



WINTER 2012 PROGRAMS

January - March

NEW REGISTRATION PROCEDURE!

Sign up for all of our groups requiring registration (excluding Spring Break camp) will begin on January 4, 2012 at 9:00 am. No registrations will be accepted until this date.

PROGRAM	Location	Day	Dates	Times
Early Childhood Education Programs (Registration Required & Drop-In)				
Rhymes that Bind	*Hillview Church	Tuesdays	January 17 – March 20	10:00 am – 11:00 am
Rhymes, Songs, and Story Time – Infants & Toddlers	***MWTC Mill Creek Room	Wednesdays	January 18 – March 21	10:00 am – 11:00 am 1:00 pm – 2:00 pm
Rhymes, Songs, and Story Time – Preschoolers	**SEAC	Fridays	January 20 – March 23	10:00 am – 11:00 am
Me and My Buddy	##MWRC	Saturdays	January 21, February 18, March 17	1:00 pm – 2:00 pm
Books for Babies	Millbourne	Mondays	April 16 – May 7	10:00 am – 11:00 am
Child and Youth Programs (Registration Required)				
Spring Break Camps	Knottwood	Monday to Friday	March 26 – March 30 (Registration begins January 30 at 9:00 am) NEW! Register online at www.mwfr.org or by phone	9:00 am – 12:00 pm OR 1:00 pm – 4:00 pm
Family Support Programs (Registration Required)				
Managing Motherhood	**SEAC	Mondays	February 6 – April 9 (no group February 20 and March 26)	1:00 pm – 2:30 pm
Rainbows & Prisms	Knottwood	Tuesdays	January 24 – March 20	6:30 pm – 8:00 pm
Family Matters	Knottwood	Mondays	January 30 – March 12 (no group February 20)	6:30 pm – 8:00 pm
Parenting Programs (Registration Required)				
Group Triple P Positive Parenting 0 – 12 years	Knottwood	Thursdays	February 2 – March 15	6:00 pm – 8:00 pm
Group TEEN Triple P Positive Parenting 13 – 17 years	Knottwood	Saturdays	February 4 and February 11	10:00 am – 2:00 pm
One on One Triple P Parenting Support	Beginning January 9 Call 780 413 4521 to schedule an appointment with a Triple P Practitioner			
Home Visitation Program	Call 780 413 4521 to learn more about this program for first time parents (or first time parents in Canada) with babies up to 3 months of age			
Parents as Teachers Program	Call 780 413 4521 to book a trial visit if you live in Mill Woods and have a child up to 3 years of age.			
Adult Programs (Registration Required)				
Adult Tutoring	Millbourne	Call Centre for Family Literacy for times 780-421-7323		
Count to Ten	Knottwood	Wednesdays	February 1 – March 21	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:

*Hillview Church: 253 Woodvale Road West

**South Edmonton Alliance Church: 6508 – 31 Avenue

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

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

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 daily for lunch from 12:00 noon to 1:00 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.

Rhymes that Bind (Birth to 3 years)

Did you know that songs and rhymes support your child's language development? Parents will learn and enjoy songs, finger plays, and simple movement games with their infants and toddlers in a supportive peer environment. **Drop-In**
Partnership: Centre for Family Literacy

Rhymes, Songs, and Story Time – Infants & Toddlers

An interactive 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**

Rhymes, Songs, and Story Time - Preschoolers

Preschoolers can enhance their fine motor skills, participate in fun activities, and enjoy story books and circle time. A great group that can help prepare kids for school. Children must be between 3 and 5 years old. **Drop-In**

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

A Saturday afternoon group for children ages birth to 5 years (older siblings are welcome) and their *male* role model (dad, step-dad, grandpa, uncle, etc.) Learn new songs, meet other dads, and enjoy a healthy group for children ages birth to 5 years (older siblings welcome) 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**

Books for Babies (Birth to 12 months)

Parents of babies under 12 months of age are invited to learn the importance of reading to their infant – even at this young age! Discover the benefits books can offer. Every child will take a free book home each time you attend this 4-week group! **Registration Required**
Partnership: Centre for Family Literacy

CHILD AND YOUTH PROGRAMS

Spring Break Camps (5 to 12 years)

An opportunity for kids ages 5 to 12 years to have some fun and make new friends during Spring Break! We will be doing lots of fun activities like crafts, games, and weather permitting, some outdoor activities. Children may register for ONE camp only (mornings or afternoons) Half day camps offer children 5 to 12 years an opportunity to get creative and active. Make crafts, play games, and join in other planned social activities. Children may register for ONE camp only (mornings or afternoons). **Registration will begin January 30 at 9:00 am NEW! Register ONLINE at www.mwfrc.org or by phone.**



“If the family were a boat, it would be a canoe that makes no progress unless everyone paddles.”

~ Letty Cottin Pogrebin



FAMILY SUPPORT PROGRAMS

Managing Motherhood (Post Partum Depression Support)

Do you have a new baby? Are you feeling anxious, irritable, sad or overwhelmed? Please join this supportive peer group to learn more about post partum depression and anxiety. Coping tools and resources will be explored. Childcare provided on a registration basis. **Intake and registration required.**

Partnership: Alberta Health Services

Rainbows & Prisms (Families experiencing divorce or separation)

Rainbows assists children 5 to 14 years 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.

Intake and 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 years olds)

An anger management group for parents and children ages 9 – 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. **Intake and registration required.** ****There is a \$25 refundable deposit required for this group****

PARENTING PROGRAMS

TRIPLE P (POSITIVE PARENTING PROGRAM)

Triple P Positive Parenting is an internationally taught program that provides parents with positive strategies to build relationships with children, encourage appropriate behaviour, and manage misbehaviours. This winter, Mill Woods Family Resource Centre is offering two types of Triple P programs: Group Sessions and One on One Support. Please read the descriptions below to help you find the program that fits your needs!

Triple P Groups

These programs consist of group discussions, activities, and program DVDs. Parents will receive a Triple P workbook and informative handouts to help practice strategies at home with their children. Ideal for parents that would like help and support with a variety of common parenting issues. **Intake and registration Required.** ****There is a \$25 refundable deposit required for these groups****

Group Triple P: For parents of children ages 2 to 12 years is offered on 7 Thursdays.

Group TEEN Triple P: For Parents of Teens ages 13-17 years is offered on 2 Saturdays.

One on One Triple P (for parents of birth to 17 years)

For parents with a specific concern about their child's development or behaviour. Sit down one-on-one with a practitioner and talk through some strategies on how to manage behaviour and promote development for up to 4 sessions. One-on-one includes DVDs, informative handouts, and discussion with a trained Triple P Practitioner. For parents of children birth-17 years. Call 780-413-4521 to book an appointment with one of our Practitioners.

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**

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**

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 assist 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 and 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. Certificates offered upon successful completion. **Intake and Registration Required**



OTHER MILL WOODS FAMILY RESOURCE CENTRE SERVICES

Developmental Check-up (4 months – 5 years)

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

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, or assess your child's developmental milestones. **Contact 780-413-4521 to schedule an appointment**

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

Family Day Dinner

Join us on Monday February 20, 2012 for our annual FREE Family Day Dinner, held at the Leefield Community League. **Guests MUST register in order to attend. REGISTRATION BEGINS JANUARY 9, 2012. Call 780 413 4521.**

OUR PARTNERSHIPS AND SUPPORTERS

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



South
Edmonton
Alliance
Church

OUR FUNDERS

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



“The family is both the fundamental unit of society as well as the root of culture. It ... is a perpetual source of encouragement, advocacy, assurance, and emotional refueling that empowers a child to venture with confidence into the greater world and to become all that he can be.”

~MARIANNE E. NEIFERT, *Dr. Mom's Parenting Guide*



Mill Woods Family Resource Centre

You and your child deserve the support Parents as Teachers offers.
Give your child the best possible start in life.

If you live in Mill Woods and have a child under 3 years of age, book a trial visit

Call 780 413 4521



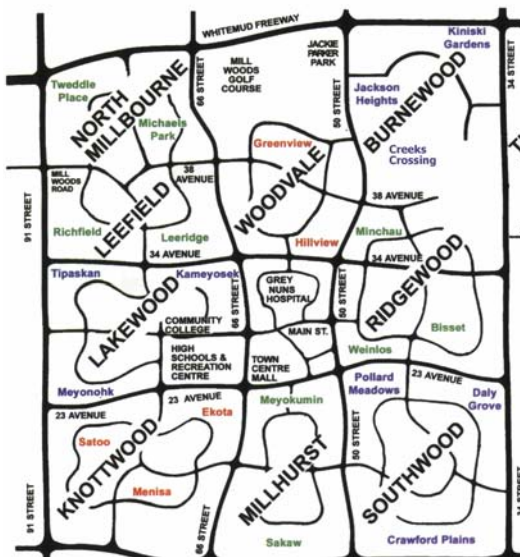
Parents as Teachers
is an early learning program for
parents of children birth to age three
who live in Mill Woods.

As a parent, you are your child's first and most influential teacher.

Parents as Teachers can help you lay a strong foundation for your child's future success in school.

As a regular Parents as Teachers participant, you will receive the following services:

- Personalized monthly home visits by a certified Parent Educator, trained in child development and eager to help you give your child a great start.
- Information on what to look for as your child grows and regular developmental checkups.
- Tips on constructive play, activities, and toys to encourage development.
- A network of resources that can help you with special services you may want that are beyond the scope of Parents as Teachers.



Parents as Teachers