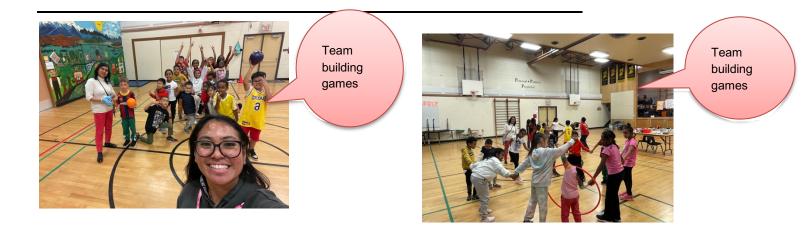


KIDZCLUB NEWSLETTER OCTOBER 2023

Dear Parents,

We've successfully finished the first month of school. In September, we covered some topics such as: "All about me", "Fall. Nature around us" Please note: we are going outside every day. Please make sure that your children are dressed up appropriately for the weather.



OCTOBE CALENDAR

October 6 Friday	Professional Grows day. No classes	Program is open	Special activities
October 9, Monday	Thanksgiving day. School is closed	Program is closed	
October 9, Monday	manksgiving day. School is closed	Program is closed	

Yours truly, Tetyana, Nora, Jen, Len, Danielle

COMMUNITY INFO

Family resources

Please see the link below for an excellent resource for Family Resource Networks.

- Support for parents
- How FRN's help families
- Support for children and youth
- How to find an FRN

https://www.alberta.ca/assets/documents/cs-family-resource-networks-fact-sheet.pdf

Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of 1 to 5 year olds

Winter 2023 Schedule

January 10 th		
February 8 th		
February 21st		
March 22 nd		
April 12 th		
April 18 th		

6:30 pm - 8:00 pm 1:30 pm - 3:00 pm 6:30 pm - 8:00 pm 6:30 pm - 8:00 pm 6:30 pm - 8:00 pm 1:30 pm - 3:00 pm

Join Registered Dietitians to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

REGISTRATION:

- birthandbabies.com
- 403-955-1450







Feeding Your Baby

FREE Online Nutrition Class

for parents and caregivers of infants

Registered Dietitians will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

REGISTRATION:

- birthandbabies.com
- 403-955-1450

Winter 2023 Schedule

January 3rd January 17th January 25th February 7th February 28th March 8th March 14th March 29th April 4th April 25th 1:30 pm - 3:00 pm 1:30 pm - 3:00 pm 6:30 pm - 8:00 pm 1:30 pm - 3:00 pm 6:30 pm - 8:00 pm 1:30 pm - 3:00 pm 1:30 pm - 3:00 pm 1:30 pm - 3:00 pm 6:30 pm - 3:00 pm



