

JUNE

East & West Calendar
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 MORRIN HANNA YOUNGSTOWN CESSFORD DRUMHELLER	27 CARBON LINDEN THREE HILLS TROCHU	28	29	30	31	01
02	03 1-2:30 Baby Play (H) 1-2 Baby Play (DH) 4-5 Superflex (DH)	04	05 10:30-11:30 Tiny Tikes (Y) 3:30-5 Zen Zone (M) 6-7:30 Happily Ever Crafter	06 10-11 Kimochi's (H) 1-2:30 Tiny Tikes (DH) 6-9 LGBTQ+ Game Night (DH)	07 No Tot & Me (H) 3-4:30 Mindfulness Moments (TR)	08 11 AM-1 PM Pride Beach & Family Day (DH)
09	10 1-2:30 Baby Play (H) 1-2 Baby Play (DH) 4-5 Superflex (DH)	11	12 3:30-5 Zen Zone (M) 6-7:30 Happily Ever Crafter	13 1-2:30 Tiny Tikes (DH)	14 10:30 - 12 Tot & Me (H) 3-4:30 Mindfulness Moment (TR)	15
16 HAPPY FATHER'S DAY	17 1-2:30 Baby Play (H) 1-2 Baby Play (DH) 4-5 Superflex (DH)	18 10-12 Mini Master Chefs (Y) 4-6 Teen Life Skills (H)	19 10:30-11:30 Tiny Tikes (Y) 3:30-5 Zen Zone (M) 3:30-5 Mindfulness Moment (L) 6-7:30 Happily Ever Crafter 3-7 Farmers Market (H)	20 No Programming	21 10:30 - 12 Tot & Me (H) 3-4:30 Mindfulness Moment (TR)	22 10 AM - 3 PM Farmers Market (DH)
23	24 1-2:30 Baby Play (H) 1-2 Baby Play (DH) 4-5 Superflex (DH)	25 10-1 Farmers Market (TH) 4-7:15 Home Alone (TH)	26 10:30-11:30 Tiny Tikes (Y) 3:30-5 Zen Zone (M) 6-7:30 Happily Ever Crafter	27 10-11 Kimochi's (H) 1-2:30 Tiny Tikes (DH) 3:45-7 Home Alone (DH)	28 10:30 - 12 Tot & Me (H) 3-4:30 Mindfulness Moment (TR)	29
30	01	02	03	04 Alberta	Provincial Family Resource Networks	

Program Descriptions

Baby Play: Caregivers are given the opportunity to make connections with other adults, share experiences, receive resources and find new ways to interact with their little one.

For caregivers with children 0-2

Tot & Me / Tiny Tikes: Caregivers learn and implement new skills through play, focusing on our children's developmental milestones.

For our families with children 0-6

Kimochi's: A social emotional learning program designed to give children the knowledge, skills, and attitudes they need to recognize and manage their emotions.

For our families with children 2-6

Mini Master Chefs: Toddlers are always wanting to do what the adults are doing. So lets give them the chance to make a meal with assistance from you their adult.

For families with children 2-6

Mindfulness

Moment: Take a moment, and learn about mindfulness, through activities, crafts conversation and more.

For kids 7-12

Zen Zone: Learn self-regulation techniques in a fun and engaging crafts and activities.

For kids 7-12

Happily Ever Crafter: Enjoy some free time, learning new art skills and techniques through guided activities, or express your self through are free are days as well. Have some coffee, chat with others and learn some self-care techniques along the way.

For individuals 18+

Teen Life Skills: Once a month the FRN and the Hanna Library teach some life skills, this month get move out ready! Lets take a look at what to look out for in your first rental.

For teens 13+

Home Alone Course:

This program will help children understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied, when home alone.

For 10+

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