

PROGRAM DOMAINS



General Interest & Skills

Community Development



Health & Wellness



Social Connection

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Parent Café Podcast 9 PM	2	3 Winter Walk Day Senior Focus Bag <i>Sign-up</i> Birth to 6 Family Fun Bag <i>Sign up</i> Move Play Learn 10 AM	4	5	6
7	8 Family Day Unplugged <i>Feb 8th to 15th</i> Parent Café Podcast 9 PM	9 Exercise and Educate 10 AM to 11 AM Lunch n' Learn Your way to Mental Wellness: What is Mental Wellness? 9 AM to 12 PM	10 Move Play Learn 10 AM Get Connected 7 PM to 9 PM Rural Mental Health Project Community Conversation 9 AM to 12 PM	11 Postnatal Wellness 10 AM to 11:30 PM	12 Felt Story Friday 10 AM	13 Date Night Paint Night 7 PM
14 Random Acts of Kindness Week <i>Feb 14th to 20th</i>	15 Family Day Final Family Day Unplugged Events Parent Café Podcast 9 PM	16 Exercise and Educate 10 AM to 11 AM Bullying: Can we stop it? 9 AM to 12 PM	17 Move Play Learn 10 AM Senior Focus Bag <i>Deadline</i>	18 Postnatal Wellness 10 AM to 11:30 PM	19 Felt Story Friday 10 AM	20 Get Connected 1 PM to 3 PM
21	22 Mom's Night Out 7:30 PM to 9:30 PM Parent Café Podcast 9 PM	23 Senior Focus Bag <i>Delivery</i> Birth to 6 Family Fun Bag <i>PICK-UP</i> Exercise and Educate 10 AM to 11 AM	24 Move Play Learn 10 AM	25 Postnatal Wellness 10 AM to 11:30 PM	26 Felt Story Friday 10 AM	27 Dad-urday <i>PICK-UP</i> 9 AM to 11 AM Cook-Along 4:30 PM to 5:30 PM
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HIGHLIGHT:

Visit Edson.ca/CDprograms for information and registration (formerly Edson.ca/FamilyFun)

