



# Fort Macleod Kids First Family Centre

**Program Guide**



Phone: 587-787-1071

[www.fmkidsfirst.com](http://www.fmkidsfirst.com)

1905-5 Ave. Fort Macleod

## With Your Little One

### Stay n' Play

Monday

9:30-11:30 am drop-in

Child-led activities give parents a chance to play and bond with their preschoolers.

### Baby & Me

Mondays

1:30-3:00 pm registration is required

For parents and babies not yet crawling. Come have fun with your baby, learn about development and connect with other parents.

### Dadurday

Last Saturday of the month.

10 am-12 pm drop-in

Dads, uncles, and grandpas, this program is just for you! Each session, dads are given the chance to play with their little people and connect with others dads.

### Wiggles and Giggles

Tuesday

10-11 am drop-in

Parents and children read stories, sing and burn energy in our indoor playground.

### Parent Cafe

Wednesday

10 am-12 pm drop-in

Great discussion and the occasional craft while the kids play.

### Le Petite Chef

Third Thursday of the month

10-11 am registration is required

Come and make a snack with your little one in our beautiful kitchen.

### Indoor Playground

Bring your 5 and unders and help your child climb the rock wall, play on the playground and burn off some steam. Open Monday - Friday 8:30 am - 4:00 pm

# More Supports for your Family

## Ages & Stages Developmental Checkups

Are offered at any time or during the annual community event. This is an opportunity to see where your 0-5 year old is at developmentally.

## Play and Skate

Friday  
9:30 am - 11:30 am

At the Fort Macleod Sports Arena, this is a chance for parents to join their younger children as they play without all the big kids around. Snacks and hot chocolate included.

## Taste Buds and Now We're Cooking

Students in grades 3 and 5 at W.A. Day school take part in a fun 6 week program where students learn kitchen basics and how to make simple after school snacks with healthy, fun ingredients.

## Good Food Box

Offered in Fort Macleod and Granum, anyone in these communities can receive a bag of fresh produce valued between \$20-\$25 for \$15.

Orders/payments due the last Thursday of the month. Pick up is from 11 am-3 pm on the second Thursday of the following month. Drop off points for bags/orders/payments are at the Gazette, Library, or at our Centre

## Triple P

Our accredited staff provide free parenting help including one-on-one sessions. Triple P is based on over 30 years of evidence and is like a toolbox of ideas that offer support and practical answers to everyday parenting concerns.

## Recreation/Arts Subsidies

We offer subsidies up to \$100 per year per child to help enable children and youth to participate in local arts and recreation programs and events. We are also a community partner with Canadian Tire Jumpstart program. For more information call: 587-787-1071

## Aisoksistawataiya We Raise Our Children in a Good Way

A new program in partnership with the Head Smashed-in Buffalo Jump. A unique program for Blackfoot parents. Sessions run for 8 weeks, childcare and snacks are provided. Registration is required. Please call Joel at 587-787-1071 to register.

## Thrifty Kitchen

Taking place in our beautiful kitchen. Parents get together to prepare nutritious meals that taste great and don't break the bank. Groceries and childcare provided. Sessions run 6 weeks. Registration is required and space is limited.

## Blackfoot Arts

At lunch once per week for students at W.A. Day school. Children learn traditional First Nations art skills and enjoy a traditional feast at the end.

## Stories From Around the World

Once a month kindergarten children at W.A. Day school learn about other children and families from around the world. A story, snack, and craft introduce kids to the culture and heritage of others.

## Extras

Watch our Facebook Page for bonus activities: Drive-in movie night, Mom's Day Out, and other special events.

# A sincere thanks to all our funders!

FORT MACLEOD  
KIDS FIRST FAMILY CENTRE



Supporting Healthy Growth and Development of  
Children & Families



United Way  
Lethbridge &  
South Western Alberta  
Change starts here.



ROMAN CATHOLIC  
Diocese of Calgary



Jumpstart  
Bon départ



Charitable Registration #: 87291 0807 RR0001