

Contacts:

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Welcome Back!

Dear Parents,

Welcome back to Futureways! We hope you all had a wonderful summer! We are gearing up for another great year in Futureways and excited to get started with workshops and outings again.

Our first outing will be Saturday, September 11th. We will be going to Bowness Park for a fun get together which will include

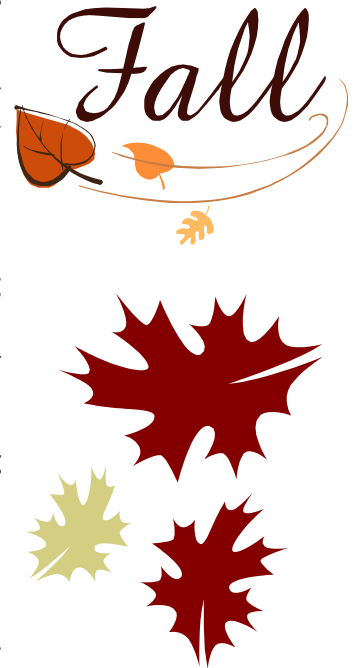
snacks and games for everyone! We will meet at Picnic Site #1. When driving around the park, turn right to go to the far right end and that's where we'll be! Times will stay the same from 1:30-3:30.

Our second outing will be Saturday, September 25th. We will be going swimming to the Renfrew Aquatic and Recreation Centre from 1:30-3:30. Please let

Nicole know if you plan on attending these outings.

As usual, Ability Society will pay for your child and one adult to attend. Families are welcome to bring siblings, but will need to pay for them.

We are looking forward to a fun filled year with everyone! We'd also like to welcome our new families to Futureways, we're looking forward to having you!



Workshop Leader Update

Please join us in welcoming Nicole Morin as our new Workshop Leader. She will be running the workshops as of September 11th as well as all the community outings. Most of you will recognize

Nicole from the Thursday evening Workshops last year.

Sophie will be on maternity leave, beginning in October. She will be around if you have any

questions, but will no longer be running or attending workshops.

We are happy to have Nicole in this position, and know it will be a great year!

The Family & Community Resource Centre



Asperger's Disorder: A Different Way of Thinking

Sept. 16, 2010 11:00am-12:30pm Alberta Children's Hospital

Family Support for Children with Disabilities

Sept. 23, 2010 10:55am-12:30pm Alberta Children's Hospital

Parenting Inattentive/ Hyperactive Children and Youth

Sept. 27, 2010 6:30-8pm Shaganappi Public Library

Street Drugs

Sept. 28, 2010 6:15-8pm Alberta Children's Hospital

Children's Asthma-Taking Control

Sept. 30, 2010 10:55am-12:30pm Alberta Children's Hospital

Futureways

Parent Club Topics for September

Sept. 11 and 16

Back to School Information

- Recreation Programs
- Community Resources
- Upcoming Events

Sept. 18 and 23

Fostering Strengths in Children

- Parent Activities
- One to One with Hilda

Sept. 25 and 30

Power of Play

- One to One with Hilda

Banana on a Stick

1 Banana

2 Popsicle Sticks

Vanilla yogurt

Cookie crumbs or graham
cracker crumbs

Cut banana in half

Push stick in the bottom of
banana

Spread with yogurt, roll in
crumbs.

Enjoy!



Futureways

Schedule of Events

SEPTEMBER 2010

- September 11

1:30-3:30

Bowness Park

We will meet in Picnic Site #1. When you enter the park, make your way to the right (on the river side).

- September 25

Swimming 1:30-3:30

Renfrew Aquatic and Rec. Centre

810 13 Ave NE

We will meet in the front foyer.

Please contact Nicole to let her know if you plan on attending, or if something comes up on the Saturday.

Nicole_morin@abilitysociety.org

(403) 262-9445

Ext. 108

Cell: (403) 975-3114

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 1st Workshop 10:30-12 Bowness Park 1:30-3:30
12	13	14	15	16 1st Workshops 6:30-8pm	17	18 Workshop 10:30-12
19	20	21	22	23 Workshop 6:30-8pm	24	25 Workshop 10:30-12 Swimming 1:30-3:30
26	27	28	29	30 Workshop 6:30-8pm		