



Discover the Family Side of Lloydminster and Area

for infants, toddlers, preschoolers and their parents



play | learn | connect | support



places to play

📍 Indoor Play

Lloydminster Early Years Family Resource Centre:
midwestfamilyconnections.ca | 306.825.5911

Available year round, this amazing facility offers the play time fun of a playground without the uncertainty of the weather. Bring your parent or caregiver and socks and get ready to have some fun. **Daytime, evening, and weekend programs available.**

City of Lloydminster

lloydminster.ca/calendar | 780.875.6184

Check regularly with the City website for free family fun! Special events and programs to watch for include free skating, family play programs, free community events, and more!

📍 Outdoor Play

City of Lloydminster

lloydminster.ca/parks | 780.875.6184

Did you know that Lloydminster has over 35 outdoor parks within the city limits? Why not head out and explore a new one in your area! **In the summer months, check out the Spray Park at Bud Miller All Seasons Park. In the winter, experience the outdoor arenas and go ice skating.**

Check out the opportunities for play in your community, check with your local village office or school.

📖 Resources & Guides

City of Lloydminster Seasonal Program Guides:

lloydminster.ca/guides

Discover Lloydminster:

discoverlloydminster.ca

Lloydminster Local & Traveller's Guide

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places to learn

📍 About Your Child's Development 📍 Early Learning & Child Care

Ages & Stages Questionnaires

midwestfamilyconnections.ca | 306.825.5911

You already know what your child can do! What comes next? What can you do to encourage your child's development? Connect with MFC to do an ASQ for your child!

Sask Health Authority Children's Therapies

saskhealthauthority.ca | 306.820.6225

A variety of therapists and teams are available to identify and respond to developmental needs of children from birth to school entry. These include: Early Childhood Psychologist (ECP), Speech-Language Pathology (SLP), Occupational Therapy (OT), Physical Therapy (PT), and Autism Spectrum Disorder Program.

📍 About Your Child's Behaviour

Ages & Stages Questionnaires: Social-Emotional

midwestfamilyconnections.ca | 306.825.5911

With the typical ups and downs of young children's emotions and behaviour, delays or problems can be easily missed. The earlier a behavioural concern is identified, the greater the chance a child has for reaching his or her full potential in life. **Connect with the Family Resource Centre to do an ASQ:SE for your child!** Individual support is available to families of children, birth to 6 years, who are experiencing delays in their social or emotional development and/or behavioural concerns.

Border City Aboriginal Head Start Program

306.825.5255

Offering programs for preschoolers to support the spiritual, emotional, intellectual, and physical development of aboriginal children.

Playschools

306.825.5911

A variety of playschools exist in our community. As a Family Resource Centre, Midwest Family Connections keeps a listing of the options. Call for more information.

Pre-Kindergarten

Lloydminster Public School Division

LPSD.ca | 780.875.4054

Lloydminster Catholic School Division

LCSD.ca | 780.808.8585

École Sans-Frontières

sf.centrenord.ab.ca | 780.875.0251

Pre-K programs provide early educational supports for children aged 3 and 4 to lay the foundation for school success. **Both the Lloydminster Public and Catholic School Divisions offer Pre-K programming.**

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Jr. Kindergarten

Lloydminster Public School Division

LPSD.ca | 780.875.4054

Junior kindergarten offers learning, language, experiential, and play opportunities based on the philosophy of prekindergarten and best practices for early learning. Jr. Kindergarten serves children who are 4-years-old by the end of December.

Child Care

Alberta Childcare information:

alberta.ca/child-care.aspx

Child Care Connect: toll free at 1-844-644-5165

Saskatchewan Childcare information:

saskatchewan.ca

Child Care Consultant 306.446.7574 or 306.787.4980

Child care options ranging from family dayhomes, to child care centres to after school care programs are offered in Lloydminster. Child Care Connect in Alberta or an Early Learning and Child Care Consultant in Saskatchewan can be a source of information about the programs available and the process to apply. They can also provide information about subsidies that may be available.

Language & Literacy

Lloydminster Learning Council Association

lloydlearningcouncil.org | 780.875.5763

Coordinates and promotes lifelong learning in the community including family literacy programs such as Books for Babies and Rhymes that Bind. website for other events and activities including summer programs.

Lloydminster Public Library

lloydminster.info | 780.875.0850

Join in Storytime! Preschoolers with an adult are invited to enjoy stories & action rhymes. Check the website for other events and activities including summer programs.

Parenting Programs

Triple P Positive Parenting Program

midwestfamilyconnections.ca | 306.825.5911

This program is a toolbox of solutions for parents. You choose the strategies you need. You choose the way you want to do it. **Tip Papers & Tip Sheets; Discussion Groups; 1-on-1 sessions and multi-week groups available.**

Infant Massage

midwestfamilyconnections.ca | 306.825.5911

Would you like to help your baby sleep better while stimulating their growth and development? Check out this great class. Moms and dads are welcome!

Kids Have Stress Too

midwestfamilyconnections.ca | 306.825.5911

We all want to raise healthy and resilient children. This program helps parents and caregivers understand childhood stress and ways to help even young children deal with stress.

More to choose from

midwestfamilyconnections.ca | 306.825.5911

There are a variety of parenting programs available. Indigenous Literacy & Parenting Skills (ILAPS), Nobody's Perfect, plus more!

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Parenting with a Purpose

Sask Health Authority 306.820.6250

This is a 7 week parenting program covering topics such as goals of misbehaviour, purpose of negative emotions, how to encourage your child, communication and holding a family meeting.

Resources & Guides

Building Blocks for Resilience

The Building Blocks for Resilience books provide advice on how to prepare children to feel competent in dealing with life's challenges, disappointments and setbacks. **Visit Midwest Family Connections to pick up a copy or for information on how to access an online version.**

Healthy Parents Healthy Children

healthyparentshealthychildren.ca | 306.825.5911

A practical guide to pregnancy and parenting produced by Alberta Health Services. Alberta Health Services contains information about baby vaccines (immunizations), safety, everyday care, parenting, growth and development, and common health concerns. **Copies are available at Midwest Family Connections and some doctor offices. The online version has a search function to help find information quickly.**

Additional information about the early years can be found at:

<https://publications.saskatchewan.ca/#/categories/466>

<https://skprevention.ca/>

<https://parentcentral.sk.211.ca/>

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places to connect

Lloydminster Early Years Family Resource Centre

midwestfamilyconnections.ca | 306.825.5911

A variety of family groups are offered to bring parents with common interests or experiences together. Come to learn new information, share ideas and meet new people. **Programs include Mothers First and The Baby Bunch. Connect with MFC for information about additional programs.**

Parent & Tots Groups

firstlutheranlloydminster.com | 780.875.9797

fbclloyd.ca | 306.825.2451

A number of churches in the community offer Parent and Tots groups as an opportunity to meet other parents and children in the community. Check the Yellow Pages for a listing of churches. **Call or visit the websites listed above for dates and locations.**

The Olive Tree MOMS Program

theolivetreelloyd.ca | 780.870.1060

The Olive Tree MOMS program is an inclusive, fun and supportive group that runs every Thursday night. The program provides a healthy, well-balanced meal, children activities/free childcare and speakers on topics such as taxes, parenting and mental health.



Discover the Family Side of Lloydminster and Area



The Baby Bunch

midwestfamilyconnections.ca | 306.825.5911

The first years of a baby's life is full of growing, discovering and learning. Come meet other parents, share ideas and explore a variety of strategies to help and encourage this development. All parents, caregivers and babies welcome!

Catholic Social Services: Children's Outreach Program, Triple P, Gateway for Newcomers & much more!

cssalberta.ca | 780.875.9084

Programs provide settlement services, resources, information, one-on-one parenting support, programming for children as young as 1 week old, orientation sessions, citizenship information sessions and referrals to immigrant newcomers living and/or working in Lloydminster and surrounding communities. All services are at no cost to newcomers.

City of Lloydminster: Neighbourhood Block Party Kits

lloydminster.ca/blockparty | 780.875.6184

Block parties are a great way to get to know your neighbours and connect with your community. The Family and Community Support Services (FCSS) Lloydminster provides tools for residents wishing to host community block parties. Contact Lloydminster FCSS if you would like to sign out our Block Party Kit or need assistance with permits for road closures or use of public space. For more information contact fcss@lloydminster.ca.

Resources & Guides

Lloydminster Public Library

lloydminster.ca/calendar | 780.875.0850

The library keeps an up-to-date listing of events, programs and activities happening in and around the city on their website.

Lloydminster Early Years Family Resource Centre: Information & Referral

midwestfamilyconnections.ca | 306.825.5911

No matter what your question or concern, call the team at MFC and they will help connect you with a resource. Whether it's a phone number or supported referral that you need, this is a great place to start your search!



Discover the Family Side of Lloydminster and Area



places for support

● New & Expectant Parents

Prenatal Class

saskhealthauthority.ca | 306.820.6225

Classes offer information about pregnancy, delivery and newborn care.

Online Prenatal Class

SK - saskhealthauthority.ca | 306.446.8600

AB - birthandbabies.com

Postnatal Follow Up

saskhealthauthority.ca 306.820.6225

Early Hearing Detection and Intervention

AHS.ca/ehdi | 844.314.6805

Alberta's Early Hearing Detection and Intervention (EHDI) Program is a province-wide screening program offered by Alberta Health Services (AHS). The program identifies permanent hearing loss early in baby's life. This ensures follow-up and support can be provided sooner to babies and the families. All babies born in Alberta, or born to parents living in Alberta, are eligible for hearing screening within 90 days of birth. It's best for babies to be screened by 1 month of age.

New Parent Consults

midwestfamilyconnections.ca | 306.825.5911

New Parent Consults provides information on topics such as: Healthy pregnancy, parent/child relationships (attachment & bonding); Infant care & reading baby's cues; Mental health & wellness, including self-care; Parental relationships; Infant development; Safety and Community services & resources.

Mothers First

midwestfamilyconnections.ca | 306.825.5911

A weekly group for mothers of infants to connect with one another & to learn about and practise self-care. Discussions focus on the experiences and needs of new mothers who are concerned about or potentially experiencing stress, anxiety or Postpartum Depression.

● Breastfeeding Support

Lactation Consultant

saskhealthauthority.ca | 306.820.6225

Support for breastfeeding mothers and mothers with breastfeeding issues.

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○ Home Based Support

Midwest Family Connections

midwestfamilyconnections.ca | 306.825.5911

A variety of home based services are offered to parents of infants, toddlers and preschoolers who are experiencing or at risk for developmental delays. Resources and information are provided to assist with child development, parenting & family dynamics and community connections. **Early Childhood Intervention Programs (ECIP), Home Visitation, Parent Child Assistance Program, First Steps, Indigenous ECIP & Family Support, Preschool Mental Health Initiative.**

○ Crisis or Emergency Support

Emergencies: Ambulance, Fire, RCMP

911

24 Hour Professional Health Advice

811 for AB & SK | myhealth.alberta.ca

When you call 811, a licensed health care professional will give you options and information to help you with health related questions or concerns. A registered nurse will assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider or access emergency medical care, if necessary. **Available 24 hours. Confidential. Free of charge. Translation available in over 100 languages.**

Lloydminster Sexual Assault Services

lloydminstersexualassault.com | 24 Hour Crisis Line: 306.825.8255

Lloydminster Sexual Assault Services (LSAS) supports children, youth, adults and families who have experienced sexual abuse/assault or bullying. Individual sessions offer a client-centered approach both at the agency or at various outreach locations in Lloydminster and surrounding communities. Sessions can include court preparation, healthy coping skills, stress/anger management, healthy relationships, self-esteem, self-harm, trauma informed yoga, emotional freedom tapping, art and play integration and more. Service options also include the 24 Hour Sexual Assault Response Team (SART) and the Little Bear Child and Youth Advocacy Centre program. Education, group programs and training opportunities are also available.

Interval Home Crisis & Support Line

Call 780.875.0966 | Text 780.808.1777

Provides confidential, anonymous service, crisis intervention, information about mental health programs and services and referrals to other agencies if needed. The Lloydminster Interval Home Society is dedicated to developing lifetimes of well-being and healthy relationships for all. They exist to provide safety, support and education and are proud to offer a variety of programs and services to support women, children, and youth. Services provided include confidential crisis intervention, information, referrals, and emotional and practical support.

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Family Violence Line

familyviolence.alberta.ca | 310.1818
(when calling within AB)

Provides information about family violence programs and services, as well as advice and support.

Mental Health & Addictions - Saskatchewan

saskatchewan.ca | 811

HealthLine also provides mental health and addictions support. HealthLine's registered psychiatric nurses and social workers can offer crisis counseling and strategies to help you manage your situation or give you information about resources in your community.

Available 24 hours. Confidential. Free of charge.
Translation available in over 100 languages.

Mental Health Help Line - Alberta

ahs.ca | 1.877.303.2642

Provides confidential, anonymous service, crisis intervention, information about mental health programs and services and referrals to other agencies if needed.

Lloydminster Mental Health Navigation Tool

lloydminstermentalhealth.com

This tool was developed to help support your journey to wellness. The tool can assist you to navigate the resources, services and supports available in our community. It shares strategies to manage stress, will help you learn about mental health and substance-use disorders, and offers practical ideas on how to build your resilience so you can cope with life's challenges and move forward from difficult times. Help and support is available for you, wherever you are on your journey.

Find a Doctor

Saskatchewan Health Authority

saskhealthauthority.ca | 306.820.5997

Call to book an appointment or to get a list of current physicians and find out who is accepting new patients.
Walk In Clinic at the Prairie North Health Centre.
Call for hours.

Lloydminster Primary Care Network

LloydPCN.ca | 780.874.0490

The PCN provides physician and supportive health services.

Public Health

Saskatchewan Health Authority

saskhealthauthority.ca | 306.820.6225

Child Health Clinics provide an opportunity to improve child health and wellness through counseling and immunizations.

Prairie Central FASD Association

prairiecentralfasd.ca

General Inquiries: 780.385.3717

Assessment/Diagnostic & Education Services:
587.386.0186

Prairie Central FASD Association provides links to support services and assessment/diagnosis for those affected by Fetal Alcohol Spectrum Disorder. We provide FASD focused training and education for professionals, families, and caregivers to increase knowledge and understanding of FASD, as well as training on FASD prevention messaging and consultations for individual-specific supports.

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Community Support

Lloyd Supports

lloydminster.ca/lloydsupports | 780.875.6184

A guide to supports in our community

**Food
Housing
Income Support
and more**

The Olive Tree

theolivetreeolloyd.ca | 780.870.1060

Services aim to reconnect isolated people and families to communities of support by providing services in the area of homelessness, hunger relief and education. Services include: food focused support, free community meals, social groups, emergency food hampers and support obtaining clothing, household goods and other necessities. Free transportation is offered to many of the programs.

Lloydminster Native Friendship Centre

306.825.6558

reception@lnfc.org | lnfcreception@outlook.com

The Centre offers community access, education, cultural workshops, nutrition programs, outreach and employment training and personal empowerment programs. Services include: food support, free soup and bannock meal, community clothes closet, free bread and baked goods daily Mon-Fri, emergency meals and household goods when available.

Community Inclusion Support

Inclusion Lloydminster & Inclusion Alberta

306.825.5918

inclusionlloydminster@gmail.com

Support available to children, youth and adults with developmental disabilities and their families to create good lives through inclusion in recreation, relationships, education, employment, and family life. Available to both Alberta and Saskatchewan residents.

Counselling Support

Catholic Social Services Lloydminster

cssalberta.ca | 780.875.9084

Counselling: Counselling and wellness services for people of all faiths and culture. Focuses on strategies for happy and healthy lifestyle choices, and to cope with difficulties such as: emotional, job or financial stress, marriage and family, and addictions.

Supervised Visits: Supervised visits are provided for children and non-residential parents, grandparents or other significant persons, to protect the right of safety and connections between family and children.

Fostercare: Make a difference in the life of a family, become a Foster Parent. Foster packages available, information sessions and Orientation Caregiver Training.

Discover the Family Side of Lloydminster and Area



Places to play, learn, connect & access support in Kitscoty, Paradise Valley and Marwayne areas

Early Hearing Detection and Intervention

AHS.ca/ehdi | 844.314.6805

Alberta's Early Hearing Detection and Intervention (EHDI) Program is a province-wide screening program offered by AHS. The program identifies permanent hearing loss early in baby's life. This ensures follow-up and support can be provided sooner to babies and the families. All babies born in Alberta, or born to parents living in Alberta, are eligible for hearing screening within 90 days of birth. It's best for babies to be screened by 1 month of age.

Family Play & Learn

midwestfamilyconnections.ca | 1.866.651.5911

An opportunity for parents & children to explore and play together while learning about child development milestones, positive parenting and ways to incorporate each into play-based activities. Sessions run periodically throughout the year in various rural communities. Sessions may be held in-person, virtually and as activity and information packages.

Call for dates and times or visit the website.

Brighter Beginnings Outreach

Check out Vermilion & Area Brighter Beginnings on Facebook | 780.853.6633

Program for preschool aged children and their parent(s). Includes opportunities for play, learning, connecting and support. **Call Brighter Beginnings for dates, times and locations.**

Parent Education

midwestfamilyconnections.ca | 306.825.5911

Various groups or sessions may be offered including Infant Massage, Triple P Positive Parenting Programs, and/or Kids Have Stress Too.

Marwayne Public Library

marwaynepubliclibrary.ab.ca | 780.847.3930

Check out a storybook or check out the early literacy programs offered.

Kitscoty Hilltop Public Library

kitscotypubliclibrary.ab.ca | 780.846.2822

Offers a variety of programs for parents and their infants, toddlers and preschoolers.

Three Cities Public Library in Paradise Valley

paradisevalleylibrary.ab.ca | 780.745.2277

Visit the Kid's Area or call to find out about upcoming events.

Alberta Health Services

ahs.ca | 780.846.2824

Visit the Community Health Centre in Kitscoty.

Family Resource Network (FRN)

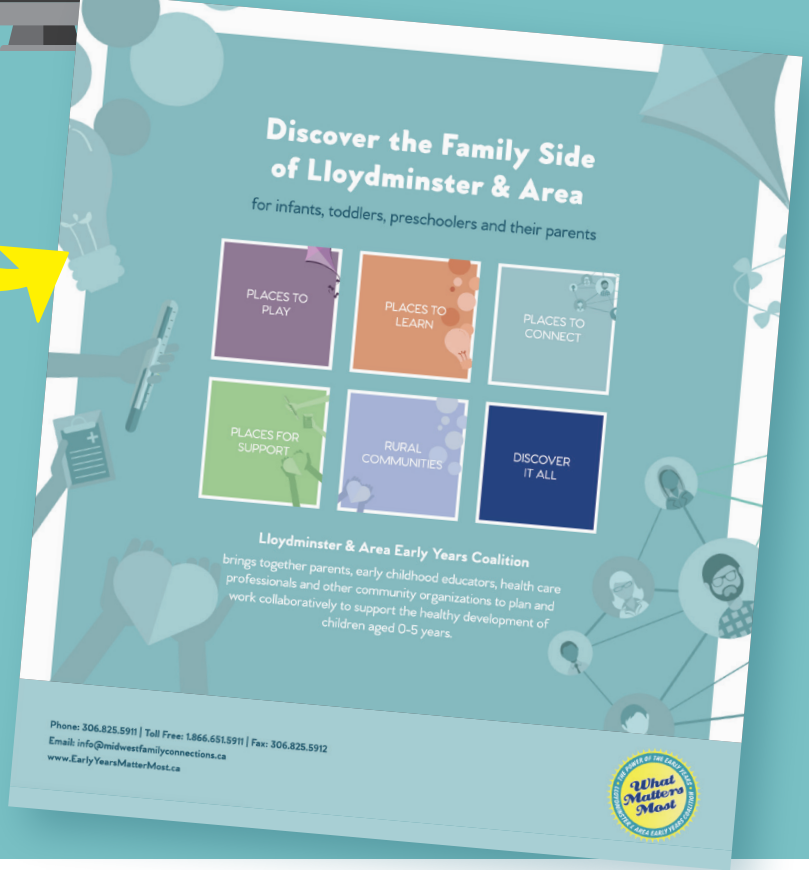
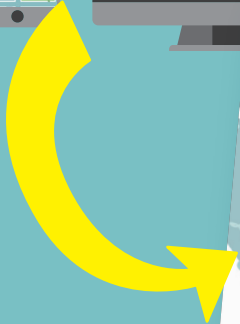
midwestfamilyconnections.ca | 306.825.5911

For more information or resources, call Midwest Family Connections or visit the website to explore FRN and other programs offered in your area.

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DIGITAL GUIDE AVAILABLE AT:
ref.EarlyYearsMatterMost.ca





Lloydminster & Area Early Years Coalition

brings together parents, early childhood educators, health care professionals and other community organizations to plan and work collaboratively to support the healthy development of children aged 0-5 years.

This reference tool highlights free resources and activities to get you started in discovering the family side of Lloydminster and area. We did our best to include a range of resources and activities; however, we acknowledge that program and service changes happen regularly. We encourage you to call ahead for details on each listing.

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through Midwest Family Connections**

Phone: 306.825.5911 | Toll Free: 1.866.651.5911 | Fax: 306.825.5912

Email: info@midwestfamilyconnections.ca

www.EarlyYearsMatterMost.ca