

September 2026



Childhood Connections
at the Strong Roots Centre

Programs Calendar for youth and parents

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Food Sense Parent class Cooking and Creations Youth class	15	16	17	18 Family Night Minute To Win It	19
20	21 Food Sense Parent class Cooking and Creations Youth class	22	23	24	25 Nourish Connections Parent class	26
27	28 Food Sense Parent class Cooking and Creations Youth class	29	30 No Programs Today	1	2	3

Pre-registration Programs:

Family Night, 6pm-7:30pm (various planned activities for the whole family, happening monthly at the Strong Roots Centre)

Food Skills, 10am-1pm (program for parents, 6 weeks of nutrition education and skill building)

Creations and Cooking, 3pm-5:30pm (social group for youth entering grades 4-6, at the Strong Roots Centre. Drop-off program.)

Nourish Connections, 10:30am-12:30pm (a social educational group for parents of children between 6 - 13 years old)

~~**STEAM** - Science, Tech, Engineering, Art and Math activities for youth 6-13 years old, at the Strong Roots Centre. Parents must stay on-site. No steam this month.~~

Registration is required for all programs listed above.

REGISTER NOW


