

October 2026



**Childhood
Connections**
at the Strong Roots Centre

Programs Calendar for youth and parents

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2 Nourish Connections <i>Parent class</i>	3
4	5 Food Sense <i>Parent class</i> Cooking and Creations <i>Youth class</i>	6	7	8	9 SD23 Pro-D Day Cooking and Creations <i>Youth class</i> STEAM <i>Youth class</i>	10
11	12 No Programs Today 	13	14	15	16 Nourish Connections <i>Parent class</i> Family Night <i>Theme TBD</i>	17
18	19 Food Sense <i>Parent class</i> Cooking and Creations <i>Youth class</i>	20	21	22	23 SD23 Pro-D Day Creations and Cooking <i>Youth class</i> STEAM <i>Youth class</i>	24
25	26 Food Sense <i>Parent class</i> Cooking and Creations <i>Youth class</i>	27	28	29	30 Nourish Connections <i>Parent class</i>	31

Pre-registration Programs:

Family Night, 6pm-7:30pm (various planned activities for the whole family, happening monthly at the Strong Roots Centre)

Food Skills, 10am-1pm (program for parents, 6 weeks of nutrition education and skill building)

Creations and Cooking, 3pm-5:30pm Mondays, 10am-12pm Friday Pro-D days (social group for youth entering grades 4-6, at the Strong Roots Centre. Drop-off program.)

Nourish Connections, 10:30am-12:30pm (a social educational group for parents of children between 6 - 13 years old)

STEAM, 12:30pm-1:30pm Science, Tech, Engineering, Art and Math activities for youth 6-13 years old, at the Strong Roots Centre. Parents must stay on site. No steam this month.

Registration is required for all programs listed above.

REGISTER NOW

