

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend				Adult Cooking Classes (R)* 9:30am-11:30am & 1pm-3pm	Parent Talk 9:30am-11am Family Centre Downtown Growing Abilities (R) 2pm-3:30pm Family Centre Downtown	Me & My Dad 9:30am-11am Family Centre Downtown Positive Parenting Seminars (R) 9:30am-2:30pm Family Centre West
Purple Text = Parent/Child Learning and Play Blue Text = Addictions Support				Family Centre North *these classes happen daily throughout the entire month		
Green Text = Support for Parents of Children With Disabilities Black Text = Cooking Classes, Parent Education, and Support for Parents of Multiples				Parent Cafe* 8:30am-9:30am Family Centre West		
\$ = cost associated with event or activity R= registration required				*these classes happen every Monday, Tuesday, Thursday, and Friday throughout the entire month		
3	Parents and Children Together (PACT) (\$ & R) 4 9:30am-11am Family Centre Downtown Baby PACT (\$ & R) 1:30pm-3pm Family Centre Downtown Stepping Stones (R) 5:30pm-8pm Family Centre Downtown Let it Begin With Me Al-Anon Family Group 7:30pm Central Church of Christ Focus on Communication in Separation (R & \$) 6pm-9pm Family Centre Downtown	Day Home Family Day (R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church A New Beginning Al-Anon Family Group 7pm McKillop United Church	Kids in Action 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Twins and Triplets Club 7pm College Drive Community Church	Parents and Children Together (PACT) (\$ & R) 9:30am-11am Family Centre Downtown Ooey Gooey Sensory Play (\$ & R) 11am-11:30am Family Centre West Just for Today Al-Anon Family Group 1pm Lethbridge Centre Me & My Family 5:30pm-7pm Family Centre Downtown	Parent Talk 9:30am-11am Family Centre Downtown Growing Abilities (R) 2pm-3:30pm Family Centre Downtown	Me & My Dad 9:30am-11am Family Centre Downtown
10	Parents and Children Together (PACT) (\$ & R) 1 9:30am-11am Family Centre Downtown Baby PACT (\$ & R) 1:30pm-3pm Family Centre Downtown Stepping Stones (R) 5:30pm-8pm Family Centre Downtown Let it Begin With Me Al-Anon Family Group 7:30pm Central Church of Christ Focus on Communication in Separation (R & \$) 6pm-9pm Family Centre Downtown	Day Home Family Day (R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church A New Beginning Al-Anon Family Group 7pm McKillop United Church	Kids in Action 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church	Parents and Children 14 Together (PACT) (\$ & R) 9:30am-11am Family Centre Downtown Ooey Gooey Sensory Play (\$ & R) 11am-11:30am Family Centre West Just for Today Al-Anon Family Group 1pm Lethbridge Centre Me & My Family 5:30pm-7pm Family Centre Downtown	Parent Talk 9:30am-11am Family Centre Downtown Growing Abilities (R) 2pm-3:30pm Family Centre Downtown	Me & My Dad 9:30am-11am Family Centre Downtown
17	Parents and Children 18 Together (PACT) (\$ & R) 9:30am-11am Family Centre Downtown Baby PACT (\$ & R) 1:30pm-3pm Family Centre Downtown Let it Begin With Me Al-Anon Family Group 7:30pm Central Church of Christ	Day Home Family 19 Day (R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church A New Beginning Al-Anon Family Group 7pm McKillop United Church	Kids in Action 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church	Parents and Children 21 Together (PACT) (\$ & R) 9:30am-11am Family Centre Downtown Ooey Gooey Sensory Play (\$ & R) 11am-11:30am Family Centre West Me & My Family 5:30pm-7pm Family Centre Downtown Just for Today Al-Anon Family Group 1pm Lethbridge Centre	Parent Talk 9:30am-11am Family Centre Downtown Growing Abilities (R) 2pm-3:30pm Family Centre Downtown	Me & My Dad 9:30am-11am Family Centre Downtown
24	Parents and Children 25 Together (PACT) (\$ & R) 9:30am-11am Family Centre Downtown Baby PACT (\$ & R) 1:30pm-3pm Family Centre Downtown Let it Begin With Me Al-Anon Family Group 7:30pm Central Church of Christ	Day Home Family 26 Day (R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church A New Beginning Al-Anon Family Group 7pm McKillop United Church	Kids in Action 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church	Parents and Children 28 Together (PACT) (\$ & R) 9:30am-11am Family Centre Downtown Me & My Family 5:30pm-7pm Family Centre Downtown Just for Today Al-Anon Family Group 1pm Lethbridge Centre	Parent Talk 9:30am-11am Family Centre Downtown	Me & My Dad 9:30am-11am Family Centre Down- town