

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legend 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					
2	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	Mom and Tots Group 10am–12pm VIA Church Triple P Group 1pm-3pm Family Centre North Supporting Father Involvement 5pm-8pm Family Centre Downtown	Kids in Action 9:30am-11am Family Centre Downtown 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 Me & My Family 4:30pm-6:30pm Family Centre Downtown Supporting Father Involvement First Nations (R) 5pm-8pm Standoff	Parent Talk 9:30am-11am Family Centre Downtown	Discover Together 9:30am–11:30am Family Centre West Me & My Dad 9:30am–11:30am Family Centre Downtown
9	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	Mom and Tots Group 11 10am–12pm VIA Church	Kids in Action 12 9:30am-11am Family Centre Downtown	Me & My Family 13 4:30pm–6:30pm Family Centre Downtown	Parent Talk 9:30am-11am Family Centre Downtown	Me & My Dad 15 9:30am–11:30am Family Centre Downtown
16	Explore With Me 17 8:30am-10:30am Family Centre West Let it Begin With Me Al-Anon Family Group 7:30pm Central Church of Christ	Mom and Tots Group 18 10am–12pm VIA Church	Evening Turkey 19 Class (R) 4pm-6pm Family Centre North Celebrating Indigenous Moms 6pm-8pm Family Centre Downtown	20	21	22
23 & 30	24 & 31 Let it Begin With Me Al-Anon Family Group 7:30pm Central Church of Christ	25	26	27	28	