



SIGN Guide to Online Programs and Activities

September 2020

SIGN programs that regularly host group meetings or events continue to provide those online where feasible, even as plans are being prepared for a safe and wider reopening expected to take place this fall.

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

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 August 2020



Website: www.signyeyfrc.ca

Facebook: facebook.com/YorktonFRC

Registration: yfr.acuityscheduling.com

Our Little Angels Perinatal Loss Group

Wednesday September 2 at 6:30 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.

Baby Food Making Class

Wednesday September 9 from 1:30 to 2:30 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.

Get Moving / Healthy Start for Families

Saturdays September 12 and 26 at 11:00 am

Simple, healthy recipes that you & 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.

Art Exploration

Mondays September 14, 21 and 28 at 10:30 am

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

Move with Me

For age 0 to 12 months

Tuesdays September 15, 22 and 29 at 11:00 am

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'll know just what you're going through, because they are going through the same thing! A lively group for parents and children with songs, fingerplays, movement games and exercises.

Mindful Meditation

Wednesday September 16 from 8:30 pm to 9:00 pm

Mindfulness meditation is a practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Mindfulness meditation involves a breathing practice and awareness of body and mind.

Make the Connection

For age 0 to 12 months

Thursdays September 17 and 24 at 10:30 am

Make the Connection 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.

Growing Great Families

Wednesday September 23 from 6:30 pm to 8:00 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

Yoga Nidra Online

Wednesday September 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.

Anytime activities

Activity posts on Facebook

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.

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

Ages & Stages Activity Information

Request anytime by registering or emailing

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.

Prenatal Education Online

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. 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.

Please email, requesting information, to office@yorktonfrc.ca or yfrc@signyorktonfrc.ca.

SEPTEMBER 2020



Society for the Involvement of

**Good
Neighbours**

KAMSACK FAMILY RESOURCE CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Find us on: facebook</p>	<p>1</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>10:00AM Video Storytime with Megan</p> <p>Afternoons: Healthy Together <i>See our Facebook page!</i></p>	<p>2</p> <p>12:00 - 1:00PM Feed Kamsack Program Victoria Elementary School 512 West Ave <i>This is the last lunch!</i></p>	<p>3</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>2:00PM Ages & Stages Activities & Info 2 months - 5 years online through Webex <i>Message us to schedule an appointment</i></p>	<p>4</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Afternoon: Prenatal Education ONLINE <i>Please message us for a code</i></p>
<p>Labour Day Centre closed today!</p>	<p>8</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>10:00AM Video Storytime with Megan</p> <p>Afternoons: Healthy Together <i>See our Facebook page!</i></p>	<p>9</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Parenting Tip Post on our Facebook Car Seat Checks/Installs <i>Message Megan for appointment 306-590-8070</i></p>	<p>10</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>2:00PM Ages & Stages Activities & Info 2 months - 5 years online through Webex <i>Message us to schedule an appointment</i></p>	<p>11</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p><i>Looking for things to do with your child/children? Send us a message! We love to help!</i></p>
<p>14</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Mornings: Activity Post! <i>Need ideas? See our Facebook page!</i></p>	<p>15</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>10:00AM Video Storytime with Megan</p> <p>Afternoons: Healthy Together <i>See our Facebook page!</i></p>	<p>16</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Parenting Tip Post on our Facebook Car Seat Checks/Installs <i>Message Megan for appointment 306-590-8070</i></p>	<p>17</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>2:00PM Ages & Stages Activities & Info 2 months - 5 years online through Webex <i>Message us to schedule an appointment</i></p>	<p>18</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p><i>Stuck on a parenting problem? Feel free to reach out with a text, message, or phonecall We're still available!</i></p>
<p>21</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Mornings: Activity Post! <i>Need ideas? See our Facebook page!</i></p>	<p>22</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>10:00AM Video Storytime with Megan</p> <p>Afternoons: Healthy Together <i>See our Facebook page!</i></p>	<p>23</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Parenting Tip Post on our Facebook Car Seat Checks/Installs <i>Message Megan for appointment 306-590-8070</i></p>	<p>24</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>2:00PM Ages & Stages Activities & Info 2 months - 5 years online through Webex <i>Message us to schedule an appointment</i></p>	<p>25</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p>
<p>28</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Mornings: Activity Post! <i>Need ideas? See our Facebook page!</i></p>	<p>29</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>10:00AM Video Storytime with Megan</p> <p>Afternoons: Healthy Together <i>See our Facebook page!</i></p>	<p>30</p> <p>9:00AM - 4:30PM Family Call/Check in hours</p> <p>Parenting Tip Post on our Facebook Car Seat Checks/Installs <i>Message Megan for appointment 306-590-8070</i></p>	<p>Due to current events, all our programming is online. We're still here for you and we hope to see you again soon!</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.



Fall 2020


September online discussion groups


Wed, Sep. 2

**Coping With
Teenagers'
Emotions**

Thurs, Sep. 3

**Developing
a Good Bedtime
Routine**

 For parents of children age 0 to 10

 For parents of children age 10 to 16

These discussion groups are conducted online. Parents may attend any or all.

Wed, Sep. 9

**Reducing
Family
Conflict**

Thurs, Sep 10

**Managing
Fighting
and Aggression**

All sessions are conducted from 7 pm to 9 pm.

Wed, Sep. 16

**Building
Teenagers'
Survival Skills**

Thurs, Sep 17

**Dealing
with
Disobedience**

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

www.facebook.com/yorktontriplep | www.signyorkton.ca



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

These one-hour group meetings are explicitly directed with youth in mind to build the necessary life skills to work through challenges and obstacles.

All meetings are from 7 pm to 8 pm

Wednesday September 2: Identifying strengths

Tuesday September 8: Practicing decision-making

Thursday September 10: Writing goals

Wednesday September 16: Developing positive attitudes

Tuesday September 22: Discussing respect

Thursday September 24: Learning how to cope with stress

We'll meet 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.



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.