

# Altona & Area Family Resource Centre Programming

## Free Drop in programs:



Parents and children are welcome to drop in and visit with other parents and children while making crafts, singing songs and playing. Come and join us for a morning of fun including a nutritious snack!

### **Altona Morning Stay & Play**

Every Tuesday 9:30 – 11:30am  
At the Family Resource Centre

### **Altona Afternoon Stay & Play**

Every Thursday 1:00-3:00pm  
At the Family Resource Centre

### **Altona Evening Stay & Play**

Monthly Thursday 6:30-8:00pm  
At the Family Resource Centre

### **Gretna Stay & Play**

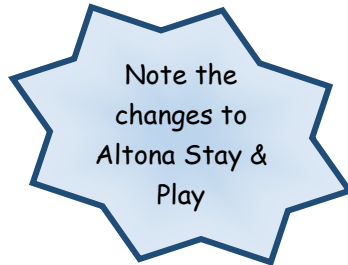
Every Wednesday 9:30-11:30am  
At the School

### **Rosenfeld Stay & Play**

Every Tuesday 9:30-11:30am  
At the School

### **Dominion City Stay & Play**

Every Wednesday 9:30-11:30am  
At the School



Check out our website for ALL program posters!

### **Healthy Baby**

September 6<sup>th</sup> & 20<sup>th</sup>

10:00am

At the Family Resource Centre



Healthy Baby is a group for parents who are pregnant or have babies under one year. Meet other parents, have a healthy snack, learn about pregnancy, parenting and nutrition and enjoy a relaxing time to connect with your baby! Free milk coupons for those who are pregnant and have babies under six months, free childminding for children under 5, prenatal benefit for those who are pregnant.

## Free programs that require registration:

*The Altona and Area Family Resource Centre presents:*

## Growing Up Green

In Altona

**Mondays**

**Sept 23<sup>rd</sup> – Oct 28<sup>th</sup>**  
*(Except the week of Thanksgiving, program will run Oct 18<sup>th</sup>)*

**9:30am – 11:30am**  
**At the Altona Park**



Growing up Green is a parent & child (up to 6 years) together program that combines the value of getting outside and environmental health with family literacy & learning.

Early learning experiences in nature are essential for a child's optimal development, health, and well-being. Through outdoor play, rhymes & books, families will experience the joys of learning, while fostering their connection to nature & furthering their knowledge of good environmental practices.

Snacks will be included as well as some extra pairs of hands to help those families with multiple children!

This is a **FREE** program offered to all families, however space is limited so pre-registration is required call, message or email Nina to register.



*Reminder: This is an outdoor program, dress accordingly!*



**Sept 8th**

Grandparents Day activities are fun things that grandparents and grandchildren can do together to celebrate Grandparents Day, but they're great for any time of year. While grandparents enjoy getting gifts, they really enjoy getting to spend time with their grandchildren. Following are some Grandparents Day activities. Do as much as the kids and grandparents can handle while still taking the time to enjoy each other.

- 1 Share a Grandparents Day Poem Together
- 2 Make a Grandparents Day Card Together
- 3 Spend Time Together Coloring
- 4 Me and My Gran Hand in Hand Grandparents Day Activity
- 5 Sing Together as a Grandparents Day Activity
- 6 Spend Time Together Outside
- 7 Complete a Puzzle Together
- 8 Hold a Grandparent-Grandchild Interview