



FAMILY RESOURCE CENTRE

SUMMER 2017 GROUPS

Calm Kids

Ages 6 - 8 yrs

Tuesdays & Thursdays

August 15 - 31

9:30 - 11:00 am

(2X/week for 3 weeks)

Calming techniques for kids
experiencing anxiety

FREE

Postpartum Peer Support Group

Wednesdays (Drop In)

July 5 - August 30

10:00 - 11:30 am

Heritage Park

A place where moms struggling with any
postpartum issues can come together for
support, information, and community.

FREE

Natural Connections

For parents and children of all ages

Mondays (Drop In)

July 10 - August 28

10:00 am - 12:00 pm

Lakeview Park

FREE

Natural Connections

For parents and children of all ages

Thursdays (Drop In)

10:00 am - 12:00 pm

Ask for a schedule!

Held at one of our local parks

FREE

**If you wish to register for one of these groups,
please complete an Intake Form.**