROGRAMS

NEW- Parents Supporting Parents

A parent-led group where participants can talk about a variety of issues related to parenting children between the ages of birth to 10 years. This forum will provide an opportunity for parents to mentor other parents and brainstorm strategies to deal with parenting challenges. **Registration Required**

Positive Parenting

This 6-week workshop will provide parents with practical tools that help encourage children's positive behaviours. Social skills sessions are available for children 5 – 12 years of age. **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**

Family Enrichment Program (formerly known as the 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 Team Members 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**

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. 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**

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

“What a beautiful, sunny morning. It makes you happy to be alive, doesn't it? We can't let the sun outshine us! We have to beam too!”

~Takayuki Ikkaku~