

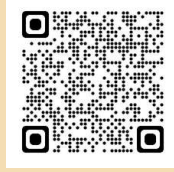
Sylvan Lake October 2025

Early Childhood Development Programs

Wellness & Community
Connections Centre
4725 - 43 street
Register online at
townofsyvanlake.perfectmind.com
or call
403 887 1137 Ext. 400



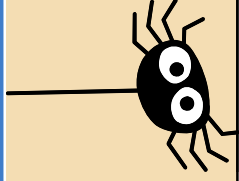
MONDAY



6 Kitchen Creations
10:00 AM - 11:30 AM Kitchen
(Due to AHS you younger
siblings please)

13

TUESDAY



7 Fun in Fall
10:00 AM - 11:30 AM Room 102a
Little Movers
10:00 AM - 11:00 AM Gym

14

Fun in Fall
10:00 AM - 11:30 AM Room 102a
Little Movers
10:00 AM - 11:00 AM Gym

21

28

Little Movers
10:00 AM - 11:00 AM Gym
Halloween Party
6:00 PM - 7:30 PM Gym

WEDNESDAY

1

8 Fun in Fall
10:00 AM - 11:30 AM Room 102a
Little Movers
2:00 PM - 3:00 PM Gym

15

Fun in Fall
10:00 AM - 11:30 AM Room 102a
Little Movers
2:00 PM - 3:00 PM Gym

22

29

Jurassic Play
10:00 AM - 11:30 AM Room 102a
Little Movers
2:00 PM 3:00 PM Gym

THURSDAY

2

Fun in Fall
10:00 AM - 11:30 AM Room 102a

9

Fun in Fall
10:00 AM - 11:30 AM Room 102a

16

Fun in Fall
10:00 AM - 11:30 AM Room 102a
Fun in Fall
6:00 PM -7:00 PM

23

30

Jurassic Play
10:00 AM - 11:30 AM Room 102a

FRIDAY

3

Nature Walk
10:00 AM - 11:00 AM
Meet at the park between house
number 8 and 10 Sweet Grass Place

10

Fall Forest Play
10:00 AM - 11:30 AM
4-4725 43 St. (Green space behind
the Food Bank)

17

Fall Forest Play
10:00 AM - 11:30 AM
4-4725 43 St. (Green space
behind the Food Bank)

24



31

Halloween Family Yoga
10:00 AM - 11:00 AM Room 102a

Sylvan Lake

October 2025

Family Enrichment Programs

Wellness & Community
Connections Centre
4725 - 43 street
Register online at
townofsylvanlake.perfectmind.com
or call
403 887 1137 Ext. 400



MONDAY



6

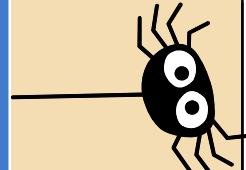
13

20

27



TUESDAY



7

14

21

28

Walk n Talk
9:15 AM - 10:00 AM
WCC Gym

Walk n Talk
9:15 AM - 10:00 AM
WCC Gym

Walk n Talk
9:15 AM - 10:00 AM
WCC Gym

Walk n Talk
9:15 AM - 10:00 AM
WCC Gym

WEDNESDAY

1

8

15

22

29

Let's Talk Toddlers
10:00 AM - 11:30 AM
Room 100

Mom Life
10:00 AM - 11:30 AM
Room 100
Triple P Fearless
1:30 PM - 3:00 PM
Room 100

Triple P Fearless
1:30 PM - 3:00 PM
Room 100
Surviving the Teen Years
6:00 PM - 7:30 PM
Room 100

Triple P Fearless
1:30 PM - 3:00 PM
Room 100

Mom Life
10:00 AM - 11:30 AM
Room 100
Triple P Fearless
1:30 PM - 3:00 PM
Room 100

THURSDAY

2

9

16

23

30

Circle of Security
10:00 AM - 11:30 AM
Room 100

Circle of Security
10:00 AM - 11:30 AM
Room 100
Stress in the First Five Years
1:30 PM - 3:00 PM
Room 100

Circle of Security
10:00 AM - 11:30 AM
Room 100
Stress in the Elementary Years
1:30 PM - 3:00 PM
Room 100

Circle of Security
10:00 AM - 11:30 AM
Room 100
Stress in the Teen Years
1:30 PM - 3:00 PM
Room 100

Circle of Security
10:00 AM - 11:30 AM
Room 100

FRIDAY

3

10

17

24

31

Let's Connect with Family Enrichment
9:00 AM - 10:00 AM
Room 100



Program Descriptions



One on One Parent/Caregiver

Positive Parenting Practices

Caregivers with children 0-18 years. Build on your strengths and prepare for parenting challenges. Make an appointment to discuss positive parenting and supports.

Mom Life

Health and Well-Being Program

Caregivers with children 0-18 months support each other while getting information on all things babies!

Walk n Talk

Health and Well-Being Program

Caregivers and children of all ages
Join us for Walk n Talk! Get your steps in while making new friends and learning something new.

Let's Talk Toddlers

Health and Well-Being Program

Caregivers with toddlers aged 18 months - 3yrs, supporting each other and learning everything about toddlers. Childminding available, pre-register required.

Stress in the First Five Years

/ Elementary Years / Teen Years

A self-regulation and mindfulness program

Learn about stress! Stress from your children's point of view, your own stress responses, impact of stress, concrete strategies, and how to manage stress.

Lets Connect with Family Enrichment

Positive Parenting Practices

Caregivers with children aged 0 - 18 years.
Come meet other parents while learning something new. Many tips and topics will be discussed

Circle of Security

Health and Well-Being Program

Caregivers with children 0-12 years of age
Sometimes parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Surviving the Teen Years

Health and Well-Being Program

Caregivers with children 12-17 years of age
Do you have a pre teen or teen in your home? You're not alone. Get out and meet other parents/caregivers. We will share tips and tools not only on raising but surviving the teen years.

Fun in Fall

Brain Development Program Ages 0-6

Cognitive skills allow children to understand the relationships between ideas, to grasp the process of cause and effect and to improve their analytical skills. This program will support this skill development as children learn about fall time fun and the wonders of this season.

Halloween Family Yoga

Self-regulation and mindfulness Program Ages 0-6

Come dressed in your costumes for some bending and stretching. Yoga is a wonderful way to connect with your child through bending, stretching and meditation. Benefits include calming of the mind, increasing concentration, reducing stress, increasing confidence and willpower, and learning how to self-regulate.

Fall Nature Walk

Mindfulness Program Ages 0-7

We'll meet in the parking lot across from the Credit Union parking lot and walk down the trail to the playground. It will get your child (and yourself) moving, start laying a foundation for a love and respect of nature, and reduce everyone's stress and fatigue with fresh air and vitamin D!

Forest Play

Mindfulness Program Ages 0-7

Connect with the land, with unstructured nature play. Builds social skills and allows children to work through real-life problems. Fresh air, exploration and fun builds physical and mental well-being.