



Al Ritchie Family Wellness Centre


* **Project Coordinator**
* Christa Trelenberg
* 525-4989
*

* The Al Ritchie Family Wellness Project is a drop in centre which offers a wide variety of free family programming for those in need within our community. Our centre offers various programs and activities primarily for parents and their children aged 0-6 years. The centre is a safe and friendly environment for your children to play in while you visit or use our clothing bank service. Staff can also assist you in placing or giving referrals for the Food Bank or other services. As a non-profit organization, this project is funded by the Public Health Agency of Canada's Community Action Program For Children (CAPC). With these dollars, our project aspires to offer children's programming that aids in the mental development and physical growth of children within our community. We also seek to empower parents by offering parenting classes that address such issues as family violence, nutrition, and self esteem. We understand that in our society there are several challenges and barriers for some families in our community and hope that our work can offset some of those effects.

* * We are always looking to replenish our clothing bank and invite you to bring your donations! We accept small household items and clothing for those in need in our community. Donations can be dropped off Tues. Wed. and Thurs. between 1-5pm.


Scientific Scouts- Monday's
July 11, August 8, 15, 22, 29

If your children love science, to explore, and try new experiments then come join us Monday mornings for our Scientific Scouts program. Children will learn about gravity, light, and much more!




Book Worms Tuesday's-
July 12, August 9, 16, 23, 30

Do you want to build your child's passion for reading? Then come and join us at Candy Cane Park, at 2900 Wascana Drive for our Book Worm program. Families will participate in story time, crafts, contests, and sign up for the Book Worm reading club.



Splish Splash Water Wednesday's
July 13, August 10, 27, 24, 31

Come and join us at Gocki Park for a variety of water play activities. Children can play in the splash pad, have water balloon relays, make their own bubbles, and much more!



Summer Games- Thursday's
July 14, August 11, 18, 25

Come and join us for a variety of summer games at Gocki Park (just off of Edgar Street and 14th avenue). Families can participate in t-ball, badminton, Frisbee, volley ball and much more.

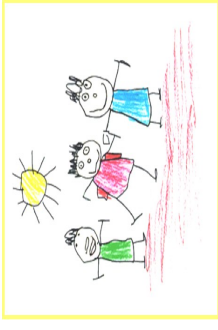


Summer Crafts- Friday's
July 15, August 12, 19, 26

Do your children love to paint, create their own art, or work on crafts? We invite you to bring your children to participate in a variety of summer art and craft experiences.



July 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Note: Clothing Bank and Drop In are offered Tues-Thurs from 1:00-5:00. Note: Christa will be on holidays from July 18th– August 5th. As a result the regular morning programs will be cancelled.</p>						
3.	4. 9:00-12:00 Kids Cooking (Core Ritchie)	5. 9:00-12:00 Kids Cooking (Core Ritchie)	6. 9:00-12:00 Kids Cooking (Core Ritchie)	7. 9:00-12:00 Kids Cooking (Core Ritchie)	8. 9:00-12:00 Kids Cooking (Core Ritchie)	9.
10.	11. 9:30-11:00 Scientific Scouts (Wellness Centre) Resume Writing Workshop 1pm	12. 9:30-11:00 Book Worms (Candy Cane Park)	13. 9:30-11:00 Spish Splash Water Play (Gocki Park)	14. 9:30-11:00 Summer Games Gocki Park Community BBQ 6:00-8:00	15. 9:30-11:00 Summer Crafts (Wellness Centre)	16.
17.	18. Morning Program cancelled	19. Morning Program cancelled	20. Morning Program cancelled	21. Morning Program cancelled Community BBQ 6:00-8:00	22. Morning Program cancelled	23.
24./31	25. Morning Program cancelled	26. Morning Program cancelled	27. Morning Program cancelled	28. Morning Program cancelled Community BBQ 6:00-8:00	29. Morning Program cancelled	30.