

February 2026



Childhood Connections
at the Strong Roots Centre

Family Programs Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Family Food Fun (Ground Hog Pudding) Prep Together	3 Artful Adventures (Heart Headbands) Art at the HUB	4 Song, Story & Connect (Mr. Sun)	5 Nourish Families Food Skills For Families	6 Early Nourish	7
8	9 Family Food Fun (Strawberries and Cream Cake) Prep Together	10 Artful Adventures (Sun Catcher Hearts) Art at the HUB	11 Song, Story & Connect (Love and Communities)	12 Nourish Families Food Skills For Families	13 Youth STEAM Youth Workshops	14
15	16 	17 Artful Adventures (Toilet Roll Maracas) Art at the HUB	18 Song, Story & Connect (The Cat Came Back)	19 Nourish Families Food Skills For Families	20 Early Nourish Nourish Connection	21
22	23 Family Food Fun (Fruit and Yogurt Smoothies) Prep Together	24 Artful Adventures (Lacing Hearts) Art at the HUB	25 Song, Story & Connect (I Had A Rooster)	26 Nourish Families	27 Early Nourish Nourish Connection Youth Workshops	28
1	2	3	4	5	6	7

Early Years Programs

Family Food Fun - geared for ages 2-5 years
 Artful Adventures - geared for ages 2-5 years
 Song, Story & Connect - open to ages 6 month to 5 years

**Registration is required
for ALL programs**



Parent Connection Programs

Nourish Families with Childminding - 10 month parenting education program
 Early Nourish - ongoing parent connection program for moms with newborns to 2.5 year olds
 Nourish Connection - attachment based parenting support for parents with 6-13 year olds
 Prep Together - 4 class series teaching parents the basics of freezer meal prep
 Food Skills for Families - 6 class series for parents wanting to increase nutrition knowledge and kitchen skills

Youth Programs

STEAM - various creative activities geared for ages 6-13 years, parents must be present for STEAM program
 Workshops - open to 10-13 year olds wanting to explore emotions, and strengthen social skills through creativity

Community Programs

Artful Adventures at the HUB - drop in art for all ages