



January-March Winter 2010 PROGRAMS

PROGRAM	Location	Day	Dates	Times
Early Childhood Development Programs (Registration Required & Drop-In)				
Preschool Play Time	Knottwood	Thursdays	January 14-March 18	9:30 am – 11:30 am
Books for Babies	Millbourne	Mondays	March 8 – March 29	10:00 am – 11:00 am
Everyday Learning with Your Child	Knottwood	Saturdays	January 23, February 20, March 13	10:00 am – 11:30 am
NEW! Dramatic Story Time	*MWTC Library	Wednesdays	March 3-March 31	10:15 am – 11:00 am
Me and My Buddy	**MWRC	Saturdays	January 30, February 27, March 27	1:30 pm – 2:30 pm
Pat-A-Cake Kids	***SEAC	Fridays	January 22-March 12	10:00 am – 11:00 am
Rhymes, Songs, and Story Time	*MWTC Mill Creek Room	Wednesdays	January 13 – March 17	10:00 am – 11:00 am 1:00 pm – 2:00 pm
		Thursdays	January 14 – March 18	1:00 pm – 2:00 pm
Rhymes that Bind	Millbourne	Tuesdays	January 12-March 16	10:00 am – 11:00 am
Stay and Play	Knottwood	Mondays	January 11 – March 22 (No group on February 15)	1:00 pm – 3:00 pm
Child and Youth Programs (Registration Required & Drop-In)				
Count to Ten for Teens	Millbourne	Mondays	January 18-March 15 (No group February 15)	6:30 pm – 7:30 pm
Homework Club	Knottwood	Wednesdays	January 20-March 24	4:00 pm – 5:00 pm
Southwood Youth Drop-In	##Southwood	Thursdays	Ongoing	3:00 pm – 4:30 pm
Spring Break Camps	Knottwood	Monday- Thursday	March 29-April 1 Registration Begins January 26, 2010	9:00 am -12 noon or 1:00 pm - 4:00 pm
Family Support Programs (Registration Required)				
Adult Tutoring	Millbourne	Call Centre for Family Literacy for times 780-421-7323		
Collective Kitchen	***SEAC	Saturdays	Call Kristy 780-413-4521	1:00 pm – 5:00 pm
Count to Ten	Millbourne	Thursdays	January 14-March 4	6:30 pm – 8:00 pm
Family Health Talk	Millbourne	Thursdays	January 21-March 11	10:00 am – 11:30 am
Family, Youth and Substance Abuse	Millbourne	Tuesdays	February 9-March 9	6:30 pm – 8:00 pm
Managing Motherhood	Millbourne	Mondays	January 18-March 15 (No group February 15)	1:30 pm – 3:00 pm
Rainbows & Prisms	Knottwood	Mondays	January 11-March 22 (No group February 15)	6:30 pm – 8:00 pm
Women's Workshop	Knottwood	Wednesdays	January 20-March 10	10:30 am – 12 noon
Parenting Programs (Registration Required)				
Positive Parenting	Knottwood	Tuesdays	January 19-February 23	6:30 pm – 8:00 pm
Nobody's Perfect	Knottwood	Mondays	January 18-March 15 (No group February 15)	10:00 am – 11:30 am
Parenting Teens	Millbourne	Tuesdays	January 12-February 2	6:00 pm - 8:00 pm
Parenting Young Children in Canada	Knottwood	Tuesdays	January 19-March 9	1:00 pm – 2:30 pm
Your Child & You	Knottwood	Thursdays	March 18-May 20	6:00 pm – 8:30 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

How to find us



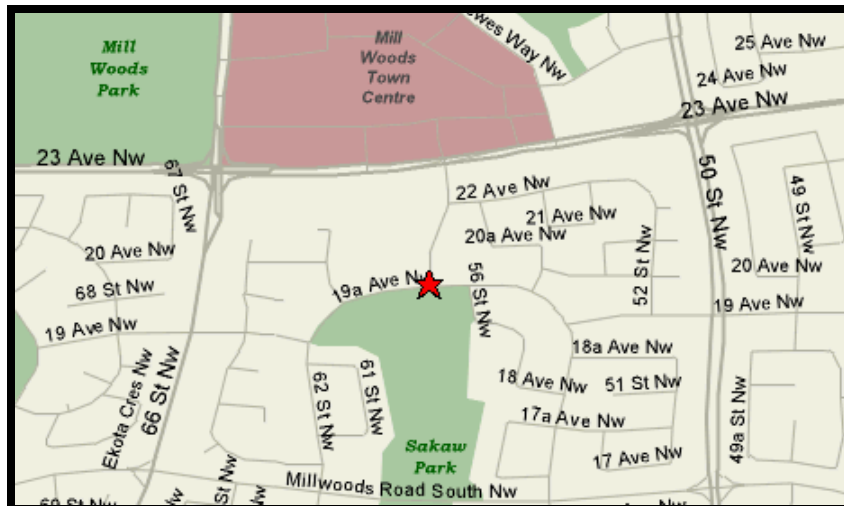
Knottwood Site 1733 Millwoods Road

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

Books for Babies

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

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 and coffee time 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

Dramatic Story Time

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

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**
Partnerships: 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

Rhymes that Bind

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

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.
(Please note there will be no group on February 15) **Drop-In**

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 more creative ways to express themselves appropriately. **This program is due in part to a generous donation from CIBC's Community Investment Program.** **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**

Spring Break Camps

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) ** **Parents please note that Friday April 2 is a statutory holiday and we are closed. The camps will only run Monday-Thursday this year.**** **Registration will begin January 26, 2010. First come first served.**

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

Collective Kitchen

Plan and prepare 3 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! Childcare provided. **Registration Required**
Partnership: South Edmonton Alliance Church

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**

Family Health Talk

A Community Health Nurse and/or a facilitator offer information on a variety of topics for families with children birth to 5 years. Healthy snacks and childcare provided for children who are registered. **Registration Required**
Partnership: Alberta Health Services

Family, Youth and Substance Abuse

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 five-session workshop this winter for family and concerned parent/guardians who would like to learn more about youth and substance abuse. These sessions will include such topics such as: drugs commonly abused by youth, signs of youth substance abuse, building relationships with youth and supporting a youth in recovery from substance abuse. **Registration Required**

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

For inquiries or registration, please contact Youth Services Edmonton at 780-644-1679. Please leave a message.

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**

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





PARENTING PROGRAMS

Positive Parenting

This 6-week workshop will provide parents of children 6 to 10 years with practical tools that help to encourage children's positive behaviors. At the same time as the parenting group, children between the ages of 6-10 will participate in activities that focus on social skills development. **Registration Required**

Nobody's Perfect

The Nobody's Perfect program provides education and support to parents of children birth to 5 years of age. Discuss the health and development of your child with other parents in your community. **Registration Required**

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**

Your Child & You (Parenting 2 - 12 years)

Caregivers will learn about parenting styles, misbehavior & discipline, and effective communication. Included is information about sibling rivalry, children's self-esteem, and encouragement. **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. 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



Family Day Dinner

Join us on Monday February 15, 2010 for our annual FREE Family Day Dinner, held at the Leefield Community League. Guests MUST register in order to attend. **REGISTRATION BEGINS JANUARY 3, 2010. Call 780 413 4521.**

OUR PARTNERSHIPS

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



Leefield Community League

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.mwirc.org



**“The best way to prepare for life is to begin to live.”
Elbert Hubbard**