

# Futureways



April, 2010

Dear Parents,

Welcome Back! We hope you all had an enjoyable Easter Break. We are looking forward to seeing everyone again!

Workshops for both Thursday evenings and Saturday mornings begin the week of April 5th. We will have a few new faces to welcome!

Kayla will be taking over for Rachel (Thursday). Rachel has finished her school semester and has moved home for the summer. We hope to have her back in September! We are

also happy to welcome Ian, who will be helping to facilitate our teen group Thursdays. We will have a few new children starting workshops as well over the month-it's nice to see our groups growing!

There are 2 Saturday Outings planned this month. April 10th, we will be going to Let's Play! (Canyon Meadows SE) and April 17th, we will be attending the Children's Link Spring Fling being held at the Calgary Quest School (Spruce Drive SW).

On April 17th, we are hosting a **Resource Fair** here at Ability Society. It will be held from 10am-2pm here at our centre. We are really looking forward to this event and are pleased to be presenting it. We are looking for volunteers for this as well. If you are interested in helping out at our table and promoting Futureways, please contact Hilda (403)262-9445 ext. 109

We'd love to have someone who is a part of our program to share their experience!

## Special points of interest:

- Workshops begin April 8th
- Let's Play, April 10th
- Children's Link Spring Fling, April 17th
- Resource Fair, April 17th

## Futureways Summer Camp



Registration has begun for summer camp. We only have space for 10 children each week, so please register soon if you are interested!

There will be 2 camp weeks to choose from. July 5-9 and August 9-13.

Join us for a fun filled week of outside activities and outings!

Cost is \$350 for 1 child and \$200 for a sibling to attend.

Please contact your FSCD Worker to access funding.

# The Family & Community Resource Centre



## Upcoming Workshops

### **Second Language Learners: How to Help your Child in School**

April 12, 2010 6:25-8pm Learning Village Collaborative

### **A Family's Guide to Financial Resources available through Government Programs Part 1**

April 15, 2010 10:55-12:30pm Alberta Children's Hospital-Auditorium

### **How to Talk to Teens About Sexuality**

April 15, 2010 6:25-8pm Alberta Children's Hospital-Auditorium

### **All the Pieces and Parts of Me: Childhood Dissociative Identity Disorder**

April 20, 2010 10:55-12:30pm Alberta Children's Hospital-Auditorium

### **Parenting A Child with Disruptive Behaviour-Parenting Challenging Behaviour in Children and Youth**

April 28, 2010 6:25-8pm Hull-Child and Family Services

### **Autism and Comorbid Disorders**

April 29, 2010 10:55-12:30pm Alberta Children's Hospital-Auditorium

## Bottle Drive a Success!

Thank-you to everyone who participated in our bottle drive! Our teen group sorted the bottles and the VRR! came and collected them for us. The money earned will go directly into our program for workshop supplies and outings.

We hope to continue this as it's a good way for us to raise money for our program. So...if anyone has any extra empties hanging around, feel free to bring them in again!

We have another fundraiser going on as well. Kelly, our Director of Operations, has kindly donated a very large, very unique bottle. It will be placed in our front foyer, and we are hoping people will drop in their spare change. This may take a while to fill, and when it does, we hope to use this money to start a sensory room for Futureways!



Thank-you to everyone for your continued support. Your generosity is greatly appreciated!

## Cinnamon Sticky Biscuits

### Stickiness:

2 Tbsp. butter

1/4 cup packed brown sugar

1 Tbsp. honey or corn syrup

### Biscuits:

2 cups flour

1 Tbsp. baking powder

1 Tbsp. sugar

1/4 tsp. salt

3/4 cup milk

1/4 cup canola oil

### Filling:

1/2 cup packed brown sugar

1/2 tsp. cinnamon

1/4 cup raisins and /or chopped pecans (optional)

Put the butter, brown sugar and honey into 8x8 greased pan. Put in oven and turn it on to 350 deg. F

In a large bowl, combine flour, baking powder, sugar and salt. Add the milk and canola oil and stir by hand just until you have a soft dough. Do not overmix!

On a lightly floured surface, pat or roll the dough into a long rectangle. Sprinkle with brown sugar, cinnamon and raisins or nuts. Starting from a longside, roll tightly jelly-roll style into a log. Cut into 9 biscuits with a serrated knife, and place cut side down in the pan.

Bake for 20 minutes, until golden and bubbly. Invert onto a platter while still warm.



# April 2010

**Futureways**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 W orkshop Begins  Guest Speaker	9	10 W orkshop 10-12 Let's Play 1:30-3:30
11	12	13	14	15 No W orkshop VRRR Gym 6:30-8	16	17 W orkshop 10-12 Spring Fling
18	19	20	21	22 W orkshops  Guest Speaker	23	24 W orkshop 10-12 No Outing
25	26	27	28	29 W orkshops	30	