

PARKS AND REC

PUBLIC SKATING

At the Clancy Arena

Thursday, Sept 29
12:30 - 2:30

Friday, Sept 30
6:15 - 7:15

Saturday, Oct 1
12:30 - 1:30

FCSS/LAKELAND FAMILY RESOURCE NETWORK



Emotion COACHING

FIVE STEPS
for building emotional intelligence in your child.

Based on the book by Dr. John Gottman "Raising an Emotionally Intelligent Child" the workshop aims to help parents connect with their children and young people and resolve conflicts without escalating their own emotions.

Parents will learn skills to respond to child's negative emotions (i.e. scared, sad, angry), use emotions for bonding and teachable moments, regulate emotions and set clear, consistent limits in problem-solving.

REGISTER BY CALLING
780-645-5311

CHILDCARE AVAILABLE

OCT 6, 13, 20, 27 & NOV 3

6:30PM - 7:30PM

LOCATION: 5002-51 AVE

Lakeland
FAMILY RESOURCE NETWORK

Growing minds Junior Edition

A group focused on developing growth mindset for youth aged 7 - 11 following content of the Big Life Journal. Learn more about the journal at biglifejournal.com

Wednesdays

Oct. 5, 12, 19, 26
Nov. 2

3:30-5:30pm

IN PERSON
@ FCSS/LRFN
5002-51 Ave

Lakeland
FAMILY RESOURCE NETWORK

Register: 780-645-5311

Join other youth and complete activities to learn to cope with real life situations. 5 week commitment required. Snacks and your very own Big Life Journal included.

PUBLIC WORKS

TRANSFER STATION

Winter Hours

October 1 to April 30

Tuesday to Saturday:
10:00 am to 6:00 pm

Closed Sundays & Mondays

AQUATIC CENTRE

POOL OPENING

Friday,
September 30

Starting with
Family Swim at 11:30



SWIMMING LESSONS

Register Now:
780-645-3388

Check out our Facebook Page:
@StPaulAquaticCentre
for our Upcoming Swim Lessons (Oct - Dec)