



SIGN Guide to Online Programs and Activities August 2020

SIGN staff is working from home to ensure the safety and health of clients and staff during the Covid-19 pandemic, and the SIGN buildings on Broadway Street West and North Street remain closed.

But that doesn't mean that SIGN services are no longer available! SIGN staff continues to keep in touch with users of our services by telephone, text messages and video conferencing, to make sure that those who need help can receive it.

The same holds true for our services that regularly host group meetings or events, only now that is done online. We know that is not the same as being together in person, but for the time being, it is how we can best keep in touch with you.

On the following pages you will find information about SIGN services that are available online in August.

This information will be updated on our website at www.signyorkton.ca and on our Facebook page, facebook.com/signyorkton, when changes occur. For more information about programs of the Yorkton Early Years Family Resource Centre visit www.signyeyfrc.ca.

We continue to look for innovative ways to provide services while adhering to safety protocols and standards. We thank you for your patience and understanding during this challenging time.

1 August 2020

AUGUST 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 CIVIC HOLIDAY Centre closed today. Enjoy the long weekend! 	4 9:00AM - 4:30PM Family Call/Check in hours 1:00-3:00PM Parkland Valley SCR Summer Tour Please register online! Location: Triangle 1 block from FRC	5 12:00 - 1:00PM Feed Kamsack Program Victoria Elementary School 512 West Ave FirstBook Canada Pop Up <i>Megan & Andrea away (but available by text)</i>	6 9:00AM - 4:30PM Family Call/Check in hours 2:00PM Ages & Stages Activities & Info 2 months - 5 years through Webex <i>Message us to schedule an appointment</i>	7 9:00AM - 4:30PM Family Call/Check in hours Afternoon: Prenatal Education ONLINE <i>Please message us for a code</i>
10 9:00AM - 4:30PM Family Call/Check in hours Mornings: Activity Post! Need ideas? <i>See our Facebook page!</i>	11 9:00AM - 4:30PM Family Call/Check in hours 10:00AM Video Storytime with Megan Afternoons: Healthy Together <i>See our Facebook page!</i>	12 12:00 - 1:00PM Feed Kamsack Program <i>Text Megan 590-8070 if you need delivery</i> Victoria Elementary School 512 West Ave	13 9:00AM - 4:30PM Family Call/Check in hours 2:00PM Ages & Stages Activities & Info 2 months - 5 years through Webex <i>Message us to schedule an appointment</i>	14 9:00AM - 4:30PM Family Call/Check in hours Looking for things to do with your child/children? Send us a message! We love to help!
17 9:00AM - 4:30PM Family Call/Check in hours Mornings: Activity Post! Need ideas? <i>See our Facebook page!</i>	18 9:00AM - 4:30PM Family Call/Check in hours 10:00AM Video Storytime with Megan Afternoons: Healthy Together <i>See our Facebook page!</i>	19 12:00 - 1:00PM Feed Kamsack Program <i>Text Megan 590-8070 if you need delivery</i> Victoria Elementary School 512 West Ave	20 9:00AM - 4:30PM Family Call/Check in hours 2:00PM Ages & Stages Activities & Info 2 months - 5 years through Webex <i>Message us to schedule an appointment</i>	21 9:00AM - 4:30PM Family Call/Check in hours Stuck on a parenting problem? Feel free to reach out with a text, message, or phonecall We're still available!
24 9:00AM - 4:30PM Family Call/Check in hours Mornings: Activity Post! Need ideas? <i>See our Facebook page!</i>	25 9:00AM - 4:30PM Family Call/Check in hours 10:00AM Video Storytime with Megan Afternoons: Healthy Together <i>See our Facebook page!</i>	26 12:00 - 1:00PM Feed Kamsack Program <i>Text Megan 590-8070 if you need delivery</i> Victoria Elementary School 512 West Ave	27 9:00AM - 4:30PM Family Call/Check in hours 2:00PM Ages & Stages Activities & Info 2 months - 5 years through Webex <i>Message us to schedule an appointment</i>	28 9:00AM - 4:30PM Family Call/Check in hours
31 9:00AM - 4:30PM Family Call/Check in hours Mornings: Activity Post! Need ideas? <i>See our Facebook page!</i>		Due to current events, all our programming is now online. We're still here for you and we hope to see you again soon!		Find us on: facebook® facebook.com/KamsackFamilyResource

This calendar is subject to change. Please check www.facebook.com/KamsackFamilyResource for updated weekly calendars.

To contact us: Phone 306-542-1010 / Fax 306-542-1011 / Call or text 306-590-8070 or 306-590-7535 / Email kamsackfrc@signyorkton.ca

Children must be accompanied by an adult to attend programs.



Facebook: facebook.com/YorktonFRC

Website: www.signyeyfrc.ca

Registration if required: yfrc.acuityscheduling.com

Camps

Please note: All weekly camps require a commitment from Monday through Thursday from families.

We will provide families who register with a kit, which must be picked up between 10 am and 12 noon on the Friday before the camp. Pickup is by curb service at SIGN on Broadway, 345 Broadway Street West in the front entrance drive through. Please stay in your vehicle and we will bring the kit to you. The link for the Google Meet will be emailed.

Art Camp (for ages 3 to 6 years)

Tuesday to Friday August 4 to 7 at 11:00 am

This class is used as a platform to explore different materials to create pieces of art. There is a focus on individuality and the importance of giving children the tools and skills to create art.

To register for the August camp: <https://yfrc.as.me/ArtCamp3>

Baby & Me Yoga Camp (for ages 2.5 months to 10 months)

Monday to Thursday August 17 to 20 at 11:00 am

This class is where moms and babies interact with each other using the principles and poses of yoga. This class includes movement, repetition, song, and play. There will be parts of the class that are focused on mom gaining some exercise and meditation opportunities.

To register: <https://yfrc.as.me/babymeyoga>

Healthy Start Cooking Camp (for ages 3 to 6 years)

Monday to Thursday August 17 to 20 at 3:00 pm

Simple, healthy recipes that you and your child can create together. Experiences in measuring, counting, washing, cutting, mixing, stirring and tasting! Yum! Yum!

To register for the August camp: <https://yfrc.as.me/cooking3>

Movement and Music Camp with SaskAbilities (for parent and child age 3 to 6 years)

Monday to Thursday August 10 to 13 at 3:00 pm

Does your child have trouble staying focused and self-regulating? Each session provides structure and routine along with opportunities to learn and experience how to self-regulate using music and movement. It assists children with varying needs to develop their sensory, communication and motor skills. We thank SaskAbilities for being a part of our camps this year!

To register: <https://yfrc.as.me/MovementMusic>

Move with Me Camp (for parent and child age 0 to 3 years)

An interactive session for families to experience literacy and movement. It's the perfect place to share stories and advice with others just like you! Make friends with others who will know just what you're going through, because they are going through the same thing. A lively group for parents and children, songs, fingerplays, movement games and exercises.

To register: <https://yfrc.as.me/movewithmecamp>

Science Camp

Monday to Thursday August 10 to 13 at 11:00 am

The right preschool science activities can nurture your child's natural sense of adventure and curiosity; help your child develop his own understanding of the natural world; encourage your child to be a persistent problem solver and introduce your child to basic elements of scientific reasoning (seeking evidence; testing predictions). Join us for some activities that stimulate curiosity and teach science concepts.

To register for the August camp: <https://yfrc.as.me/science3>

Other programs

Baby Food Making Class

Friday August 28 at 3:00 pm

Making your own baby food is much easier than you think. Not only does feeding your child homemade baby food ensure that you know exactly what you are feeding your baby, but it can also be more affordable! Relying on manufactured baby food can limit your baby's exposure to flavours and spices, which can have an effect on how their palate is shaped and what your child will enjoy as they continue through life.

To register: <https://yfrc.as.me/Babyfoodmaking>

Our Little Angels Perinatal Loss Group

Wednesday August 5 at 6:00 pm (time subject to change)

Share your experience, express your feelings or listen to others who have experienced something similar. Learn about caring for yourself and family members during this profound loss. Learn coping tools for how to live with your loss.

To register: <https://yfrc.as.me/angels>

Prenatal Yoga

Thursday August 27

A class designed for your pregnancy. The postures are intended to help to strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine, and increase overall comfort. Poses have the potential to alleviate many of the discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. The class provides breathing and meditation exercises specially geared towards pregnancy.

To register: <https://yfrc.as.me/prenatalyoga>

Yoga Nidra Online

Thursday August 27 from 8:30 to 9:30 pm

In this yoga nidra meditation you learn about the layers of self and experience a deeply relaxing guided meditative practice. Come ready to rest and restore and heal.

To register: <https://yfrc.as.me/yoganidra>

Weekly Zumbini Fitness Class

Saturdays August 8, 15, 22

Zumba classes are high-energy fitness. Join us for self-care, a great way to develop a healthy lifestyle and incorporate fitness as a natural part of your life.

To register: <https://yfrc.as.me/zumbafitness>

Activity posts on Facebook

Wednesdays and Saturdays at 7:30 pm

Parents can view the Facebook Post to get activity ideas. These activities can be done at home with parents and their child/children when it works for your family.

To view: <facebook.com/YorktonFRC>

Ages & Stages Activity Information

Tuesday August 25 at 11:00 am or request anytime by email

It's time to change how we view a child's growth from birth to 5 years. There are milestones children should reach in terms of how they play, learn, speak and act. Book your appointment to have a conversation about your child's development and we can send you some activities that your child can do at home. If you're interested in doing a questionnaire for your child, then we can send you this and do a follow up consultation to get some more activities to help with your child's development. This information can be provided anytime.

Please email, requesting information, to yfrc@signyorktonfrc.ca.

To register: <https://yfrc.as.me/ASQ>

Prenatal Education Online

Wednesday August 26 or request anytime by email

This online education will be done online at your own pace, when it is convenient for you and your support person. Once we receive your information. When we receive your information we will contact you and link you up with a public health nurse who will provide you with an online code. This code will only be valid for 90 days from when you start the course.

To register: <https://yfrc.as.me/prenataleducation>

To register for August 19 session: <https://yfrc.as.me/PrenatalSession1Youarepregnantwhatsnext>

To register for August 22 session: <https://yfrc.as.me/PrenatalLabourandDelivery>

To register for August 22 session: <https://yfrc.as.me/PrenatalEducationBirthandBeyond>



The Obstacle Is the Way (for ages 13 to 18 years of age)

Wednesdays August 5, 12, 19, 26 at 1:00 pm

These one-hour group meetings are explicitly directed with youth in mind to build the necessary life skills to work through challenges and obstacles. Youth will engage in activities that focus on:

- Identifying strengths;
- Practicing decision-making;
- Writing out goals;
- Developing positive attitudes;
- Discussing respect;
- Learning how to cope with stress.

We'll gather together online via Webex as a group from the comfort of our own homes.

To register or for more information: email lifeskills@signyorkton.ca or call or text 306-621-2553. The link to access Webex will be sent by email after registering. Participation in all six sessions is expected.



What is Consent?

Thursday August 6 at 1:00 pm

This is a live presentation on Webex. To receive the link email n.prince@signyorkton.ca or text 306-620-5015.

The video of the presentation will be available on the Sexual Assault Counselling page of www.signyorkton.ca so you can watch at your convenience.

Kids Safety Series

Online at www.signyorkton.ca/kidsafe

Watch at your convenience

Sexual Assault Outreach wants your children to feel safe, self-reliant, and grounded during this time. With children home from school, greater accessibility to Internet usage, and fears and anxieties presenting themselves, this program was designed to help your kids feel empowered and safe. The Kids Safety series consists of short videos (under 10 min) for children K to 12 years old.

Kids Safety focuses on topics such as Safe at Home, Safe Online, Body Safety, and Heart Safe. Its fun, conversational style allows kids to learn some basics safety concepts and can be used as great conversation starters at home.

- *Safe Online*: Focusing on some safety tips to stay safe online. We talk about digital responsibility and risks online.
- *Safe at Home*: Discusses ages children can be left home and some simple safety rules while they are home alone. This program also discusses about how to make a safety Plan.
- *Body Safe*: A super kid-friendly conversation about consent, our bodies, and trusted adults to help you and your children feel safe having conversations together. This program discusses listening to our “gut” and a discussion about secrets.
- *Heart Safe*: We talk about our emotions, zones of regulations, and copings techniques for us to manage our feelings. It’s okay to have emotions and we want to start conversations that make it safe for us to talk and express ourselves. This program helps kids recognize their feelings and who we can talk to.

Sexual Assault Awareness

Watch at your convenience

For Sexual Assault Awareness Week in May. SIGN Sexual Assault Counselling produced a series of videos which remain available online. Go to www.signyorkton.ca, click on Counselling, then Sexual Assault.

Rock the Talk (in three parts)

Want to keep your kids safe but don’t know how to have those “uncomfortable” conversations? Are you wondering if your child’s sexual health is “normal” and developmentally appropriate for their age? Do you want tips on how to set boundaries and protect your children? Designed for parents, caregivers, and front-line workers that work with children, this series discusses how to have conversation with your child about body safety, personal boundaries, and sexual health. We also discuss appropriate words, challenge myths and discuss real ways to be an “askable” parent/adult. The three programs are divided into Early Years 2-5 years, Grade School 6-12, and Teens 13-17. Great way as adults to get comfortable with an uncomfortable topic.

Adult Relationships and Intimacy

An in-depth conversation about healthy communication and adult sexual health. We have a real discussion on pornography, sexual health, consent in adult relationships, boundaries, safety planning, and we challenge myths and biases.



A service of



Summer 2020

For parents of children age 0 to 10

For parents of children age 10 to 16

- ❖ **Discussion Groups: 7 pm to 9 pm.** A 2-hour session for participants to receive developmental and child management advice on the day's topic;
- ❖ **Coffee With Corinna: 8:30 am to 9 am.** Informal information sharing between our practitioner and parents.

July

July 7 Coffee with Corinna 8:30 am <i>Making and Keeping Friends</i>	July 8 Discussion Group 7 pm <i>Managing Fighting and Aggression</i>	July 15 Discussion Group 7 pm <i>Coping with Teenage Emotions</i>	July 16 Coffee with Corinna 8:30 am <i>Tidying Up</i>
July 21 Coffee with Corinna 8:30 am <i>Promoting Digital Wellbeing</i>	July 22 Discussion Group 7 pm <i>Developing a Good Bedtime Routine</i>	July 29 Discussion Group 7 pm <i>Reducing Family Conflict</i>	July 30 Coffee with Corinna 8:30 am <i>Stealing</i>

August

August 4 Coffee with Corinna 8:30 am <i>Sexuality and Relationships</i>	August 5 Discussion Group 7 pm <i>Hassle-Free Shopping With Children</i>	August 12 Discussion Group 7 pm <i>Building Teenage Survival Skills</i>	August 13 Coffee with Corinna 8:30 am <i>Interrupting</i>
August 18 Coffee with Corinna 8:30 am <i>Doing Well in High School</i>	August 19 Discussion Group 7 pm <i>Dealing with Disobedience</i>	August 26 Discussion Group 7 pm <i>Getting Teenagers to Cooperate</i>	August 27 Coffee with Corinna 8:30 am <i>Swearing</i>

Registration is required for all sessions:

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email triplep@signyorkton.ca
www.triplep-parenting.ca/can-en/find-help/triple-p-parenting-in-saskatchewan
www.facebook.com/yorktontriplep | www.signyorkton.ca