

May 2021

## What's Happening at FCSS?

### Parents & Caregivers

#### #Teen/TweenTalkTuesdays

Tuesdays - 1:00pm  
FCSS Facebook Pages

#### #FiveStarFriday Caregiver Café

Fridays - 1:00pm  
FCSS Facebook Pages

#### Indigenous Crafts & Conversation

May 6-June 10 - 1:00-3:00pm  
Register: [Jessica.Goodrider-Loewen@fcss.ca](mailto:Jessica.Goodrider-Loewen@fcss.ca)

#### 7 Habits of Effective Families

May 12- June 9 - 6:30-8:30pm  
Register: [Stacey.maynes@fcss.ca](mailto:Stacey.maynes@fcss.ca)

#### Caregiver Café

May 31- June 28 - 7:30-8:30pm  
Register: [Penny.pittman@fcss.ca](mailto:Penny.pittman@fcss.ca)

#### Triple P Discussion Group

(Teaching Children to Listen, Managing Fighting and Aggression, Developing Good Bedtime Routines, Hassle Free Shopping)  
May 6, May 20, June 3, June 17  
1:00-3:00pm  
Register: [Stacey.maynes@fcss.ca](mailto:Stacey.maynes@fcss.ca)

#### Triple P Fear-Less

(working through anxiety)  
May 10, 13 - 7:00- 9:00pm  
May 15 - 9:00-11:00am  
Register: [Kim.Fehr@fcss.ca](mailto:Kim.Fehr@fcss.ca)

#### Wellness Wednesdays

May 26- Cancer Screening Awareness 1:30-3:00pm  
Register: [Myrna.sopal@fcss.ca](mailto:Myrna.sopal@fcss.ca)

### Preschool

#### Lego Building Club

May 5-26 -9:30-10:00am  
Ages: 4-5 years  
Register: [Jackie.fiorino@fcss.ca](mailto:Jackie.fiorino@fcss.ca)

#### Building Brains (Executive Functioning)

May 3- June 7 - 11:00-11:30am  
Register: [Jackie.fiorino@fcss.ca](mailto:Jackie.fiorino@fcss.ca)

#### Circle Time Online

May 5-26 - 11:30am- Noon  
Register: [Jackie.fiorino@fcss.ca](mailto:Jackie.fiorino@fcss.ca)

#### Move It, Move It

May 3- 17- 10:00- 10:30am  
Register: [Janet.fekete@fcss.ca](mailto:Janet.fekete@fcss.ca)

#### Facebook Live Circle Time

Fridays at 10:00am  
County of Warner Facebook page

### Youth

#### Youth DO Crew Grades 10-12

Coaldale - 4:00 - 5:30pm  
Monday May 3  
Monday May 17  
Monday May 30  
Coalhurst - 1:00 - 2:30pm  
Friday May 7  
Friday May 21  
Raymond - 4:00 - 5:30pm  
Wednesday May 12  
Wednesday May 26  
Taber - 4:00 - 5:30pm  
Thursday May 13  
Thursday May 27  
Register: [Shannon.rawluk@fcss.ca](mailto:Shannon.rawluk@fcss.ca)

#### Kaleidoscope Ages 13-18.

Kaleidoscope Young Writers Club (KYWC) is a free virtual writing club  
**Friday, May 7<sup>th</sup>:** KYWC: Plotting & Outlining - 6:00 to 8:00pm  
**Saturday, May 15<sup>th</sup>:** Bob Ross Group - 2:00 to 4:30pm  
**Friday, May 21<sup>st</sup>:** KYWC: Dialogue & Conflict - 6:00 to 8:00pm  
**Wednesday, May 26<sup>th</sup>:** Let's Draw: Perspective - 5:30-7:30pm  
**Saturday, May 29<sup>th</sup>:** Zine Making (Mini magazines)- 2:00 to 4:30pm  
Register: [Jamie.lewis@fcss.ca](mailto:Jamie.lewis@fcss.ca)

### Youth

#### Growing Minds (Big Life Journal)

Ages 11-13 years  
May 4 - June 15 - 4:30-6:00pm  
Register: [Amanda.lawrence@fcss.ca](mailto:Amanda.lawrence@fcss.ca)



## **Six Essential Things** **to Do with Children Each Day**

**Create** – anything that allows for the freedom to use their imagination

**Move** – an hour of active play

**Sing** – singing builds language and allows joy to flow

**Discuss** – communication skills are essential for school success

**Read** – read, read, and read until you think your lips will fall off

**Play** – playing is the cement that holds families together

### **Play-dough**

2 cups flour

½ cup salt

1 tbsp cream of tartar

1 ¼ cups boiling water

2 tbsp oil

food coloring or unsweetened Koolaid

Mix all dry ingredients together. Add oil and coloring. Stir in boiling water but let cool slightly before kneading.

For scented playdough, add spices like cinnamon, cloves, ginger, cocoa powder, etc.

Online & In Person help available

Caregiver Education & Support -Triple P

Low German Mennonite Family Support

Home Visitation – Parents as Teachers

Trauma Informed Caregiver Support


Indigenous Family Support

Youth Programing

Family Support

FOR SERVICES CALL

**403-795-3328**

*\*Funded by Children Services* 

FAMILY RESOURCE NETWORK SERVICES

**SERVING:**

Barnwell  
Barons  
Bow Island  
Cardston  
Cardston County  
Coaldale  
Coalhurst  
County of Warner  
Coutts  
Foremost  
Lethbridge County  
Magrath  
Milk River  
M.D. of Taber  
Nobleford  
Picture Butte  
Raymond  
Stirling  
Taber  
Vauxhall  
Warner

## WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

The Ages and Stages Questionnaire can give you a guideline to tell if your child is doing what other children of the same age are typically doing.

**Ages 2 months to 60 months**



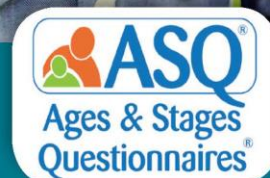
### Why is it important for my child to be screened?

Regular screening provides a fast and helpful look at how your child is doing in important areas like communication, social skills, and problem-solving skills. Screening can identify your child's strength, uncover new milestones to celebrate, and reveal any areas where your child may need support. It helps you understand your child's development and know what to look for next when it makes the most difference – your child's critical first years of life.

Complete your ASQ's Online:

ASQ-3 : <https://www.asqonline.com/family/1527fe>

ASQ:SE-2 : <https://www.asqonline.com/family/1ee992>



Follow us on Social Media: [County of Warner FCSS](#) [Lethbridge County FCSS](#) [M.D. of Taber FCSS](#) [Instagram](#) or [Twitter](#)

# FCSS Services



## Youth DO Crew

The Youth DO Crew provides youth (grades 10-12) in Raymond, Coaldale, Coalhurst, and Taber with opportunities to engage in service projects that will address community needs. By volunteering, young people DO good and feel good.

#FCSS and @bgclethbridge

Shannon – 403.332.0629

## Follow Youth DO Crew on Social Media!

Instagram: [@youthdocrew](#) Facebook: [@youthdocrew](#)

Twitter: [@youthdocrew](#)

## Counselling Services

587.370.3728  
[counsellingservices@fcss.ca](mailto:counsellingservices@fcss.ca)

## Indigenous Services

Cardston Area  
Tashina - 403.332.1783  
Coaldale/Taber Area  
Jessica - 403.915.7530

## Low German Services

Susie - 403.594.0618  
Margarita - 403.394.8983

## Outreach Services

Youth, Seniors, Volunteers  
Kaitlynn- 403.795.4627  
[Kaitlynn.weaver@fcss.ca](mailto:Kaitlynn.weaver@fcss.ca)

## Family Services

Petra – 403.795.3328  
[Petra.debow@fcss.ca](mailto:Petra.debow@fcss.ca)



**KALEIDOSCOPE**  
INCLUSIVE YOUTH PROGRAMMING



## Kaleidoscope

Kaleidoscope programs are for young people (ages 13-18) looking for extra supports in their communities. Our goal is to help youth build confidence and resiliency by introducing them to new creative skills and social groups.

Jamie – 403.795.2963

## Follow Kaleidoscope on social media!

Twitter: [@kaleido\\_fcsc](#) Instagram: [@kaleido\\_fcsc](#)

Facebook: [@kaleidoscopefcsc](#)

Follow us on Social Media: [County of Warner FCSS Lethbridge](#)  
[County FCSS M.D. of Taber FCSS Instagram](#) or [Twitter](#)