

Strathcona County Family and Community Services Parent Link

Baby & Me!



This is a great opportunity to meet other parents and to participate in Infant-focused play and listen to guest speakers on a variety of topics!

Date
Drop-in Tuesdays
Time
1:30-3:00pm
Location
Children & Youth
Community Centre
3 Spruce Ave.

All sessions are **FREE!**
Call 780-416-6730 for more
Information.

**For caregivers and
infants ages 0-12
months!**

August 2019 Schedule

August 6 **Pool party**

What better way to celebrate summer than a pool party!
We will explore some fun water activities. Please bring a change of clothes for your little one (and for yourself) as we are sure to get quite wet having fun with water!

August 13 **Hot Mama Health and Fitness**

It can be a challenge to find time for fitness after becoming a new mom. Jillian and Catherine from Hot Mama Health and Fitness will be showing us some great workout moves to help us get moving again.

August 20 **Brain building playshop**

Each baby is born with 200 billion neurons in their brain and they are ready to get to work! 90% of brain development occurs in the first five years of life. Join us to learn about how you are building big brains in little people! There will be fun activities for you and your baby to explore together.

Working together to create a supported, safe, connected community !