



June 2021

What's Happening at FCSS?

Parents & Caregivers

#FiveStarFriday Caregiver Café

Fridays - 1:00pm
FCSS Facebook Pages

Caregiver Café

May 31- June 28 - 7:30-8:30pm
Register: Penny.pittman@fcss.ca

Raising Emotionally Resilient

Children with Tami Buroker
June 15 - 8:00pm
Register: Penny.pittman@fcss.ca

Fostering Your Emotional

Resilience with Tami Buroker
June 22- 8:00pm
Register: Penny.pittman@fcss.ca

Triple P Discussion Group

(Developing Good Bedtime Routines,
Hassle Free Shopping)
June 3, 17 - 1:00-3:00pm
Register: Janet.fekete@fcss.ca

Triple P Teen Discussion Group

(Getting Teenagers to Cooperate/ Coping
with Teenagers Emotions/ Building
Teenagers Survival Skills/ Reducing Family
Conflict)
June 9, 16, 23, 30 - 7:00-8:30pm
Register: Kim.forchuk@fcss.ca

Indigenous Crafts & Conversation

June 3 - 24 - 1:00-3:00pm
Register: Jessica.goodrider-loewen@fcss.ca

Infant Massage

June 2 - 30 - 1:00-2:00pm
Register: janet.fekete@fcss.ca

Preschool

Facebook Live Circle Time

Fridays at 10:00am
County of Warner Facebook page

Circle Time Online

Wednesdays - 11:30am - Noon
Register: Jackie.fiorino@fcss.ca

Youth

Youth DO Crew Grades 10-12

Coaldale
Mon, June 7 from 4:00 - 5:30
Mon, June 21 from 4:00 - 5:30
Coalhurst
Thurs, June 3 from 4:00 - 5:30
Thurs, June 17 from 4:00 - 5:30
Taber
Thurs, June 10 from 4:00 - 5:30
Thurs, June 24 from 4:00 - 5:30
Raymond
Wed, June 2 from 4:00 - 5:30
Wed, June 16 from 4:00 - 5:30
Wed, June 30 from 4:00 - 5:30
Register: Shannon.rawluk@fcss.ca

Kaleidoscope Ages 13-18.

Kaleidoscope Young Writers Club (KYWC) is a free virtual writing club
Friday, June 4: KYWC: Dialogue & Conflict - 6:00 to 8:00pm
Saturday, June 12: Zine Making (Mini magazines)- 2:00 to 4:30pm
Friday, June 18: KYWC: Writing Habits & Challenge Prep - 6:00 to 8:00pm
Wednesday, June 23: Artist Talk: Graphic Design - 5:30-7:30pm
D&D Club will be starting this month. Contact Jamie for details.
Register: Jamie.lewis@fcss.ca

Youth

Lego Club - Gr. 4-6

June 4, 11, 18, 25 - 1:00- 2:30pm
Register: Janet.fekete@fcss.ca



The Importance of Father Involvement

When a father makes the conscious effort to deepen his relationship with his children lots of amazing things happen.

Responsible father involvement gives children:

- more hope in their lives,
- they are more likely to be confident leaders,
- their risk-taking and risk-management increases,
- they show more pro-social behavior and display a greater ability to regulate their emotions and behavior (self-regulation).

Further, these children tend to be more emotionally stable, and experience less depression and anxiety.

Involved Fathers - What is a dad's role today?

(adapted from www.dadcentral.ca)

Provider father

- ☺ Meeting the basic necessities of life – food, clothing, shelter – and ensuring emotional safety.

Interactive father

- ☺ Talking, and making your children a part of your world, teaches communication skills, how to get along with others, and the values of your culture/religion. Play with your children's best interest in mind and enjoy being with them.

Nurturing father

- ☺ Doing what is necessary to help your children grow physically, emotionally, intellectually, and spiritually. Connect from the beginning and do all you can to keep that connection.

Affectionate father

- ☺ Kind, tender words and actions build a close and loving relationship between you and your children.

Responsible father

- ☺ Giving guidance and protection as your children find their way through the world. Respect and value the role moms and others have in their children's lives.

Committed father

- ☺ Having your children consistently on your mind shows they are important to someone and that they belong.



FROM JUNE 7-13, 2021

Celebrate a Senior!

PERFORM A **RANDOM ACT OF KINDNESS** FOR A SENIOR!

SHARE IT WITH US

ON SOCIAL MEDIA (#CELEBRATEASENIOR2021),
SCAN THE QR CODE , OR CONTACT RENEE

WIN 1 OF 4 PRIZES!



For more information, contact Renee White at
renee.white@fcss.ca or (587) 370-8518

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

FCSS is Here to Support

In-person or online

With all the events of the past year, FCSS, Family and Community Support Services, has been supporting children, individuals, and families through it all. Our play centers may be closed for a time, but we are still available to offer in-person, phone, or online support.

The **Family Services Team** offers:

- **One on One support** that targets the exact parenting problem or issue you are having. Through these sessions, you will learn some strategies, receive support and resources, and develop a parenting plan.
- **Tips, ideas, and resources** for everyday parenting struggles, such as potty training, picky eating, temperaments, fine motor skills, tantrums, or sleep routines.
- **Online classes** may include Triple P -Positive Parenting Programs, Baby & Me Classes, Infant Massage, Circle Times, Caregiver Café discussion groups, Parenting Tips, and support with Parenting Teenagers.
- **Ages & Stages Questionnaires (ASQ's)** to see where your child's development is, and to provide resources or referrals to specialists if there are concerns with the development.

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>



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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](https://www.instagram.com/youthdocrew) Facebook: [@youthdocrew](https://www.facebook.com/youthdocrew)

Twitter: [@youthdocrew](https://twitter.com/youthdocrew)

Counselling Services

587.370.3728
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

Family Services

Petra – 403.795.3328
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](https://twitter.com/kaleido_fcsc) Instagram: [@kaleido_fcsc](https://www.instagram.com/kaleido_fcsc)

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

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