



SIGN Guide to Online Programs and Activities June 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 are 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 during June.

This information will be updated on our website at signyorkton.ca and on our Facebook page, facebook.com/signyorkton, when changes occur.

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.

31 May 2020



SIGN Cultural Programming has a new name but the same great programs and activities!

Indigenous Storytelling

June 1, 8 and 15

A new story and activity idea every Monday until June 15. At that time Storytime will take a break, but all 12 previous stories remain available in case you missed them.

To view: <https://signyorkton.ca/all-in-one-family> or www.facebook.com/signyorkton

Women's Circle

June 18

The Women's Circle is a safe place to share experiences and tell stories while learning more about First Nations culture, sweet grass, traditional healing and traditional roles. We look forward to meeting again in person but until that is possible call or text 306-620-5015 or email n.prince@signyorkton.ca for your link and password.

All in One Family Cultural Camp

Monday to Thursday June 22 to 25 at 3:00 pm

We will focus on getting crafty. We will try beading, make talking sticks and create paper plate dream catchers. The program is limited to 15 families. It's a great way for parents to connect with their children and talk about Indigenous culture in our homes and community.

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



A service of



June 2020

Blue For parents of children age 0 to 10

Red 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.

June 1	June 2	June 4
Coffee with Corinna 8:30 am <i>Toilet Training</i>	Discussion Group 7 pm <i>Hassle-free Shopping with Children</i>	Discussion Group 7 pm <i>Building Teenage Survival Skills</i>

Triple P office will be closed June 8 to 11 and June 15 to 18 for staff training in Fear-Less Triple P.

What is Fear-Less Triple P?

It is an intervention program for parents of children with anxiety who are experiencing significant difficulties with anxiety management. Look for programs being offered this fall.

June 22	June 23	June 25
Coffee with Corinna 8:30 am <i>Rudeness and Disrespect</i>	Discussion Group 7 pm <i>Dealing With Disobedience</i>	Discussion Group 7 pm <i>Getting Teenagers to Cooperate</i>

Triple P office will be closed June 29 to July 5 for staff holidays.

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

JUNE 2020



SIGN
Society for the Involvement of
Good Neighbours KAMSACK FAMILY RESOURCE CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>Mornings:</p> <p>All In One Family Storytime</p> <p><i>See our Facebook page!</i></p>	<p>2</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>10:00AM</p> <p>Video Storytime with Megan</p> <p>Afternoons:</p> <p>Healthy Together</p> <p><i>See our Facebook page!</i></p>	<p>3</p> <p>12:00 - 1:00PM</p> <p>Feed Kamsack Program</p> <p><i>Text Megan 590-8070 if you need delivery</i></p> <p>Victoria Elementary School</p> <p>512 West Ave</p>	<p>4</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>2:00PM</p> <p>Ages & Stages Activities & Info</p> <p>2 months - 5 years through Webex</p> <p><i>Message us to schedule an appointment</i></p>	<p>5</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>Afternoon:</p> <p>Prenatal Education ONLINE</p> <p><i>Please message us for a code</i></p>
<p>8</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>Mornings:</p> <p>All In One Family Storytime</p> <p><i>See our Facebook page!</i></p>	<p>9</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>10:00AM</p> <p>Video Storytime with Megan</p> <p>Afternoons:</p> <p>Healthy Together</p> <p><i>See our Facebook page!</i></p>	<p>10</p> <p>12:00 - 1:00PM</p> <p>Feed Kamsack Program</p> <p><i>Text Megan 590-8070 if you need delivery</i></p> <p>Victoria Elementary School</p> <p>512 West Ave</p>	<p>11</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>2:00PM</p> <p>Ages & Stages Activities & Info</p> <p>2 months - 5 years through Webex</p> <p><i>Message us to schedule an appointment</i></p>	<p>12</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p>
<p>15</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>Mornings:</p> <p>All In One Family Storytime</p> <p><i>See our Facebook page!</i></p>	<p>16</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>10:00AM</p> <p>Video Storytime with Megan</p> <p>Afternoons:</p> <p>Healthy Together</p> <p><i>See our Facebook page!</i></p>	<p>17</p> <p>12:00 - 1:00PM</p> <p>Feed Kamsack Program</p> <p><i>Text Megan 590-8070 if you need delivery</i></p> <p>Victoria Elementary School</p> <p>512 West Ave</p>	<p>18</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>2:00PM</p> <p>Ages & Stages Activities & Info</p> <p>2 months - 5 years through Webex</p> <p><i>Message us to schedule an appointment</i></p>	<p>19</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p>
<p>22</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>Mornings:</p> <p>All In One Family Storytime</p> <p><i>See our Facebook page!</i></p>	<p>23</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>10:00AM</p> <p>Video Storytime with Megan</p> <p>Afternoons:</p> <p>Healthy Together</p> <p><i>See our Facebook page!</i></p>	<p>24</p> <p>12:00 - 1:00PM</p> <p>Feed Kamsack Program</p> <p><i>Text Megan 590-8070 if you need delivery</i></p> <p>Victoria Elementary School</p> <p>512 West Ave</p>	<p>25</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>2:00PM</p> <p>Ages & Stages Activities & Info</p> <p>2 months - 5 years through Webex</p> <p><i>Message us to schedule an appointment</i></p>	<p>26</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p>
<p>29</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>Mornings:</p> <p>All In One Family Storytime</p> <p><i>See our Facebook page!</i></p>	<p>30</p> <p>9:00AM - 4:30PM</p> <p>Family Call/Check in hours</p> <p>10:00AM</p> <p>Video Storytime with Megan</p> <p>Afternoons:</p> <p>Healthy Together</p> <p><i>See our Facebook page!</i></p>		<p>LEARNING KITS FOR FAMILIES: We are aiming for distribution twice a month! Watch on Facebook!</p> <p>Due to current events, all our programming is now online.</p> <p>We're still here for you and we hope to see you again soon!</p> <p>Andrea & Megan</p>	

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](https://www.facebook.com/YorktonFRC)

Websites: www.yorktonfrc.ca and www.signyorkton.ca/yorkton-family-centre

Registration if required: yfcc.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.

All In One Family Cultural Camp

Monday to Thursday June 22 to 25 at 3:00 pm

We will focus on getting crafty. We will try beading, make talking sticks, and create paper plate dream catchers. The program is limited to 15 families. It's a great way for parents to connect with their children and talk about Indigenous culture in our homes and community.

To register: <https://yfcc.as.me/craftcamp>

Art Camp (for ages 3 to 6 years)

Monday to Thursday June 8 to 11 at 3:00 pm

This camp will also be conducted in July and August

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: <https://yfcc.as.me/ArtCamp1>

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

Monday to Thursday June 22 to 25 at 11 am

This camp will also be conducted in July and August

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: <https://yfcc.as.me/cooking1>

Science Camp

June 15 to 18 at 11 am

This camp will also be conducted in July and August

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: <https://yfcc.as.me/science1>

Zumba for Families Camp (for parent with child age 3 to 6 years)

June 15 to 18 at 3 pm

Zumba for Families is for children age 3 to 6 and their caregiver. Zumba classes are high-energy dance parties packed with kid-friendly routines. We break down steps and add games and activities into the class structure. Benefits include helping develop a healthy lifestyle and incorporating fitness as a natural part of children's lives.

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

Other programs

Baby Food Making Class

June 26 at 3 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

June 3 at 6 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

June 30

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

June 30 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>

Indigenous Storytelling on Facebook

Mondays June 1, 8 and 15

A new story and activity idea every Monday until June 15. At that time Storytime will take a break, but all 12 previous stories remain available at www.signyorkton.ca/all-in-one-family in case you missed them.

To view: <https://signyorkton.ca/all-in-one-family> or www.facebook.com/YorktonFRC

Zumbini Fitness Class

June 13, 20 and 27

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

June 1 at 11 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 office@yorktonfrc.ca or yfrc@signyorktonfrc.ca.

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

Prenatal Education Online

June 6 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 June 17 session: <https://yfrc.as.me/PrenatalEducationHealthyPregnancy>

To register for June 20 session: <https://yfrc.as.me/PrenatalLabourandDelivery>

To register for June 20 session: <https://yfrc.as.me/PrenatalEducationBirthandBeyond>



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

Sexual Assault Awareness Week was May 11 to 15. 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.