



# DECEMBER



## AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 GROWING TOGETHER: 10-11AM  FREE-PLAY DROP-IN: 1-2PM	3 DROP-IN PLAY: 10-11AM	4 FREE-PLAY DROP-IN: 1-2PM	5 DROP-IN PLAY: 10-11AM	6 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM	7
8	9 FREE-PLAY DROP-IN: 1-2PM	10 DROP-IN PLAY: 10-11AM	11 FREE-PLAY DROP-IN: 1-2PM	12 DROP-IN PLAY: 10-11AM	13 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM	14
15	16 FREE-PLAY DROP-IN: 1-2PM	17 DROP-IN PLAY: 10-11AM	18 FREE-PLAY DROP-IN: 1-2PM	19	20	21
22	23	24	25	26	27	28
<hr/> <b>OFFICE CLOSED FOR CHRISTMAS HOLIDAYS</b>						
29	30					

# JANUARY

## AT FRESH START SUPPORT SERVICES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
<b>OFFICE CLOSED FOR THE HOLIDAYS</b>						
5	6 FREE-PLAY DROP-IN: 1-2PM	7 DROP-IN PLAY: 10-11AM	8 FREE-PLAY DROP-IN: 1-2PM	9 DROP-IN PLAY: 10-11AM	10	11
12	13 FREE-PLAY DROP-IN: 1-2PM	14 DROP-IN PLAY: 10-11AM	15 FREE-PLAY DROP-IN: 1-2PM	16 DROP-IN PLAY: 10-11AM	17	18
19	20 FREE-PLAY DROP-IN: 1-2PM	21 DROP-IN PLAY: 10-11AM	22 FREE-PLAY DROP-IN: 1-2PM	23 DROP-IN PLAY: 10-11AM	24 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM	25
26	27 FREE-PLAY DROP-IN: 1-2PM	28 DROP-IN PLAY: 10-11AM	29 FREE-PLAY DROP-IN: 1-2PM	30 DROP-IN PLAY: 10-11AM	31 CIRCLE OF SECURITY PARENTING PROGRAM: 10AM-12PM	

# PROGRAM DESCRIPTIONS:

## PROGRAMMING TO DO WITH YOUR CHILDREN:

### **Drop In Play:**

Tuesdays and Thursday mornings. Ages 0-6 with caregiver. This program is for parents and children to come spend time together in our play space. Drop In - no registration needed. Contact Bailey at [bashcroft@fsms.ca](mailto:bashcroft@fsms.ca) with any questions.

### **Free-Play Drop In:**

Mondays and Wednesdays from 1-2PM. Ages 0-6 with caregiver. Families will have the opportunity to use our space to play! Staff will be available if needed, but there will be no activity or snack provided. Drop In - no registration needed.

## PROGRAMMING TO DO FOR YOU:

**Circle of Security Parenting Program:** The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. This program will help parents to understand their child's emotional world by supporting their child's ability to manage their emotions. Circle of Security will be running for 8-weeks from January 24th to March 14th. To register, please visit [www.fsms.ca/circle-of-security-program](http://www.fsms.ca/circle-of-security-program). Email Tammy at [tfehr@fsms.ca](mailto:tfehr@fsms.ca) with any questions.

## UPCOMING PROGRAM REGISTRATIONS:

**Growing Together:** An eight-week program for moms to join us in a safe space on Mondays from February 3rd to March 31st (not including Feb 17th). Come explore faith, share life, build relationships and find hope in Jesus! We will be doing a study called "Life's Healing Choices." Registration opens January 6th and closes on January 17th. To register, please visit [www.fsms.ca/growing-together](http://www.fsms.ca/growing-together). For more information, email Tammy at [tfehr@fsms.ca](mailto:tfehr@fsms.ca).