




**JANUARY / JANVIER**

Sunday/ Dimanche	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeudi	Friday/Vendredi	Saturday/Samedi
<p>Workshops with this star require registration.  Inscription requise pour ateliers avec cette étoile.</p> <p>Register by clicking the links provided in the PDF Calendar or by calling 613.737.6369 Inscrivez-vous en utilisant les liens fournis dans le calendrier PDF ou en appelant le 613.737.6369.</p>			1 <b>CLOSED/ FERMÉ</b>	2	3	4
5	6	7	8 EVENING PLAYGROUP 5:30—7:30 pm	9 ART CLUB: Painting with Music 600—700 Industrial Ave. 9:30—11:00 am 	10 Helping Children Manage Stress: Info Session Don Reid Playgroup 9:00—11:00 am	11
12	13 Helping Children Manage Stress: Info Session Hunt Club Riverside Playgroup 9:00—11:00 am	14 Outdoor Winter Olympics Balena Park 1640 Devon Street 9:30—11:00 am	15 EVENING PLAYGROUP Special Activity: It's Okay To Be Different 5:30—7:30 pm	16	17 Helping Children Manage Stress: Info Session Trainyards Playgroup 9:00—11:00 am	18 Helping Children Manage Stress: Info Session Don Reid Playgroup 9:00—11:30 am
19	20 Sensory Exploration Baby & Me Playgroup 1:30—3:30 pm	21 Helping Children Manage Stress: Info Session McLean Playgroup 9:00—11:00 am	22 EVENING PLAYGROUP 5:30—7:30 pm EVENING WORKSHOP Kids Have Stress, Too! 6:00—7:30 PM 	23 Helping Children Manage Stress: Info Session Fairlea Playgroup 9:00—11:00 am	24 A Visit With Oscar Don Reid Playgroup 10:00—11:00 am	25
26	27 Family Literacy Celebration Don Reid Playgroup 9:00—11:30 am	28 Family Literacy Celebration Fairlea Playgroup 9:00—11:15 am	29 Family Literacy Celebration Hunt Club Riverside Playgroup 9:00—11:15 am <b>NO EVENING PLAYGROUP</b>	30 Family Literacy Celebration McLean Playgroup 9:00—11:15 am	31 Family Literacy Celebration Trainyards Playgroup 9:00—11:15 am	

**Evening Playgroup**

Join us every Wednesday for our evening bilingual drop-in playgroup! The playgroup is open to all families, providers and guardians and their children 0-6 years of age. Special activities will be offered during the evening playgroup on the following dates:

- **January 15th: It's Okay To Be Different** — This month we are celebrating differences! Come celebrate the differences that make us all unique and participate in a few activities meant to teach children to understand and embrace diversity.

**Groupe de jeu en soirée**

Joignez nous les mercredis pour notre groupe de jeu bilingue en soirée! Ce groupe de jeu est ouvert à tous les familles, responsables de garde et tuteurs et leurs enfants de 0-6 ans. Des activités spéciales seront proposées lors de la soirée en groupe aux dates suivantes:

- **le 15 janvier: Tous différents!** — Ce mois-ci, nous célébrons les différences! Venez célébrer les différences qui nous rendent tous uniques et participez à quelques activités destinées à enseigner aux enfants à comprendre et à embrasser la diversité.

**Art Club: Painting with Music** (Trainyards location) 

Can music inspire your art? Join us for a fun morning as children explore their creativity with different music to inspire their artwork! [REGISTER NOW!](#)

**Helping Children Manage Stress** (Information Session During Playgroups)

DID YOU KNOW? All children, even very young children experience stress. However, not all children possess or understand the skills needed to cope with stress. Come and speak with an Early Years Educator to discuss tips and strategies on how you can support your child through managing their emotions. Handouts and/or book recommendations will be provided.

**Winter Olympics** (Outdoor drop-in program)

Join us at Balena Park for a variety of winter activities. Parents are welcome to bring a sled with a helmet, as there is a very small hill for sledding. In between activities you can warm up with a cup of hot chocolate.

**Winter Sensory Exploration** (During Baby & Me Playgroup)

Babies learn about the world around them through sensory exploration. Come and explore different sensory activities that you and your baby will enjoy together! *No registration required.*

**Kids Have Stress, Too!** (Evening Workshop—2330 Don Reid Drive) 

Adults are not the only ones feeling stress, kids do too! This workshop is designed to help parents/caregivers better recognize and understand children's stress; the impact it can have on children's health and development and how to provide children with the tools to deal with stress. [REGISTER NOW!](#)

**A Visit With Oscar—Therapeutic Paws Canada**

Glenda and her Labradoodle Oscar, will be visiting our Don Reid location; children will have an opportunity to pet and interact with Oscar. Positive interactions with animals can help children further develop empathy, reduce stress and contribute to their self-esteem. Visits with Oscar will be made in small groups.

**Family Literacy Celebration—ALL playgroup locations**

Join us at one of our playgroup locations as we celebrate literacy together! Our special activities will circulate to each playgroup location throughout the week.