

October Family Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Adult Cooking Classes (R)* 9:30am-11:30am OR 1pm-3pm Family Centre North <i>*these classes happen Mon-Fri throughout the entire month</i>	Explore With Me 1 8:30am-10:30am Family Centre West Parents and Children Together (PACT) (\$ & R) 9am-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	Vitality Cafe 2 8:30am-10am Family Centre West Baby Signing (\$ & R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Parenting for New Canadians (R) 1pm-3pm Family Centre Downtown Post Natal Group (R) 1:15pm-2:30pm Family Centre Downtown	Kids in Action 3 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Supporting Father Involvement First Nations (R) 5pm-8pm Opokaa'sin Twins and Triplets Club 7pm College Drive Community Church	Parents and Children Together (\$ & R) 4 9am-11am Family Centre Downtown SPLAT (\$ & R) 9am-11am Family Centre West Triple P – Stepping Stones (R) 1pm-3pm Family Centre Downtown Me & My Family 4:30pm-6:30pm Family Centre Downtown Supporting Father Involvement First Nations (R) 5pm-8pm Standoff	Growing Abilities (R) 5 2pm-3:30pm Family Centre Downtown		
7	8	Vitality Cafe 9 8:30am-10am Family Centre West Baby Signing (\$ & R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Parenting for New Canadians (R) 1pm-3pm Family Centre Downtown Post Natal Group (R) 1:15pm-2:30pm Family Centre Downtown	Kids in Action 10 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Supporting Father Involvement First Nations (R) 5pm-8pm Opokaa'sin	Parents and Children Together (\$ & R) 11 9am-11am Family Centre Downtown SPLAT (\$ & R) 9am-11am Family Centre West Triple P – Stepping Stones (R) 1pm-3pm Family Centre Downtown Me & My Family 4:30pm-6:30pm Family Centre Downtown Supporting Father Involvement First Nations (R) 5pm-8pm Standoff	Growing Abilities (R) 12 2pm-3:30pm Family Centre Downtown	Me & My Dad 13 9:30am-11:30am Family Centre Downtown	
14	Explore With Me 15 8:30am-10:30am Family Centre West Parents and Children Together (PACT) (\$ & R) 9am-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	Vitality Cafe 16 8:30am-10am Family Centre West Baby Signing (\$ & R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Parenting for New Canadians (R) 1pm-3pm Family Centre Downtown Post Natal Group (R) 1:15pm-2:30pm Family Centre Downtown	Kids in Action 17 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Supporting Father Involvement First Nations (R) 5pm-8pm Opokaa'sin Celebrating Indigenous Moms 6pm-8pm Family Centre Downtown	Parents and Children Together (\$ & R) 18 9am-11am Family Centre Downtown SPLAT (\$ & R) 9am-11am Family Centre West Triple P – Stepping Stones (R) 1pm-3pm Family Centre Downtown Me & My Family 4:30pm-6:30pm Family Centre Downtown Supporting Father Involvement First Nations (R) 5pm-8pm Standoff	Growing Abilities (R) 19 2pm-3:30pm Family Centre Downtown	Me & My Dad 20 9:30am-11:30am Family Centre Downtown	
21	Explore With Me 22 8:30am-10:30am Family Centre West Parents and Children Together (PACT) (\$ & R) 9am-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	Vitality Cafe 23 8:30am-10am Family Centre West Baby Signing (\$ & R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Parenting for New Canadians (R) 1pm-3pm Family Centre Downtown Post Natal Group (R) 1:15pm-2:30pm Family Centre Downtown	Kids in Action 24 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Supporting Father Involvement First Nations (R) 5pm-8pm Opokaa'sin	Parents and Children Together (\$ & R) 25 9am-11am Family Centre Downtown SPLAT (\$ & R) 9am-11am Family Centre West Triple P – Stepping Stones (R) 1pm-3pm Family Centre Downtown Me & My Family 4:30pm-6:30pm Family Centre Downtown Supporting Father Involvement First Nations (R) 5pm-8pm Standoff	Growing Abilities (R) 26 2pm-3:30pm Family Centre Downtown	Me & My Dad 27 9:30am-11:30am Family Centre Downtown	
28	Explore With Me 29 8:30am-10:30am Family Centre West Parents and Children Together (PACT) (\$ & R) 9am-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 Focus on Communication in Separation (R) 5:30pm-8:30pm Family Centre Downtown	Vitality Cafe 30 8:30am-10am Family Centre West Baby Signing (\$ & R) 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Parenting for New Canadians (R) 1pm-3pm Family Centre Downtown Post Natal Group (R) 1:15pm-2:30pm Family Centre Downtown Solo Dads Wanted 6pm-8pm Family Centre Downtown	Kids in Action 31 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Supporting Father Involvement First Nations (R) 5pm-8pm Opokaa'sin	<h2>Legend</h2> <p>Purple Text = Parent/Child Support, Learning, and Play</p> <p>Blue Text = Addictions Support</p> <p>Green Text = Support for Parents of Children With Disabilities</p> <p>Black Text = Cooking Classes, Parent Education, and Support for Parents of Multiples</p> <p>\$ = cost associated with event or activity</p> <p>R= registration required</p>			