

# Early Childhood Activity Calendar

FREE Activities for ages 0 - 6 years in the Williams Lake Area

## January 2015

ACTIVITY	DATE	LOCATION	TIME	CONTACT
Strong Start Early Learning <i>Parent Participation</i> Ages 0-5 years Re-opens January 12, 2015	Mon - Fri Mon - Fri Mon - Fri Monday Tuesday/Thursday Wednesdays	Marie Sharpe School Cataline School Mountview School Alexis Creek School 150 Mile School Horsefly School	9 am - 12 pm 9 am - 12 pm 8:30 am - 11:30 am 9 am - 12 pm 8:30 am - 11:30 am 9 am - 12 pm	250-398-3843 250-392-7154 250-392-7344 250-394-4346 250-296-3356 250-620-3438
Chilcotin Road Playgroup	Thursdays First Day January 8, 2015	Chilcotin Road School	10:00 am - 11:30 am	250-398-3839
Wildwood Playgroup	Wednesdays First Day January 7, 2015	Wildwood School	9:00 am - 10:30 am	250-398-3839
All Ages Story Time Drop In (children under 3 must bring a parent)	Wed and Fri. Starts January 14 and 16, 2015	CRD Public Library	10:30 am - 11:15 am	CRD Library 250-392-3630
Rhyme & Roll Drop In	Thursdays First Day January 8, 2015	CCRR Boardroom	10:00 am - 11:00 am	CCRR 250-392-4118
Lift the Lip Clinic	Contact Interior Health	Interior Health	-	250-302-5030
Prenatal Breastfeeding	Contact Interior Health	Interior Health	Contact Interior Health	250-302-5000
Breastfeeding Classes	Call Pregnancy Outreach Program	Pregnancy Outreach Program	Call Pregnancy Outreach Program	250-392-3583
Infant Massage	Tuesdays	Pregnancy Outreach Program	1:00 pm - 2:30 pm	250-392-3583
Postnatal Classes	Call Pregnancy Outreach Program	Pregnancy Outreach Program	Call Pregnancy Outreach Program	250-392-3583
Prenatal Yoga	Call Pregnancy Outreach Program	Pregnancy Outreach Program	Call Pregnancy Outreach Program	250-392-3583
Prenatal Classes	Call Pregnancy Outreach Program	Call Pregnancy Outreach Program	Call Pregnancy Outreach Program	250-392-3583
Moms Group	Wednesday's	Pregnancy Outreach Program	10:30 am - 11:30 am	250-392-3583
Prenatal Yoga 2-3 kids welcome Please bring mat if you have one	Call Pregnancy Outreach Program	Call Pregnancy Outreach Program	Call Pregnancy Outreach Program	250-392-3583
Free Swim Infant Development worker in water	Wednesday's	Cariboo Memorial Complex	12:00 pm - 1:00 pm	250-392-3583
Tumble & Play	Fri. 9, 16, 23, 30	Marie Sharpe	10:00 am - 11:30 am	250-398-7665

# 10th Annual Family Fest

Sunday February 1, 2015

Gibraltar Room at the  
Cariboo Memorial Recreation  
Complex

10:00 am to 2:00 pm



Stories

Songs

Crafts

Puppets

 **Positive Action.**  
WORD OF THE WEEK

**Jan. 5 - Decision:** to think about the choices and pick the best one

**Jan. 12 - Time & Energy:** Learning to manage the gifts of time and energy

**Jan. 19 - Talent:** A natural ability that can be developed

**Jan. 26 - Possessions:** Things that you are responsible for

**Craft Day at the CRD Public Library**  
**Saturday January 17, 2015**

**10:15 am to 11:30 am**

Contact Tracy at 250-392-3630 for  
more information

CCRR Memberships are  
only \$30.00 per year for  
toy, book and equipment  
lending!

**ccrr**  
Child Care Resource & Referral



Women's Contact Society

**Children First**  
British Columbia