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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Purple Text = Parent/Child Support, Learning, and Play Blue Text = Addictions Support Green Text = Support for Parents of Children With Disabilities  Black Text = Cooking Classes, Parent Education, and Support for Parents of Multiples  \$ = cost associated with event or activity R = registration required			Adult Cooking Classes (R)* 9:30am-11:30am OR 1pm-3pm Family Centre North  *these classes happen Mon-Fri throughout the entire month	Parents and Children Together (\$ & R) 9am-11am Family Centre Downtown Baby Gym Time 1:30pm-3pm Family Centre Downtown 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) 2 2pm-3:30pm Family Centre Downtown	Me & My Dad 9:30am-11:30am Family Centre Downtown
4	Explore With Me 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 Focus on Communication in Separation (R) 5:30pm-8:30pm Family Centre Downtown Let it Begin With Me Al- Anon Family Group 7:30pm Central Church of Christ	Vitality Cafe 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 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) 9am-11am Family Centre Downtown Baby Gym Time 1:30pm-3pm Family Centre Downtown 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) 9 2pm-3:30pm Family Centre Downtown	10
11	12	Baby Signing (\$ & R) 13 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 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 15 Together (\$ & R) 9am-11am Family Centre Downtown Baby Gym Time 1:30pm-3pm Family Centre Downtown 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) 16 2pm-3:30pm Family Centre Downtown	Me & My Dad 17 9:30am-11:30am Family Centre Downtown Discover Together 9:30am-11:30am Family Centre West
18	Explore With Me 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	Baby Signing (\$ & R) 20 9:30am-11am Family Centre Downtown  Mom and Tots Group 10am-12pm VIA Church  Putting Children First in Seperation and Divorce (R) 12pm-1pm Family Centre Downtown  Parenting for New Canadians (R) 1pm-3pm Family Centre Downtown  Post Natal Group (R) 1:15pm-2:30pm Family Centre Downtown	Kids in Action 9:30am-11am Family Centre Downtown Mom and Tots Group 10am-12pm VIA Church Stress Free Christmas Baking (R) 4pm-6pm Family Centre North Supporting Father Involvement First Nations (R) 5pm-8pm Opokaa'sin Celebrating Indigenous Moms 6pm-8pm Family Centre Downtown	Parents and Children 22 Together (\$ & R) 9am-11am Family Centre Downtown Baby Gym Time 1:30pm-3pm Family Centre Downtown 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) 23 2pm-3:30pm Family Centre Downtown	Me & My Dad 9:30am–11:30am Family Centre Downtown Stress Free Christmas Baking (R) 4pm-6pm Family Centre North
25	Explore With Me 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	Baby Signing (\$ & R) 27 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 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 29 Together (\$ & R) 9am-11am Family Centre Downtown Baby Gym Time 1:30pm-3pm Family Centre Downtown 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) 30 2pm-3:30pm Family Centre Downtown	