

Eckville Benalto

October 2025

Early Childhood Development
Child & Youth Empowerment

Eckville Community Centre
5211 52 street

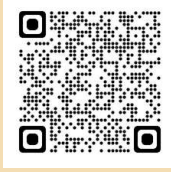
Benalto Family Resource Centre
5025 49 St

Register online at
townofsylvanlake.perfectmind.com

or call
403 887 1137 Ext. 400



MONDAY



6 **Fall Funtastics**
10:00 AM - 11:30 AM Eckville
Mighty Movers
2:00 PM - 3:00 PM Eckville
Youth Theater Meet
6:30 PM - 8:00 PM Benalto

13

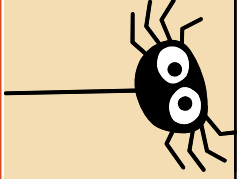


20 **Fall Funtastics**
10:00 AM - 11:30 AM Eckville
Mighty Movers
2:00 PM - 3:00 PM Eckville
Ment-To-Matter
12:00 PM Eckville
Rainbows
5:00 PM Benalto
Youth Theater Meet
6:30 PM - 8:00 PM Benalto

27

Ment-To-Matter
12:00 PM Eckville
Rainbows
5:00 PM Benalto
Youth Theater Meet
6:30 PM - 8:00 PM Benalto

TUESDAY



7

14

21 **Rainbows**
3:30 PM Eckville Library
Community Helpers Program
Eckville Jr/Sr High

28

Rainbows
3:30 PM Eckville Library
Community Helpers Program
Eckville Jr/Sr High

WEDNESDAY

1 **Fun in Fall**
9:00 AM - 11:00 AM Benalto
Mighty Movers
10:00 AM - 11:30 AM Eckville

8 **On the Farm**
9:00 AM - 11:00 AM Benalto
Milestone Magic
10:00 - 11:30 AM Eckville
Fun in Fall
2:00 PM - 3:00 PM Eckville

15

Painting Picasso's
9:00 AM - 11:00 AM Benalto
Fall Funtastics
10:00 - 11:30 AM Eckville
Fun in Fall
2:00 PM - 3:00 PM Eckville

22

Mighty Movers
10:00 AM - 11:30 AM Eckville
After School Crew
3:30 PM - 5:00 PM Eckville

29

Nature & Me
900 AM - 11:00 AM Benalto
Nature and Me
2:00 PM - 3:00 PM Eckville
After School Crew
3:30 PM - 5:00 PM Eckville

THURSDAY

2

9



Saturday October 18
Daddy & Me
10:00 AM - 11:30 AM Eckville

23



30

FRIDAY

3

10

Autumn Explorers
2:00 PM - 3:00 PM Eckville

17

Autumn Explorers
2:00 PM - 3:00 PM Eckville

24

Bootifull Crafts
10:00 AM - 11:30 AM Eckville
Fall Funtastics
2:00 PM - 3:00 PM Eckville

31

Eckville Benalto October 2025

Family Enrichment Programs
Home Visitation Programs

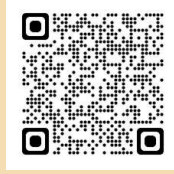
Eckville Community Centre
5211 52 street

Benalto Family Resource Centre
5025 49 St

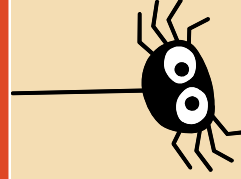
Register online at
townofsylvania.perfectmind.com
or call
403 887 1137 Ext. 400



MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

6

7
Walk n Talk
9:00 AM - 10:00 AM
Eckville Community Centre
Mom Life
10:30 AM - 12:00 PM
Eckville Library

13

14
Walk n Talk
9:00 AM - 10:00 AM
Benalto Hall

20



21
Walk n Talk
9:00 AM - 10:00 AM
Eckville Community Centre
Raising Resilient Children
10:30 AM - 12:00 PM
Eckville Community Centre

27

1

2

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8

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10

15

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22

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24



29

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31

Program Descriptions



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.

Triple P Seminar- Raising Resilient Children

Caregivers of children 0-12 Years Develop positive parenting skills, attachment and connection by creating healthy family relationships. Discuss the foundations of positive parenting and healthy development in the family as children develop and grow. Childcare provided- spaces are limited- register early.

Rainbows (Ages 8-10)

Grief is hard on kids. Whether it's the loss of a pet or parental divorce, the Rainbows program helps kids to better understand their feelings and learn how to cope in a healthy way. Join in on weekly meetings, in a safe space, and participate in engaging facilitator lead activities.

Ment-to-Matter

Grades 3-5 Mentee | Grades 9-12 Mentor

The Ment-to-Matter in School mentoring program provides youth with supportive peer relationships. They meet one lunch hour a week to play games, talk and connect.

After School Crew | Grade 4-6

Join us for fun, facilitator-lead activities that help to build healthy relationships, self-esteem, social skills and positive mental health.

Community Helpers Program

Every community has people to whom others naturally turn for help. The Community Helpers Program provides support, training, and resources to such helpers. The program provides opportunities to strengthen support skills and learn more about mental health issues among youth and their peers.

Youth Theater Meet | Benalto

Calling all aspiring Benalto Youth performers! They are planning a dinner theater on Sunday November 9! This event is organized and facilitated by local youth, if you would like to be involved let us know!

Fun in Fall and Fall Funtastics

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.

Nature and Me

Brain Development (Ages 0-6)

Bringing the outdoors inside. Children often live in a world without time or an agenda. This inspires them to be led by their own curious nature. This program teaches Environmental awareness and problem-solving with these hands-on learning moments by using all the senses.

Painting Picasso

Brain Development (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.

Autumn Explorers

Developmental Assets (Ages 0-7)

Join us each program as we choose a different location around Eckville to explore! Strong community connections boost your child's confidence, lead to new friendships, and give a sense of belonging.

Mighty Movers-Brain Development/Gross Motor Skills (Ages 0-7)

Energy burning fun through movement. This program is playful, fun, and full of movement and stimulates development of cognitive, social, emotional, and gross motor skills.