



Families First Society
FORT SASKATCHEWAN

#thisisourvillage



July/August 2017 Newsletter

For Your Own Sake - Play With Me!

Last month we talked about the value of playing with your kids, and how this simple act can actually change your relationship with your child, for the long haul. However, did you know that experts are now saying that play may actually be equally as beneficial for you?

In our technologically filled world we often forget to take genuine time to laugh, be creative, and let go, or as experts call it, to be mindful. Yes, maybe we laugh at a text message, or create a funny meme, but there is quite a large difference between this and mindful play.

Many people think that you have to attend a meditation or yoga class to reap the benefits of mindfulness practice, but this isn't necessarily true. You absolutely can get the same reward through crashing toy trucks, bouncing in a bouncy castle, blowing bubbles in the park, and just truly being present in play.

So although you are building a stronger connection with your child through play, and they think you are the coolest parent because you aren't afraid to play, the valuable skills you are teaching your children through play, are also incredibly valuable for yourself.

Wanna learn more about mindfulness? Check out this link below!

<https://www.mindful.org/the-power-of-play/>

~ Ashley Hardy,
Families First Society, 5th Generation Project Coordinator

Where oh where, oh where, is Playmob?

Our surprise location clues will help you find this free, drop-in, outdoor playtime.



Clues will be released on:

Facebook: Fort Saskatchewan Families First Society

Twitter: @FSFFSPLC

www.familiesfirstsociety.ca



We would love to see you at our AGM on
September 18, 2017!

October 7, 2017

**DOW CENTENNIAL
CENTRE
SHELL THEATRE
Fort Saskatchewan**

For more details and ticket info go to
familiesfirstsociety.ca



Look at our gardens grow!

Thank you to the Dadventures families that came out to plant the outdoor gardens!

Thank you to all the families who planted our indoor tower gardens!



Summer Programs!

These programs are FREE, drop-in for families with children ages 0 to 6 years! Older siblings welcome!

ABC Grow With Me Summer Camp

Come join us outside and share some activities and games with your children!



Monday to Wednesday
9:30 am to 12:30 pm
July 10th to August 16th

Fort Saskatchewan
 10215 - 104 Street (Riverside Building)

Snacks and lunch provided!

Summer Surprise!

Come join us for a morning of crafts, songs, games and lots of fun in the sun!



Tuesdays - Gibbons
Wednesdays - Redwater
Thursdays - Bon Accord

10:00 am to 12:00 pm
July 11th to August 17th



Mark Your Calendars!

For program details please go to our website.



June 26	Park Attack - 10:00 am to 12:00 pm (Redwater)
June 26	Newbee Parents
June 27	Dadventures (Last one until September)
June 28	Park Attack - 10:00 am to 12:00 pm (Legal)
June 29	Last day of CHIPS - Lollapalooza Party
July 1	Happy Canada Day!
July 3	Office is closed for Canada Day long weekend!
July 4	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
July 7	WECAN Orders Due
July 10	First day of ABC Grow With Summer Camp (Fort Sask)
July 11	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
July 11	First day of Summer Surprise (Sturgeon County)
July 18	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
July 20	WECAN Order Pickup - 1:00 to 4:00 pm (Fort Sask)
July 25	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
Aug 1	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
Aug 4	WECAN Orders Due
Aug 7	Office Closed / No Programs Running
Aug 8	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
Aug 15	Health Nurse (Fort Sask) 10:00 am to 12:00 pm
Aug 16	Last day of ABC Grow With Summer Camp (Fort Sask)
Aug 17	WECAN Order Pickup - 1:00 to 4:00 pm (Fort Sask)
Aug 17	Last day of Summer Surprise (Sturgeon)

Come visit us at:

9901 - 90 Street
 Fort Saskatchewan, AB

780-998-5595 ext. 221
 (Toll free 587-487-6176)
 Fax: 780-998-5503
www.familiesfirstsociety.ca
info@familiesfirstsociety.ca

Hours:

Monday to Friday
 9:00am to 4:00pm



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 Fort Saskatchewan
 Families First Society



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 @FSFFSPLC

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