



Phone: (705)450-5071

# G'NAADMAAGOOM

## Garden River Child and Family Services VIRTUAL Program Calendar

# APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>AGES OF PARTICIPANTS (colour coded)</b> Caregivers & Children ages 0 – 6 years Caregivers & Children ages 0 – 12 years Children ages 7 – 12 years Children ages 7- 9 years Children ages 10 – 12 years Youth ages 13 – 18 years Youth ages 13 – 24 years Caregivers of children ages 0 – 12 years					
<b>5</b> Office Closed for Easter Monday	<b>6</b> KM/BC – Silly Sally JT – Youth Program: Understanding Anger, 6:00	<b>7</b> CC – Zoom into the Fit Zone 1: 13-18 yrs 4:30 JM – Youth Program: Working Through Tough Times, 6:00 KM/BC – Spring Scavenger Hunt BC/KM – Crazy Silly Hair Day	<b>1</b> KH – Family Fun: Nature Journal 6:00 KM/BC – Colours: Grey BC/KM – Opposites: Dry & Wet	<b>2</b> Office Closed for Good Friday	<b>3/4</b> Easter Sunday
<b>12</b> AC/MH - Monday's with Mic & Ash *Taekwondo 7-9 yrs @ 5:15 pm 10-12 yrs @ 6:00 pm	<b>13</b> KM/BC – Rain, Rain GO Away!! MG-Caregivers & Parents, 6:00 JT – Youth Program: Routines & Responsibilities, 6:00	<b>14</b> CC – Zoom into the Fit Zone 1: 13-18 yrs 4:30 JM – Youth Program: Time Management, 6:00 KM/BC – Umbrella Craft BC/KM – Create Your Family Crest	<b>8</b> CC – Zoom into the Fit Zone 2: 10-12 yrs, 4:30 JT – Youth Program: Gratitude Journal: Culture 6:00 KH-Family Fun: Bird Feeders 6:00 KM/BC –Opposites – Sink or Float BC/KM – Anishinaabemowin: Ziigwan	<b>9</b> MH/AC – Fun Fridays with Mic & Ash: Why is Fitness Important? 5:30-6:00 pm	<b>10/11</b>
<b>19</b> AC/MH - Monday's with Mic & Ash *Self Care/Mindfulness 7-9 yrs @ 5:15 pm 10-12 yrs @ 6:00 pm	<b>20</b> CC – Zoom into the Fit Zone 2B: 10-12 yrs, 4:30 KM/BC – Protecting Mother Earth MG-Caregivers & Parents, 6:00 JT – Youth Program: Earth Day (Recycling), 6:00	<b>21</b> CC – Zoom into the Fit Zone 1: 13-18 yrs 4:30 JM – Youth Program: Earth Week (Reduce Waste), 6:00 KM/BC – Walk the Line - Balance BC/KM – Sticky Spider Web	<b>15</b> CC – Zoom into the Fit Zone 2: 10-12 yrs, 4:30 JT – Youth Program: Gratitude Journal: Family Tree, 6:00 KH – Family Fun: Nature Photography 6:00 KM/BC –Opposites: Sweet & Sour BC/KM – Anishinaabemowin: Gimiwan	<b>16</b> MH/AC – Fun Fridays with Mic & Ash: YOGA, 5:30-6:00 pm	<b>17/18</b>
<b>26</b> AC/MH - Monday's with Mic & Ash *Flowerpot Craft 7-9 yrs @ 5:15 pm 10-12 yrs @ 6:00 pm	<b>27</b> CC – Zoom into the Fit Zone 2B: 10-12 yrs, 4:30 KM/BC – Finger Painting Fun MG-Caregivers & Parents, 6:00 JT – Youth Program 6:00	<b>28</b> CC – Zoom into the Fit Zone 1: 13-18 yrs 4:30 JM – Youth Program: Study Tips for School, 6:00 KM/BC – Feather Painting BC/KM – All About Me	<b>22</b> CC – Zoom into the Fit Zone 2: 10-12 yrs, 4:30 JT – Youth Program: Gratitude Journal: Stress, 6:00 KH – Family Fun: Nature Bingo 6:00 KM/BC – Opposites: Fast or Slow BC/KM – Anishinaabemowin: Giizis	<b>23</b> MH/AC – Fun Fridays with Mic & Ash: Before & After – Cardio Kids Workout, 5:30- 6:00 pm	<b>24/25</b>
<b>29</b> CC - Zoom into the Fit Zone 2: 10-12 yrs, 4:30 JT – Youth Program: Gratitude Journal: Youth Empowerment, 6:00 KH –Family Fun: Names 6:00 KM/BC –Opposites: Full or Empty BC/KM – Anishinaabemowin: Bineshiinh	<b>30</b> MH/AC – Fun Fridays with Mic & Ash: Indoor Scavenger Hunt, 5:30-6:00 pm	<b>1/2</b>			

To continue practicing safe social distancing - All programs will be on Zoom.

Off reserve band members are encouraged to participate!

### HOW TO REGISTER FOR A PROGRAM

Please email or call Staff running the program to register! Join by phone, cellphone, tablet, or computer!!

**\*\*PLEASE REGISTER ONE DAY IN ADVANCE AS SPACES ARE LIMITED\*\***

### PROGRAM INCENTIVES/DRAWS

**PROGRAMS** – Participants will receive a \$25 incentive for each program they attend.

**WEEKLY DRAW** – Daily participants will be entered in a weekly draw to win a \$100 gift certificate for a GR business of their choice.

**FAMILY FUN CHALLENGES** – Every family that participates will receive a \$50 gift certificate for a GR business with an additional \$100 draw.

**MONTHLY DRAW** – Participants will receive a ballot for each program and challenge they attend, these will be entered for a chance to win a “**SPRING INTO FUN**” package.

### STAFF CONTACT INFORMATION

MG - Melissa Grawbarger – [mgrawbarger@grcfs.ca](mailto:mgrawbarger@grcfs.ca)/705-971-9079  
 CC - Colleen Crowley – [ccrowley@grcfs.ca](mailto:ccrowley@grcfs.ca)/705-987-0992  
 JT - Jordie Thibault – [jthibault@grcfs.ca](mailto:jthibault@grcfs.ca)/705-971-7165  
 BC - Belinda Camara – [bcamara@grcfs.ca](mailto:bcamara@grcfs.ca)/705-987-2810  
 KM - Kelly Musgrove – [kmusgrove@grcfs.ca](mailto:kmusgrove@grcfs.ca)/705-987-1645  
 KM/BC - Kelly Musgrove or Belinda Camara  
 TM - Tamara Musgrove – [tmusgrove@grcfs.ca](mailto:tmusgrove@grcfs.ca)/705-989-4284  
 KH - Kiana Hill – [khill@grcfs.ca](mailto:khill@grcfs.ca)/705-989-8189  
 AC - Ashley Carbone – [acarbone@grcfs.ca](mailto:acarbone@grcfs.ca)/705-941-1279  
 JM - Jared Musgrove – [jmusgrove@grcfs.ca](mailto:jmusgrove@grcfs.ca)/705-989-6724  
 MH - Michaela Hill – [mhill@grcfs.ca](mailto:mhill@grcfs.ca)/705-989-7770

# **G'NAADMAAGOOM**

**Garden River Child and Family Services**



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**Garden River, On P6A 6Z8**  
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**APRIL 2021**