



Families First Society
FORT SASKATCHEWAN

#thisisourvillage



June 2017 Newsletter

Let me Play!

Last month we talked about the importance of allowing our children to play because there are so many great things that happen when they do. We know it is hard, because we all lead very busy lives, but trust us, this time is priceless. So even if you have to schedule it in, we promise it will be worth it!

We also suggested last month that it is not only important for children to play, but also really important for you to join them in their play adventures.

You see, when you play with your children you both reap the rewards. Taking an intentional 10 minutes to sit on the floor and play not only builds connection between you and your child, but also offers the opportunity for you to model problem-solving and social skills which your child will carry with him/her throughout his/her life.

Experts say that when you play with your children you build a bond that lasts forever. If a child knows he or she is loved and appreciated, their confidence level sky rockets! It's pretty straight forward. You demonstrate appreciation and love through healthy child directed play, which then builds confidence, and this confidence is carried with him/her to various social situations in the future. Imagine a teenager who had the confidence to say NO to difficult situations because you got down on the floor to play. How cool is that?!

Want more info? Check out the link below and look for next month's newsletter where we talk about how playing with your children actually benefits you as well!

<http://www.ahaparenting.com/parenting-tools/connection/play-child-emotional-intelligence>

~ Ashley Hardy, Project Coordinator, 5th Generation Engaging Men and Boys



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

IT'S BACK...DAD-urday!

Saturday, June 17th

1:00 to 4:00 pm

Legacy Park (10005 - 102 Street)

Dunk Your Dad

Obstacle Course

Games

Music

Free Food and More

Everyone is Welcome!



Sponsored by
Twice But Nice Clothing Society



Park Attack!

This free program is all about messy play for ages 0 to 6 years.

Snack is provided!

10:00 am to 12:00 pm

June 14 - Bon Accord

Springbrook Park (52 Avenue / 54 Street)

June 21 - Gibbons

Poplar Park (Poplar Drive)

June 22 - Legal

Grasshopper Hill
(Access from 50th Street walking trail)

June 26 - Redwater

Centennial Park (52 Ave and 51 Street)

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

**Free
 Snack
 Provided**

Mark Your Calendars!

For program details please go to our website.

June 1/2	Community Kitchens (Fort Sask)
June 3	Visit us at the Family Fun Festival at Legacy Park! 10:30 am to 3:00 pm
June 5	Newbee Parents
June 6	Dadventures
June 7	Kids Can Cook (Fort Sask)
June 9	WECAN Orders Due
June 10	Community Kitchens (Fort Sask)
June 12	Office closed, no programs running! Staff PD Day
June 13	Dadventures
June 14	Park Attack - 10:00 am to 12:00 pm (Bon Accord)
June 17	DAD-urday! 1:00 to 4:00 pm at Legacy Park
June 19	Newbee Parents
June 20	Dadventures
June 21	Kids Can Cook (Fort Sask)
June 21	Park Attack - 10:00 am to 12:00 pm (Gibbons)
June 22	WECAN Order Pickup - 1:00 to 4:00 pm (Fort Sask)
June 22	Park Attack - 10:00 am to 12:00 pm (Legal)
June 26	Park Attack - 10:00 am to 12:00 pm (Redwater)
June 26	Newbee Parents
June 27	Dadventures
June 29	Last day of ChIPS

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

Mailing Address:

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