



September 2020 EARLY CHILDHOOD PROGRAMS

Even while we are closed during the COVID-19 Pandemic, we are here for you.
You can follow us on Facebook (@karafrcc).

Email: info@kara-frc.ca

Website: www.kara-frc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Themes		1	2	3	4	5
		No Programs This Week				
6 I Am Special	7 	8 Drop In Fun 10:00-10:30am via ZOOM (Arts & Crafts)	9 Kids Night Out 6:00-6:30pm via Facebook (Do It Yourself Activities)	10 Creative Play and More 10:00-10:30am via ZOOM (Sensory/ Messy Play)	11 	12
13 Life On The Farm	14 	15 Drop In Fun 10:00-10:30am via ZOOM (Arts & Crafts)	16 Kids Night Out 6:00-6:30pm via Facebook (Do It Yourself Activities)	17 Creative Play and More 10:00-10:30am via ZOOM (Sensory/ Messy Play)	18 	19
20 Welcome Fall	21 	22 Drop In Fun 10:00-10:30am via ZOOM (Arts & Crafts)	23 Kids Night Out 6:00-6:30pm via Facebook (Do It Yourself Activities)	24 Creative Play and More 10:00-10:30am via ZOOM (Sensory/ Messy Play)	25 	26
27 Fire Safety	28 	29 Drop In Fun 10:00-10:30am via ZOOM (Arts & Crafts)	30 Kids Night Out 6:00-6:30pm via Facebook (Do It Yourself Activities)			

KARA Family Resource Centre
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Programs at a Glance

Call Winifred at 587-525-6679 to register and to get Zoom ID & PW

Please note that you can join any of these programs at anytime.

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**Kids Have Stress Too:
(What is stress & how are children affected?)**
Tuesday, September 8th
6pm-8pm via Zoom

Nobody's Perfect: Parents & Self-Care
Monday, September 14th
6pm—8pm via Zoom

**Triple P Discussion Group:
(Developing Good Bedtime Routines)**
Tuesday, September 24th
6pm-8pm via Zoom

ILAPS: (Passing On Our Values & Traditions)
Wednesday, September 30th
6pm-8pm via Zoom

Call today to schedule your One on One
A Family Resource Worker will be happy to discuss
everyday parenting matters!