

### Children of Divorce

This program is for children 6- 11 years who have been impacted by separation and/or divorce. The sessions involve education and group discussion around separation and divorce. Learning to express feelings and thoughts, addressing attitudes and responses to anger, discussion of how to solve problems with family and friends and improving self- esteem. Participants are pre-interviewed to ensure this program is the right fit for your child. Interviews are being held on November 10<sup>th</sup>. Program will be held from 5pm to 6:30pm with supper provided November 17<sup>th</sup> to December 15<sup>th</sup>. For more information or to register visit [www.fsca.ca](http://www.fsca.ca) or phone 403 343 6400.

### Active Parenting for StepFamilies

The Active Parenting for StepFamilies workshops will teach you the skills you need to build a successful step-family. You will learn how to blend family histories, improve communication and build new relations based on respect and trust and establish parental authority using non-violent discipline techniques that work. The program is held Tuesday evening Nov 3 – Dec 8<sup>th</sup> from 6pm to 8pm. For more information or to register please visit our website at [www.fsca.ca](http://www.fsca.ca) or phone 403 343 6400.

### Marriage Boot Camp

Do you want to strengthen your marriage muscles? Come and learn what makes a marriage succeed or fail. Let us provide you with some tools to achieve a healthier more vibrant marriage. The program is held Wednesday Dec 2 and Dec 9<sup>th</sup> from 6pm – 9pm. For more information or to register visit [www.fsca.ca](http://www.fsca.ca) or phone 403 343 6400.

### Toddlers on the Move

Join us on Tuesday mornings in our playroom and let your toddlers aged 9 months-36 months get moving with songs, music and a variety of activities that will encourage their gross motor development. The program is held Tuesday mornings from Dec 1<sup>st</sup> to Dec 15<sup>th</sup> from 10 am to 11:30am. For more information or to register visit our website at [www.fsca.ca](http://www.fsca.ca) or phone 403 343 6400.

### Baby Belly Dancers

If you have a child between the ages of 3 and 5 years, here is a great opportunity for you to have some fun and get great exercise. This instructional 40 minute session will provide to be full of lots of fun, laughs and exercise. The program runs Tuesday mornings from November 17<sup>th</sup> to December 8<sup>th</sup> from 10 am to 10:40am. For more information or to register please visit our website at [www.fsca.ca](http://www.fsca.ca) or phone 403 343 6400.