

The four Core Program elements of the FRC either directly or through partnerships are:

- Parenting Education
- Early Learning
- Family Wellness and Support
- Information and Referrals



## Kamsack Family Resource Centre

### Kamsack Family Resource Centre

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kamsackfamilyresource



## 306-542-1010



The Kamsack Family Resource Centre offers programming that is focused on supporting healthy childhood development and positive parenting skills for families with young children.



We are a gathering place where families with children 0-5 years old can attend programs that address their interests and needs. SIGN has partnered with the Saskatchewan Health Authority to provide various programs and supports, utilizing the expertise and resources of local service providers.

**We welcome parents and caregivers with young children who live in or visit our community.**

**Your family will have FREE access to ALL of our programs and services.**



The Kamsack Family Resource Centre offers many programs and events for families including:

- Parenting support through - Triple P, Nobody's Perfect, Growing Great Kids
- Drop in - Family Play and Connect
- Family Yoga and Baby Massage
- Maternal Health and Wellness
- Referrals to Parkland Early Childhood Intervention, SIGN Family Support, Jordan's Principal, Sask Health Authority Children's Therapy, Victoria School PreK Program

