



# July - August Summer 2010 Programs

PROGRAM	Location	Day	Dates	Times
<b>Early Childhood Development Programs (Registration Required &amp; Drop-In)</b>				
Dramatic Story Time	*MWTC Library	Mondays	July 12 – August 16 (No Group August 2 <sup>nd</sup> )	10:15 am – 11:00 am
Pat-a-Cake Kids	***SEAC	Fridays	July 16 – August 20	10:00 am – 11:00 am
Rhymes, Songs, and Story Time	*MWTC Mill Creek Room	Wednesdays	July 7 – August 11	10:00 am – 11:00 am 1:00 pm – 2:00 pm
		Thursdays	July 8 – August 12	1:00 pm – 2:00 pm
<b>NEW!</b> Talk & Walk	*MWTC	Thursdays	July 22 – August 26	11:00 am – 12:00 pm
<b>Child and Youth Programs (Registration Required &amp; Drop-In)</b>				
<b>NEW!</b> Creative Kids	Millbourne	Tuesdays	July 6 – August 10	2:00 pm – 3:30 pm
Southwood Youth Drop-In	##Southwood	Thursdays	Ongoing	3:00 pm – 4:30 pm
<b>Family Support Programs (Registration Required)</b>				
Count to Ten	Knottwood	Wednesdays	July 14 – August 18	6:00 pm – 8:00 pm
<b>Parenting Programs (Registration Required)</b>				
Positive Parenting	Millbourne	Tuesdays	July 20 – August 24	6:30 pm – 8:00 pm
<b>NEW!</b> Triple P One-on-One Parenting Support	Please call Debbie at 780-413-4521 Ext. 207 to set up an appointment			

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

**Knottwood Site:** 1733 Millwoods Road (Approximately 17<sup>th</sup> Avenue and 80<sup>th</sup> Street)

**Millbourne Community Site:** 3756 – 78 Street

**Millhurst Site:** 5704 – 19A Avenue

Around Mill Woods:

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

\*\*\***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](http://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

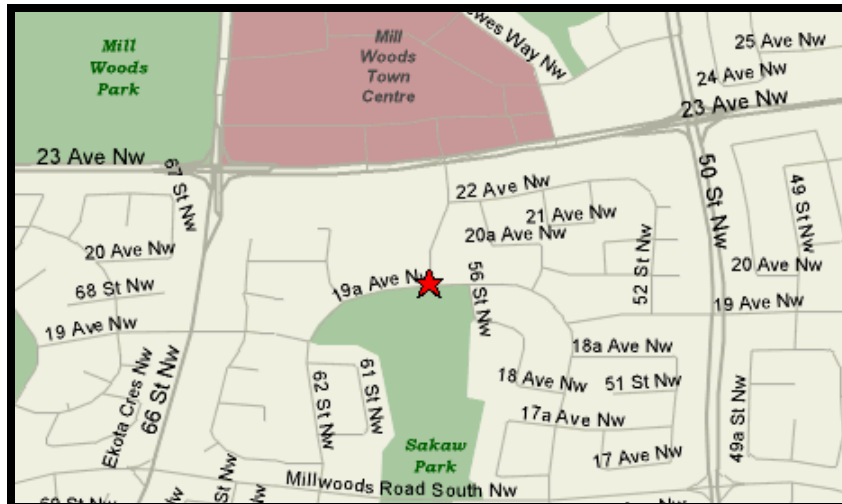
Directly across from the 7-11 in the Ekota 1 complex, approximately 17 Ave & 80 Street.

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. Across the street from Meyokumin School.

By Bus: The bus stop number is #3088. Both Bus Routes #62 or #63 will provide access to this site.



## **EARLY CHILDHOOD DEVELOPMENT PROGRAMS**

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### **Dramatic Story Time**

Come enjoy a fun and interactive dramatic story-time for you and your children ages 2 through 5. Older siblings are welcome.  
**Registration Required**

### **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, and join in for crafts and activities. **Drop-In**  
Space for this program is 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

### **NEW! Talk and Walk**

A group for moms and their babies! Bring your walking shoes and stroller and meet us at Mill Woods Town Centre! Class will provide nutrition and healthy living tips and will be followed by a walk in the community. See how physical activity increases energy and builds confidence! **Registration Required**



## **CHILD AND YOUTH PROGRAMS**

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### **NEW!! Creative Kids**

For kids only! 5 – 12 year olds will learn about social skills, such as making friends, problem solving, and self-esteem through a variety of creative outdoor games, crafts, and activities! Kids – have fun with neighbourhood friends and let yourself shine this summer!  
**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**

## **FAMILY SUPPORT PROGRAMS**

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### **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**

## PARENTING PROGRAMS

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### **Positive Parenting**

This 6-week workshop will provide parents of children 5 to 10 years of age with practical tools that help to encourage children's positive behaviours. **Registration Required**

### **NEW - Triple P One-on-One Parenting Support**

Is this you? Being a parent should be easier than this! Perhaps you can't take your child shopping because they throw a tantrum every time. Or maybe you have a child that makes bedtime a nightmare! Primary Care Triple P is a brief and private way for parents of children ages 6 months to 17 years to get Triple P Support. There are just four sessions with you (and/or your partner) and the Triple P Practitioner.

**Contact Debbie at 780-413-4521 ext. 207 to schedule an appointment**

## OTHER MILL WOODS FAMILY RESOURCE CENTRE SERVICES

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### **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 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 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

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



MILL WOODS RECREATION CENTRE

South Edmonton Alliance Church



## OUR FUNDERS

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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](http://www.mwfrc.org)**



**“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken”!**

**~James Dent~**