



# Family 2 Family

Join Glenrose clinicians for an **interactive discussion, tips and resources** on topics that affect quality of life for children and families.

Join us  
in person  
or  
online

Bring your questions and real-life scenarios!  
*(space is limited - parents/caregivers only)*

**Attention-Deficit/Hyperactivity Disorder (ADHD)  
Diagnosis and How to Manage Symptoms**  
Wednesday, March 11, 6:30 - 8:00pm

**Benefits of Play!  
Communication, Resilience, Learning and Connection**  
Wednesday, April 8, 6:30 - 8:00pm

**Building Emotional Regulation Skills by  
Strengthening the Parent-Child Connection**  
Wednesday, May 13, 6:30 - 8:00pm

**See reverse for session descriptions**

**For registration, information or  
to receive upcoming Family 2 Family Calendars**

Please call Charlene Prochnau at (780)735-7999 ext 15578  
or email [PFRC@ahs.ca](mailto:PFRC@ahs.ca)

Childcare is  
Available Onsite  
call (780)735-7978  
or email at  
[info@ehwccs.com](mailto:info@ehwccs.com)  
to register and more  
information

## **Attention-Deficit/Hyperactivity Disorder (ADHD)**

What is ADHD? Kate Randall will answer this question and share how ADHD is typically diagnosed (including the current diagnostic criteria), recommendations for how to manage the symptoms of ADHD and discuss current research supported treatments.

## **Benefits of Play**

Jana Roberto will explore the benefits of play in a variety of areas, such as communication, resilience, learning, and building connections. Bring your questions, challenges and discover ways to engage your child.

## **Building Emotion Regulation Skills by Strengthening the Parent-Child Connection**

Jessica Zvonkovic and Monica Naber will focus on how to use your relationship with your child to help them regulate their emotions. We will discuss the importance of attachment and connection, the brain's role in expressing and regulating emotions and specific strategies of how to guide your child's development of emotion regulation skills.



SPRING BREAK CAMPS

Enjoy spring break at Edmonton's City Art Centre. Choose from cake decorating, pottery, jewelry silversmithing, and more!

SPRING BREAK CAMPS

**Crock A Doodle**  
Enjoy the fun of pottery painting in our bright and cheerful studio. Our drop in format welcomes people of every age and ability, all day long.

SPRING BREAK CAMPS

YMCA School Break Camps are offered at 4 locations across Edmonton

**SUNDAY, APR 5, 2020**  
**9 A.M.- 11 A.M.**  
**STAY ALL DAY INCLUDED -**  
**MUST ENTER BEFORE 10.30 A.M.**  
**\$25**  
**EARLY BIRD PRICE UNTIL MARCH 5 ONLY!**  
**GET YOUR TICKETS NOW & ENJOY THE DISCOUNT!**





Sleep is a learned skill. Just like walking and talking, getting to sleep and returning to sleep after normal partial awakenings in the night takes practice - and often consistent support from parents. An abundance of sleep training systems are available today. The Gentle Sleep Coach philosophy was developed by Kim West (LCSW-C) because she found so many parents had difficulty following through with sleep coaching programs that they feared would damage their child emotionally.



The Gentle Sleep Coach approach offers gentler alternatives for families who want to teach their child to develop healthy sleep habits. It encourages consistent, loving and responsive parenting. **The parent stays with and responds to their child, offering physical and verbal reassurance without putting the child to sleep.** Some crying is inevitable as children deal with changes, but the Gentle Sleep Coach approach aims to minimize distress. This supports the development of secure attachments between parent and child while helping children discover the vital life skill of putting themselves to sleep.

Sleephaven embraces the Gentle Sleep Coach philosophy because of its sensitivity to each unique child and family. Your Sleephaven consultant will work with you to create an individualized, step-by-step sleep plan that will factor in your parenting philosophy, important family dynamics, and your child's age, development, health and temperament. Most importantly **we will support and coach you through the process from beginning to end** - for both night sleep and naps. **Our goal: to come alongside to help your tired family sleep.**



The  
**MamaCoach**  
MAKING MOTHERHOOD EASIER

If you are struggling with your older child, we understand. ***Our philosophy on sleep for older children, is that we need to work with them, not on them.*** They have a voice and deserve to be included. We will empower them to start sleeping independently and develop a positive outlook on sleep.

No more bedtime fights and their newfound healthy sleep habits will have a positive impact on their daily behavior. This program is truly life changing for families who have are struggling with their preschooler's daytime behaviour or sleep habits.

We will come to your house to complete an assessment as Registered nurses. ***We will look at your child's diet, development, circadian rhythms, behaviour and overall health.*** Our visit also focuses on building a relationship with your child and laying the foundation for them to become engaged and excited about the upcoming change. We bring an assortment of supplies and help the child build their own tools that will be posted in their room when we begin. Once the home visit is complete, we will send you detailed notes on our starting point.

The support component includes us communicating with both you and your child through phone and email to ensure things are going well, sleep and behaviour is improving.

We want to leave your child feeling positive about her newfound sleep habits ,and will discuss extensively with you about how to maintain boundaries regarding sleep, manage developmental milestones, school schedules, screen time and changes in sleep habits as your child grows.

***As Registered Nurses, we bring so much more than sleep. We can't wait to get started.***



Cineplex Entertainment in partnership with Autism Speaks Canada is delighted to present Sensory Friendly Screenings. This program provides a sensory friendly environment for individuals with autism spectrum disorder or anyone for whom the environment is suitable and their families to view new release films in theatres across the country.

These screenings are presented in a lights up, sound down environment. These screenings will take place approximately every 4-6 weeks on Saturday mornings at 10:30AM. Ticket price is the child admission price for any guests attending these screenings.

Tickets will be available the Tuesday prior to the screening date.

## Cineplex Cinemas North Edmonton and VIP

Address: 14231-137th Avenue Edmonton



Onward  
Saturday  
March 14, 2020  
10:30 am



Peter Rabbit 2: The Runaway  
Saturday  
April 18, 2020  
10:30 am



Trolls World Tour  
Saturday  
May 2, 2020  
10:30 am



**Edmonton**

# FREE DROP-IN NEIGHBOURHOOD PROGRAMS



PROGRAM	LOCATION	TIMES
<b>Green Shack</b>  March to May	Varies  see website for details	WEEKDAY: 3:30– 6:00 PM  WEEKEND: 1:00—5:00 PM

Join in games, sports, crafts, arts, unstructured play, and more! Visit us afterschool or, on the weekend to get involved outside at the park.

- This program is targeted for children aged 6-12; all children accompanied by an adult are welcome to attend.
- For more information visit:
- [Edmonton.ca/greenshacks](http://Edmonton.ca/greenshacks) or call 311

 [@GreenShackEdmonton](https://www.facebook.com/GreenShackEdmonton)





**2020 / 2021**

**PRESCHOOL & KINDERGARTEN**

Now Accepting Registrations



**AGES 2.8 TO 6 Y/O**

Who qualify for Program Unit Funding (PUF)

**OUR STAFF & SUPPORT**

Certified Teachers, Teacher Assistants, Nurses, Social Workers  
Occupational & Physical Therapists, Speech Language Pathologists, Transportation

 [facebook.com/elves.society](https://facebook.com/elves.society)

 [www.elves-society.org](http://www.elves-society.org)

 780.454.5310 ext. 236  
[sw3@elves-society.com](mailto:sw3@elves-society.com)





The annual Family Conference is an opportunity for families, educators and service providers to deepen their knowledge and commitment to assisting children and adults with developmental disabilities to live fully inclusive and meaningful lives in their communities. It is the largest and longest-running conference of its kind in the world, and our inclusive childcare for participating families is unique.

Register today to reserve your spot. Grants may be available to those requiring financial assistance.

[Click to Register](#)

[View Conference Brochure](#)

**2020 Registration Fees**

Families: \$250/day or \$375 for both days  
Individuals: \$200/day or \$275 for both days  
Students: \$150/day or \$225 for both days  
Childcare/Teen Club: \$25/day for each child  
Saturday Youth Forum: \$30

Group registration for Friday workshops: \$400 (three for the price of two)  
There is no additional cost to attend the President's Reception and Family Dance.



# I am a Parent

WORKSHOP



Sat, 14 March 2020  
9:00 AM – 12:00 PM

Leefield Community League  
7910 36 Avenue Northwest  
Edmonton, AB T6K 1H7

[View Map](#)



Are you a parent or primary caregiver of a child starting Kindergarten in September 2020? If so, please join us for a FREE workshop to connect with other parents and learn about the following:

- A day in the life of a Kindergartener
- How to foster healthy communication skills
- The importance of your child's health on their learning
- Community supports available to families

We will have a hot lunch following the event. If you are in need of translation, please email us at [mwecc.assistant@gmail.com](mailto:mwecc.assistant@gmail.com) and we will do our best to find a translator for you.

There will be limited childcare available at this workshop. Childcare spots can be reserved on Eventbrite for parents who are unable to arrange alternate childcare. Childcare will be provided by Peter Pan Child Care Centre.

*Mill Woods Early Childhood Coalition (MWECC) is a group of human service providers, schools, childcare providers, community groups and individuals working together to promote the importance of the early years in our communities and helping to ensure services and programs are in place and are accessible locally for all families with young children. The MWECC area covers all Mill Woods communities and extends to include Ellerslie, Summerside, and the Meadows areas of Edmonton.*

[Register](#)



**SPRING BREAK**  
*starts* **HERE** ↙

**March 21 - 29**

Explore worlds of **WONDER** this Spring Break!

[epl.ca/springbreak](http://epl.ca/springbreak)



**MARCH 23-27, 2020**

There's fun in-store at the Scholar's Choice March Break Play-Cation. The theme for 2020 is STEAM activities. Every day during Spring Break week, March 23 to 27, 2020, you can visit the store for a variety of different activities, or take a crack at their store scavenger hunt!

Choose from different daily themes listed below. Events are FREE, but the store asks for sign ups in advance.

- Monday, March 23, 2020 - Science**
- Tuesday, March 24, 2020 - Technology**
- Wednesday, March 25, 2020 - Engineering**
- Thursday, March 26, 2020 - Art**
- Friday, March 27, 2020 - Math**



**Festival Place THE PLACE FOR FAMILY**  
Festival Players for Kids Presents:  
*Snow White & The Seven Dwarfs*



March 7-8  
2:00 p.m.  
March 5-8  
6:30 p.m.

Sponsored in part by:  
 **Interpipeline**

[www.festivalplace.ab.ca](http://www.festivalplace.ab.ca)  
Box Office: 780-449-3378



**STRATHCONA  
COUNTY**

Snow White and the Seven Dwarfs, tells the sweet story of an innocent young beauty who is banished from the kingdom and who, with the help of seven lovable dwarfs, ultimately finds everlasting true love. Complete with colourful music and dance, this bewitching dramatization of the fairy tale by the Brothers Grimm has all the favorite characters: beautiful Snow White and her father, the good-hearted king; her stepmother, the wicked queen who likes to admire herself as she chants, "Mirror, mirror on the wall, who's the fairest of them all"; the dwarfs and of course the gallant, handsome prince.

For 13 years, the Festival Players for Kids have been bringing fun and creative theatre to audiences in the capital region. Performed by a talented cast of local children and guided by a skilled group of industry professionals, Snow White and the Seven Dwarfs is sure to be great for kids and kids at heart!

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### **Show Times**

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- » [Thursday March 05, 2020](#) | 6:30pm | [TICKETS AVAILABLE](#)
- » [Friday March 06, 2020](#) | 6:30pm | [TICKETS AVAILABLE](#)
- » [Saturday March 07, 2020](#) | 2:00pm | [TICKETS AVAILABLE](#)
- » [Saturday March 07, 2020](#) | 6:30pm | [TICKETS AVAILABLE](#)
- » [Sunday March 08, 2020](#) | 2:00pm | [TICKETS AVAILABLE](#)
- » [Sunday March 08, 2020](#) | 6:30pm | [TICKETS AVAILABLE](#)



## Where Kids Eat Free in Edmonton

Anything that bills itself as family friendly is good to us, and the family friendliest of all is "kids eat free."

All of these promotions stipulate that the free child's meal offer is with the purchase of an adult's meal. Please call ahead to ensure the promotion is still going in order to avoid disappointment!

**Delux Burger Bar:** On Monday-Funday at Delux, kids under 12 eat free from the junior menu, all day.

**Denny's:** Tuesdays from 4 pm – 10 pm. The promotion is valid for kids 10 years old and under, limit 2 free kids' meals with the purchase of one adult entrée.

**Grandin Fish 'n' Chips:** On Tuesdays, kids 12 and under can enjoy a free kids' meal with the purchase of an adult meal.

**Hart's Table and Bar:** On Sunday-Funday at Hart's, kids can dine free from the junior menu from 4 pm to bedtime.

**Humpty's:** Every Friday from 5 pm – 9 pm, kids 10 and under eat free.

**Love Pizza:** Kids eat free on Sundays with the purchase of a regular pizza.

**Match Eatery & Public House:** Kids eat free on Mondays with the purchase of an entree.

**Montana's:** Tuesday evenings kids under 12 & under eat free with every adult entree purchased.

**Mucho Burrito:** The freebie options vary with location, several offer free kids meals on the weekend. Check with your favourite franchise to find out their days and times when they offer freebies.

**Nandos:** Kids eat free on Sundays.

**Press'd The Sandwich Co.:** On Sundays get one kids' meal free with the purchase of a regular or large sandwich, wrap or salad.

**Ricky's:** Kids under 2 years old can get 2 free pancakes (until 4 pm), mashed potatoes and gravy, or a fruit cup.

**Ripe Tomato Pizza:** On Tuesdays buy one 9" or 12" pizza and get one free 6" two topping pizza.

**Smitty's:** Kids under 10 can eat free from the kids' menu on select days. Days and times vary by location.

**The Sherlock Holmes Pub:** The West Edmonton Mall Bourbon Street location offers a free kids' meal with the purchase of an entree.

**Tony Romas:** Kids eat free, with the purchase of an adult entree, on Mondays at the Londonderry location.

**Tutti Frutti:** Kids eat free on Saturdays at the Sherwood Park location. Other locations offer freebies and coupons at different times of the year – check with your local restaurant for information.

**Via Cibo:** Kids eat free on Mondays with the purchase of an adult entree.

**Wok Box:** Kids eat free on Sundays with the purchase of a regular box. Offer valid for eat-in orders only.