



FAMILY RESOURCE NETWORK

HINTON

MAR

PROGRAMMING CALENDAR



PROGRAM SPOTLIGHT: Parent Club

Each month, we bring in guest speakers to offer sessions on topics that we've heard families want to learn about!

This month, we've got sessions on supporting 2SLGBTQ+ teens, being a new dad, self-care, and meditation/mindfulness. If you have a topic you'd like to learn about, let us know!

HOW TO REGISTER


Want to learn more or sign up for a program?

- Visit hinton.ca/123 for online registration
- Email jdelves@hinton.ca
- Call 780-223-2273

WANT 1-1 PARENTING SUPPORT?

Our Caregiver Education Coordinator is here to help! Give us a call (780-223-2273), send us an email (jdelves@hinton.ca), or stop by the West Fraser Guild at 821 Switzer Drive!

*REGISTRATION REQUIRED

S	M	T	W	T	F	S
	1	2	3 PARENT CLUB: 2SLGBTQ+ PARENTS OF TEENS SESSION * 6:30 - 8:00 pm	4	5	6
7	8 BUCKET FILLERS (BF) - REGISTRATION OPEN ON MAR. 9	9 MOTHER'S FIRST * 10:00 -11:00 am PARENT CONNECTIONS @ THE SPLASH PARK 10:30 -11:30 am	10 INTRO TO BABY SIGN!	11 TODDLER TREASURES (TT) - REGISTRATION OPEN	12	13
14	15 PARENT CLUB: BEING A NEW DAD * 6:30 - 8:00 pm	16 TT/BF DELIVERIES * PARENT CONNECTIONS @BOARDWALK 10:30 -11:30 am	17 GREEN HOT CHOCOLATE & PLAY TIME @ LION'S PARK 1:00 -2:30 pm 	18 PARENT CLUB: SACRED SELF-CARE: RECLAIMING YOUR WORTH 6:30 - 8:00 pm	19	20
21	22 WITH MATERNAL SUPPORTS FROM BIGHORN PRIMARY CARE NETWORK	23 MOTHER'S FIRST * 10:00 -11:00 am PARENT CONNECTIONS @ ERITH PARK 10:30 -11:30 am	24 4-WEEK PARENT BOOK CLUB * STARTS TUES! BOOKS PROVIDED!	25 PARENT CLUB: MEDITATION AND MINDFULNESS FOR CAREGIVERS* 10:00 - 11:30 am	26	27
28	29	30 PARENT CONNECTIONS @ KINSMAN PARK 10:30 -11:30 am	31			



VISIT THE FAMILY RESOURCE NETWORK ON FACEBOOK @ToHFamilyResourceNetwork