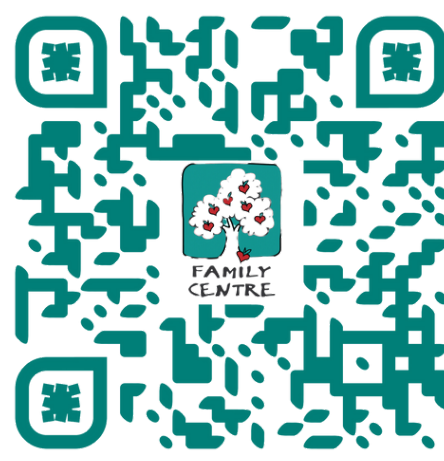




Spring 2024 Program Guide



Family Centre Downtown Suite 225, 200 - 4 Ave. S. Lethbridge 403-320-4232

Drop In Play Programs: NO registration required

Title	Date	Time	Age	Fee
Play Zone	Tuesdays April 2 - June 25	3:30-5:00pm	0-8 y	Free
Play Zone	Wednesdays April 3 - June 26 (no program May 8)	9:30-11:00am	0-5 y	Free
Play Zone	Fridays April 5 - June 28	9:30-11:00am	0-5 y	Free
Come Build With Us	Fridays April 19 - June 21	1:30-3:00pm	0-12 y	Free
Me & My Dad	Saturdays April 6 - June 15 (no program May 18)	10:00-11:30am	0-12 y	Free

Registered Play Programs: Register online www.famcentre.ca/programs

PACT	Mondays April 8 - June 24 (no program May 20)	9:30-11:00am	0-5 y	\$45/ +2kid \$75
Baby PACT	Mondays April 8 - June 24 (no program May 20)	1:30-3:00pm	0-12 m	Free
Baby Gym Time	Mondays April 8 - May 13	10:00-11:30am	4-16m	Free
Baby Signing	Tuesdays May 21 - June 25	9:30-11:00am	4-18 m	Free
L-SKIP	Wednesdays April 24, May 22, June 26 Hosted at Nord-Bridge Seniors, 1904 - 13 Ave. N.	3:15-4:15pm	2-12 y	Free
Day Home Family Day	Tuesdays April 9 - June 18 (Call to register)	9:30-11:00am		Free

Parent Education Programs: Register online www.famcentre.ca/programs

Kids Have Stress Too-Preschool	Thursday April 11	6:00-8:00pm
Kids Have Stress Too-Early Elementary	Thursday April 18	6:00-8:00pm
Triple P Child Group	Thursdays May 2 - May 30	6:00-8:00pm
Hassle-Free Mealtimes Discussion Group	Wednesday May 22	6:00-8:00pm
Developing Bedtime Routines Discussion Group	Wednesday May 29	6:00-8:00pm
Toilet Training Discussion Group	Wednesday June 5	6:00-8:00pm
Putting Children First During Separation & Divorce	Thursdays June 6 - June 20	6:00-8:00pm
Guiding Toddler Behavior Discussion Group	Wednesday June 12	6:00-8:00pm
Blended Families Seminar	Wednesday June 19	6:00-8:00pm
Parent Support	one to one consultation to discuss parenting & child behavior. Call 403-320-4232 ext 204	

Family Support Programs: Register online www.famcentre.ca/programs

Mom's First	Tuesdays May 14 - June 4	0-12mo	1:30-3:00pm
Rainbows Grief & Loss for Children	Fridays April 19 - June 7	6-10 y	1:30-2:30pm
Worry Dragons - Youth	Fridays May 17 - June 21	7-12 y	2:00-3:00pm
Worry Dragons - Parents	Wednesdays May 15 - June 19 (Via Zoom)		6:00-7:00pm
Babes & the Milky Way For pregnant & new moms	Thursdays May 23 - June 27		1:30-3:00pm
All My Relations Program	Programming for First Nations, Metis & Inuit families. Call 587-220-9277		



Spring 2024 Program Guide



Family Support Programs: Register online www.famcentre.ca/programs

Caregiver Connections (Family Centre West)	caregivers with a child, youth or young adult with a mental health diagnosis/concern/addiction. Call 403-320-4232 ext 214 for more info	2nd Wednesday 1:30-3:30pm
Strengthening Parents Network	parents with children who are neurodiverse Call 403-320-4232 to register	4th Thursday of the month 6:00-7:30pm

Family Centre West #10 230 Coalbanks Blvd. W. Lethbridge 403-359-8092

Drop In Play Programs: NO registration required

Title	Date	Time	Age	Fee
Play Zone-West	Mondays April 8 - June 24 (no program May 20)	9:30-11:00am	0-5 y	Free
Play Zone-West	Fridays April 5 - June 28	9:30-11:00am	0-5 y	Free
Discover Together	Saturdays April 27, May 25,	9:30-11:00am	0-12 y	Free

Registered Play Programs: Register online www.famcentre.ca/programs

Baby PACT-West	Tuesdays April 16 - June 25	1:30-3:00pm	0-12 m	Free
Let's Move & Groove	Wednesdays May 15 - June 19 A physical literacy program for parents & children	9:30-11:00am	3-6 y	\$55/Family
SPLAT	Thursdays April 11 - June 20	9:30-11:00am	0-5 y	\$45/ +2kid \$75

Parent Education Programs:

Parent Cafe	Tuesdays April 9 - June 25 No registration required!	9:30-11:00am	0-5 y	Free
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Family Support Programs: Register online www.famcentre.ca/programs

RAP (Random Acts of Play)	Mondays April 15 - June 24 (no program May 20) Child drop off, parent attendance not required	3:30-5:30pm	5-8 y	\$25/child
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Family Centre North

Interfaith Chinook Country Kitchen
1103 3 Ave. N. Lethbridge, AB 403-320-8138



Adult Cooking Classes: Call 403-320-8138 to register. Childcare provided.

Cooking Class	Monday - Friday	Adult only	9:30-11:30am or 1:00-3:00pm
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Children/Youth Classes: Register online www.famcentre.ca/programs

Big Chef Little Chef (Child & caregiver)	Please register for only one session per month as staff will use the same recipe.			
	Tuesdays April 9, May 14, June 11	3-6 y	10:00-11:30am	
	Wednesdays April 24, May 29, June 26	3-6 y	1:30-3:00pm	
Young Chef	Tuesday - Friday April 2 - 5	12-15 y	1:30-3:30pm	
Kids in the Kitchen	Fridays April 12 - May 3	7-9 y	1:30-3:30pm	
Plants to Plates	Fridays May 17 - June 21	10-12 y	1:30-3:30pm	

Facebook: [@lethbridgefamilycentre](https://www.facebook.com/lethbridgefamilycentre)
Instagram: [@familycentreyql](https://www.instagram.com/familycentreyql)

LinkedIn: [@Family Centre Society of Southern Alberta](https://www.linkedin.com/company/family-centre-society-of-southern-alberta)
Website: www.famcentre.ca