



## **SIGN Guide to Online Programs and Activities**

### **October 2020**

Group meetings and events were held in-person again as of Sep. 21, but were stopped on Oct. 6 because of an increase in Covid-19 cases in Yorkton and area. It is expected that face-to-face meetings may resume later in October. However, because of limited capacity to allow for Covid-19 precautions to be observed, and to allow those who cannot attend in person to participate, programs continue to be provided online as well.

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

This information will be updated on our website at [signyorkton.ca](http://signyorkton.ca) and on our Facebook page, [facebook.com/signyorkton](https://facebook.com/signyorkton), when changes occur.

For changes to the programs at Yorkton Early Years Family Resource Centre, please visit [www.signyeyfrc.ca/calendars](http://www.signyeyfrc.ca/calendars). For updates on programs at Kamsack Family Resource Centre, visit [www.facebook.com/KamsackFamilyResource](https://www.facebook.com/KamsackFamilyResource).

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.

*9 October 2020*



Website: [www.signeyfrc.ca](http://www.signeyfrc.ca)

Facebook: [facebook.com/YorktonFRC](https://facebook.com/YorktonFRC)

Registration: [yfrc.acuityscheduling.com](http://yfrc.acuityscheduling.com)

*These are the online programs at the Yorkton Early Years Family Resource Centre, located in SIGN on Broadway in Yorkton. In-person programming started again on September 21. For details about in-person options, please visit [www.signeyfrc.ca/calendars](http://www.signeyfrc.ca/calendars).*

### **A Mother's Journey**

**Online and in-person at the Centre**

**9-weeks, on October 19, 26, November 2, 9, 16, 23, 30, December 7, 14 from 1 pm to 3 pm**

A gathering place for Indigenous mothers looking to connect with each other, our community, and our cultural way of life. An Elder will come to some sessions. We will be making moccasins closer to the end of the class.

Register at [yfrc.as.me/womensjourney](http://yfrc.as.me/womensjourney). Spaces are limited.

### **Activity posts on Facebook**

**Mondays, Wednesdays, Fridays and Saturdays at 6:30 pm**

Parents can view the Facebook post anytime to get activity ideas. These activities can be done at home with parents and their child/children when it works for your family. We will also post some other parenting information.

To view: [facebook.com/YorktonFRC](https://facebook.com/YorktonFRC)

### **Ages & Stages Activities**

**For children age 1 month to 5 1/2 years**

**Online and in-person at the Centre and can be requested anytime.**

**October 2, 9, 16, 23, 30 at 10 am or 11 am**

It's time to change how we view a child's growth from birth to five 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. We encourage families to do a questionnaire with their child/children, and the parent can fill out our online form with their results. A follow-up consultation is done by phone, Google Meet, or in person depending on the families preference. We will then share the results and offer other activities to support the child's development. Referrals can be done if needed. Request information by email to [yfrc@signyorkton.ca](mailto:yfrc@signyorkton.ca).

Register at [yfrc.as.me/ASQ](http://yfrc.as.me/ASQ). Spaces are limited.

### **Growing Great Families**

**For parents/caregivers of young children**

**Thursday October 22 from 6:30 pm to 8 pm**

This is an interactive program to support parents in the growth and strengthening of their family. The conversation guides are focused on supporting families to identify and work toward realizing their values, cultural heritage and dreams for their children, while reducing stress and building problem solving and other life skills. Some of the discussions will be around discipline and other parenting information topics.

Register at [yfrc.as.me/GKI](http://yfrc.as.me/GKI). Spaces are limited.

### **Healthy Start for Families**

**For parents and children age 3 to 6 years**

**Saturday October 3 (Facebook post)**

Simple, healthy recipes that you and your child can create together. Experiences in measuring, counting, washing, cutting, mixing, stirring and tasting! Yum! Yum! Healthy Start is an innovative and unique family education program that brings families together to learn to make healthy choices and build healthy relationships. It is a family education program which includes fun physical activities, cooking, eating and learning components. Register at [yfrc.as.me/Healthystart](https://yfrc.as.me/Healthystart). Spaces are limited.

### **Leap with Me**

**For children age 2 and 3 years**

**Tuesdays October 6, 13, 20, 27 at 11 am**

Literacy, education, activity and play. Explore learning through play! Leap is designed to promote physical movement patterns in infants and toddlers. This interactive session for parents and children will include songs, fingerplays, movement games and exercises. This will keep your kids moving while incorporating early language and literacy development. It's also 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! Register at [yfrc.as.me/leapwithme](https://yfrc.as.me/leapwithme). Spaces are limited. Leap Kits available to borrow; ask staff for details.

### **Make the Connection**

**For parents of children age 0 to 12 months**

**Online 9-week class continuing on Thursdays October 1, 8, 15, 22, 29, November 5, 12 at 10:30 am**

Make the Connection is a program that helps parents interact with their babies in ways that promote secure attachment, communication and brain development. This program combines hands-on activities, parent reflection and discussion.

Register at [yfrc.as.me/MTC](https://yfrc.as.me/MTC). Spaces are limited.

### **Our Little Angels Perinatal Loss Group**

**Online and in-person at SaskAbilities, 83 North Street**

**Wednesday October 7 from 7:30 pm to 9 pm**

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.

Register at [yfrc.as.me/angels](https://yfrc.as.me/angels). Spaces are limited.

### **Prenatal Education Online**

**Online at your own pace. Request anytime by registering or emailing**

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 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. Register at [yfrc.as.me/prenatal](https://yfrc.as.me/prenatal)

### **Yoga Nidra**

**Online or in-person at the Centre**

**Wednesday October 28 from 7:45 pm to 8:30 pm**

Yoga Nidra or yogic sleep is an immensely powerful meditation technique, and one of the easiest yoga practices to develop and maintain. While the participants rest comfortably in savasana (corpse pose), this systematic meditation takes you through the five layers of self, leaving you with a sense of wholeness. Come ready to rest, restore and heal. Please have a light blanket, and a pillow for this class.

Register at [yfrc.as.me/Nidra](https://yfrc.as.me/Nidra). Spaces are limited.

**Yoga with Alison**





**Online or in-person at the Centre**

**Wednesday October 14, 21, 28, November 4, 18, 25 from 6:30 pm to 7:30 pm**

A class designed for all levels of fitness to teach basic yoga postures, meditation and breathing exercises. Our aim is to focus on body and mind connection, while providing a calm and quiet atmosphere.

Register at [yfrc.as.me/yoga](https://yfrc.as.me/yoga). Spaces are limited.

# OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>YES! WE ARE OPEN AGAIN!</b> All families must pre-register for programs by contacting us. Contact info is at the bottom of the calendar!</p>	<p>Find us and follow us</p> 	<p><b>Family Play &amp; Connect (drop-in)</b> 1:00PM-3:00PM <i>Please contact us to register</i></p>	<p><b>Family Call/Check In Hours</b> 9:30-4:00PM Book an appointment for next week, text a parenting problem, or just say hi! <b>Activity Post on Facebook</b></p>
<p><b>Family Play &amp; Connect (drop-in)</b> 10:00AM-12:00PM <i>Please contact us to register</i></p>	<p><b>Video Storytime with Megan</b> 10:00AM</p> <p><b>Family Play &amp; Connect (drop-in)</b> 1:00PM-3:00PM <i>Please contact us to register</i></p>	<p><b>Family Play &amp; Connect (drop-in)</b> 10:00AM-12:00PM <i>Please contact us to register</i></p> <p><b>Play in the Park!</b> 2:00-3:00PM <i>Join us outside in the park for fresh air and movement! (weather permitting!)</i></p>	<p><b>Giving Thanks for Literacy!</b> <b>Free Books Pop-up!</b> 2:30-4:30PM <i>Come pick up some free books, just in time for Thanksgiving!</i></p>	<p><b>Family Call/Check In Hours</b> 9:30-4:00PM Book an appointment for next week, text a parenting problem, or just say hi! <b>Activity Post on Facebook</b></p>
<p>Centre closed today!</p> 	<p><b>Video Storytime with Megan</b> 10:00AM</p> <p><b>Family Play &amp; Connect (drop-in)</b> 1:00PM-3:00PM <i>Please contact us to register</i></p>	<p><b>Family Play &amp; Connect (drop-in)</b> 10:00AM-12:00PM <i>Please contact us to register</i></p> <p><b>Play in the Park!</b> 2:00-3:00PM <i>Join us outside in the park for fresh air and movement! (weather permitting!)</i></p>	<p><b>Family Play &amp; Connect (drop-in)</b> 1:00PM-3:00PM <i>Please contact us to register</i></p>	<p><b>Family Call/Check In Hours</b> 9:30-4:00PM Book an appointment for next week, text a parenting problem, or just say hi! <b>Activity Post on Facebook</b></p>
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This calendar is subject to change. Please check [www.facebook.com/KamsackFamilyResource](http://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](mailto:kamsackfrc@signyorkton.ca)

Children must be accompanied by an adult to attend programs.

Please note: This calendar includes both online and in-person programming.



**A Mother's Journey**

**Online and in-person at the Yorkton Early Years Family Resource Centre**

**Nine weeks, on October 19, 26, November 2, 9, 16, 23, 30, December 7, 14 from 1 pm to 3 pm**

A gathering place for Indigenous mothers looking to connect with each other, our community, and our cultural way of life. An Elder will come to some sessions. We will be making moccasins closer to the end of the class.

Register at [yfrc.as.me/womensjourney](http://yfrc.as.me/womensjourney). Spaces are limited.



A service of



# Online Fall 2020

**SIGN is reducing face-to-face meetings and services due to increasing Covid-19 cases in Yorkton and area. These courses are offered online instead.**

## Fear-Less

A new program for parents of children age 6 to 14 who have various forms of anxiety. This program helps parents develop strategies they can use with all their children to help them develop effective anxiety-management strategies.

### Fear-Less group

**Mondays October 19, 26, November 2, 9, 16, 23 from 7 pm to 9 pm**

This is an online group for parents of children who have anxiety issues. Parents must commit to all sessions. Session 1 is mandatory, and must be attended to continue. No other parents will be permitted after the sessions starts. Parents must meet certain criteria before being accepted in this group. Call for details.



## Group program

For parents with children age 0 to 10

**Tuesdays October 20, 27, November 3, 10, 24 from 7 pm to 9 pm**

This is an online group for parents which provides the full range of Triple P's positive parenting strategies and will help them understand why their child behaves the way he or she does. Parents must commit to six weeks of sessions (five classes, one by phone). Session 1 is mandatory, and must be attended to continue with the rest of the sessions. No other parents will be permitted after the sessions starts.

## Teen Group program

For parents with children age 10 to 16

**Thursdays October 22, 29, November 5, 12, 26 from 7 pm to 9 pm**

This is an online group for parents which provides the full range of Triple P's positive parenting strategies and will help them understand why their child behaves the way he or she does. Parents must commit to six weeks of sessions (five classes, one by phone). Session 1 is mandatory, and must be attended to continue with the rest of the sessions. No other parents will be permitted after the sessions starts.

**Stepping Stones will not be held this fall.**

All programs are **free**, but registration is required for all sessions:

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email [triplep@signyorkton.ca](mailto:triplep@signyorkton.ca)

[www.facebook.com/yorktontriplep](http://www.facebook.com/yorktontriplep) | [www.signyorkton.ca](http://www.signyorkton.ca)



### **Kids Safety Series**

Online at [www.signyorkton.ca/kidsafe](http://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](http://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.