



Guiding Kids Through Life's Storms ... from Hurt, through Healing to Hope

Support for children who have suffered significant loss due to death, divorce or separation.

RAINBOWS is not counseling or therapy for children. It is strictly a peer support group guided by caring trained adult facilitators.

Groups are for children aged 4 - 17, five children per group.

RAINBOWS sessions run twice during the school year. Meetings occur once a week. Each session is 12 weeks long and there is no cost for families. Parents may request information packages from Family School Wellness workers or from Family Education Support.

Death... Divorce... Separation... Grief...

Training for volunteer facilitators is offered in Central Alberta each fall.

If you are interested in becoming a facilitator or looking for general information please call Giselle at 403-887-9989.

Unless otherwise stated all programs are at:

Sylvan Lake & Area Community Partners' Association

4936 50th Avenue, Sylvan Lake, AB T4S 1A1

Please call **Giselle** at 403-887-9989

Email: fes@sylvanlakecommunitypartners.ca

Visit : www.SylvanLakeCommunityPartners.ca



All programs are in collaboration with:

*Sylvan Lake & Area Community
Partners' Association*

~ Vision ~

A Sylvan Lake Charity working together for a healthy resilient community where all its members are valued.

~ Mission Statement ~

Sylvan Lake & Area Community Partners' Association will work with individuals and groups to minimize risk factors for children, youth and families in the Sylvan Lake Area.

~ Mandate ~

To work with the community of Sylvan Lake and its Stakeholders to build the capacity of the community to meet the needs of children, youth and families in Sylvan Lake and Area.

~ Goals ~

- *We will facilitate the development of supportive community networks.*
- *We will make information available to children, youth and families about resources and options available to them.*
- *We will provide children, youth and families referrals to appropriate resources.*
- *We will offer preventative programming that contributes to the safety and healthy development of children, youth and families in the Sylvan Lake area.*
- *We will contribute to the development of services and programs to meet newly identified needs.*

~ Guiding Principles ~

- *We will seek every opportunity to be active in a community that values its members.*
- *We will subscribe to character ethics that govern human effectiveness.*
- *We will be conscientious stewards of community resources.*

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Family Education Support Services



All programs in collaboration with:
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~ Healthy Moms & Healthy Babes ~

Moms with babes 0 - 12 months are invited to join our socializing group. Enjoy our positive parenting environment where parents get time to nurture their babe and themselves with predictable outcomes. We host such sessions as baby food making and infant nutrition, eating and sleeping routines, weights and measures, child development, as well as hands-on activities for both Moms and their babes. Refreshments and snacks are available. Childcare is available for older siblings (must be pre-booked). No charge. This group is led by the Family Education Early Intervention Support Worker. Every Tuesday 10:00 - 11:30 am.

~ Toddler Co-Op ~

This program is a drop-in playtime that focuses on 18 months to 3 year olds. Join other families for fun-filled child oriented play and child and adult socializing time. Siblings are also welcome. No charge. Every Saturday 10:00 - 11:30 am.

~ Preschool Playhouse ~

Join us for a fun filled age appropriate play time. Preschool Playhouse focuses on children 3 years to school age, with siblings welcome. Our play time will consist of free play, craft time, story time, snacks, songs and music. We will have a fun filled time. Join in as we provide child oriented activities and play centers, while you interact with both your child and other adults. Coffee/tea is always on.

We would like to request that parents help to provide a simple snack. Bring a cucumber, a few carrots or anything healthy. Bring it in and we will help the children prepare snack for the group. No charge. Every Friday 10:00 - 11:30 am.

~ Mommies Connecting Mommies ~

Informal get together for moms and children of preschool age, join us for a fun filled play time. Mommies Connecting Mommies is a social gathering for moms while playing with their

children. Our play time will consist of free play, snacks (parent provided), songs and music. We will have a fun filled time. Join in, as we provide coffee, tea and juice. This program is parent orientated and requires one adult signed as designate facilitator. Monday Mornings 10:00 - 11:30 am.

~ Me & My Dad ~

Play time for dads and their children The goal is to allow dads time to connect and become playful fathers. Connecting dads to resources and programs allow fathers to explore the community and what's all available.



~ Free Family Swims ~

Families with preschool children are invited to participate in our free weekly swim. The program intent is to have children and parents interact socially and recreationally.

When families spend time together playing they form a stronger family bond and connect better socially. Children who come from families with strong family bonds have similar attitudes, values and beliefs as their parents and in turn pass these traits on to their children. Positive generational living creates a society where people make healthy lifelong choices. Be sure to sign in and watch for monthly calendars and newsletters.

Every Wednesday 12:00 - 1:00 pm at the Sylvan Lake Aquatic, Centre 4804 48th Street

~ Car Seat Installation Inspection ~

- Infant rear facing car seats, forward facing car seats and booster seats.
- St John's trained Child Restraint Technician that can help you make sure your little ones are as secure as they should be.
- Free DVD's on proper installation and other education material.
- Travel with peace of mind knowing your child is safely buckled in.



*Please call or email for more details or to book an appointment.

~ Ladies of the Patch ~

Does your partner work away from home for extended periods of time? Is life calm one minute then crazy the next?

Are you interested in gaining new skills to feel confident managing the home front while he is away? Join us for open discussion, sharing of tips, and coffee. Children are welcome. No charge. Every Thursday 10:00 - 11:30 am. Please call Giselle at 887-9989 to confirm attendance and ages of children.

~ Children's Community Gardens ~

Plant, weed, harvest and eat. It is our belief that families gardening together form a bond thru physical activity and gardening instills life long healthy lifestyle choices. Another obvious benefit of community gardens is that families are able to enjoy fresh vegetables and herbs. Through this, they are able to eat better and possibly discover how to cook new things. Community garden members also get plenty of exercise out in the sun, meet new friends, and become more connected to their community. Many, who join community gardens, don't really know much about gardening, so they see it as a way to develop a new skill. We also promote kids who are gardening are involved in the community and promoting food security. We also have a horticulturalist who will host planting sessions and educational components. Call Giselle @ 403.887.9989 for dates and times.

~ Infant Equipment & Clothing Swap ~

We host 3 swaps a year. Drop off what you no longer need and collect what you might need. We collect from newborns to size 6. Call Giselle @ 403.887.9989 for more information.

