



GROWING YEARS

Free Programs, Resources & Supports for Families with Children 0-6 Years of Age

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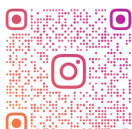
OPEN MONDAY ~ WEDNESDAY ~ THURSDAY ~ FRIDAY
9:00am-noon & 1:00-4:00pm

CLOSED ~ during noon hour (12:00-1:00pm) CLOSED ~ TUESDAYS & all Holidays

ALL FAMILIES WELCOME  FREE  SAFE & SUPPORTIVE SPACE

Stop In anytime we are open for:

- peer support & listening
- bathroom & change table use
- breastfeeding friendly space
- gently used children's clothing giveaway
- child development information
- maternal & family wellness support
- pregnancy & parenting guidance
- help finding community resources & services



Follow us for posts on:

- Program Changes/Cancellations & Weekly Topics/Professionals
- Special Events & Closures
- Pregnancy & Breastfeeding Information
- Child Development & Parenting Information
- Early Years Community Activities
- Community Supports & Resources

You Tube



Please do not visit Growing Years if anyone in your family is sick (even mild symptoms) or has been in contact with someone who is sick



Growing Years values the importance of school attendance. School age children cannot be at Growing Years during regular school hours, except kindergarteners on their scheduled day off school



Whole BABY Love

~ a program for **pregnant** and **postnatal** families with **infants up to one year of age** promoting healthy infant development, maternal & infant wellness & secure attachment

- Public Health Nurse, Lactation Consultant, Mental Health Facilitators, Physiotherapist, Occupational Therapist, Dietitian and other professionals available on a regular basis
- Milk coupons available to those who attend & qualify ~ baby weigh scale available
- Toddlers & preschoolers may also attend with infant siblings ~ limited childminding provided
No school age children, except kindergarteners on their scheduled day off school



Whole TODDLER Love

~ a **caregiver & child together** program for families with **children 1-4 years of age** promoting healthy child development, socialization, family wellness & secure attachment

- Dietitian, Mental Health Facilitator, Physiotherapist, Occupational Therapist, Speech Language Pathologist and other professionals available on a regular basis
- Infants & preschoolers may also attend with toddler siblings ~ limited childminding provided
No school age children, except kindergarteners on their scheduled day off school



Open PLAY

~ a **caregiver & child together** unstructured playtime for families with **children birth-6 years of age** promoting socialization, exploration & play

- Caregiver led ~ come & go anytime
- Infants, toddlers, preschoolers & kindergarteners on their scheduled day off school may all attend ~ no childminding provided
- School age children may attend with younger siblings on scheduled days off school
- No snack provided, families may bring their own



Coping with Change

~ a postnatal mental health, wellness & education program for **caregivers** with **infants up to one year of age** providing an opportunity to talk about experiences and the wide range of emotional & relational adjustments that come with the addition of a new baby



Circle of Security[®] Parenting[™]

~ an attachment based, self-reflective parenting program for **families** with **children 4 months-6 years of age** promoting secure caregiver-child attachment relationships by supporting & strengthening caregiver's abilities to reflect on emotional needs, read & respond to cues, support exploration & organize their child's feelings

WEDNESDAY
10:00-11:30am

THURSDAY
1:30-3:00pm

FRIDAY
10:00-11:30am

MONDAY
10:00-11:30am
1:30-3:00pm

WEDNESDAY
1:30-3:00pm

THURSDAY
10:00-11:30am

FRIDAY
1:30-3:00pm

Sessions run throughout the year
~ contact us for upcoming dates ~
registration is required for both of these programs