

Free and Low Cost Activities for Parents & Young Children in the Sioux Lookout Area

Please call the contact for more information.

Baby & Me

Baby & Me drop-in group is held every 1st and 3rd Wednesday of the month from 1:30-3:00 at the Best Start Hub, 73 King Street.

The first 20 minutes is devoted to a “topic of the Week” presented by the NWHU Healthy Babies, Healthy Children Public Health Nurse. Questions and discussion will follow the presentation.

The remainder of the time is left for getting to know other new parents and babes, weighing your baby, breastfeeding, open discussion, and to ask the Public Health Nurse any questions you might have.

This program is free, no registration needed and meant for parents with infants newborn to crawling. Come on out, learn and have fun. Call Deb Topozini (807) 737-3253 or Tekla Rundle 737-2292 ext 34 for details.

Aboriginal Family Support Program

Offers a variety of programs for families with Aboriginal children up to 6 years old including play circles, parenting classes & support, community kitchen, fitness classes, childcare and healthy bingo. Located at 52 King Street. Contact at 737-7521.

Sioux Lookout Best Start Hub

Open for drop-in Monday to Friday (8:30-4:30) with many activities for children and parents, including “Mother Goose” (4 –12 months), “Parent Tot Time” (18-35 months), and “Story Time” (3-5 years old). Some activities require registration. Please call before coming down. There is some parenting equipment available for loan.

The following education sessions are subject to a minimum enrollment and are offered periodically:

- ☺ “Make The Connection,” a parenting program promoting attachment with infants,
- ☺ “COPE,” The COmmunity Parent Education program for parents of children with disruptive behavior,
- ☺ “Nobody’s Perfect,” education and support for parents of children from 0-5 years old,
- ☺ “Kids Have Stress Too,” helping parents and caregivers understand childhood stress.

The Best Start Hub is located at 73 King Street. Call Deb at 737-3253 for details.

Sunset Women’s Aboriginal Circle

SWAC offers many programs for prenatal and postpartum families including Moms & Pops & Tots drop-in, healing circles, craft circle, Make & Take Cooking Sessions, and parenting workshops. Support is also available for women who are struggling with depression. They are located at 26 Second Avenue, across from the high school. Contact Candi, Iris, Deb or Cindy at 737-7922.

Infant Massage Class

Want to learn how to give a safe, relaxing massage to your baby? All classes are free of charge and everyone is welcome. Please call Candi at 737-7922 to inquire about quarterly class dates. Held at the Sunset Women’s Aboriginal Circle, 26 Second Avenue.

Sioux Lookout Public Library

The library helps run the previously mentioned “Story Time” in partnership with the Sioux Lookout Best Start Hub, registration is required for these groups. Children’s library has books for loan (of course), DVDs and has two computers with child appropriate games, drop in to use them. Contact at 737-3660.

The Patricia Centre for Children and Youth

The following education session is subject to a minimum enrollment:

“Impacts of Separation and Divorce on Children.” Contact The Patricia Centre at 737-2086.

“Groups for Children and Moms” is offered for those who have been affected by violence in their home. Put on in conjunction with the First Step Womens Shelter. Contact First Step at 737-1438.

Sioux Lookout Recreation Centre: Parent and Tot Skating

Only \$2. Located at 85 King Street, contact 737-1994 for times (seasonal).

Sunset Splash Water Park

Swimming for all ages; has a kiddie pool, waterslide, and hot tub.

Parent & Tot swimming Monday to Friday from 10 a.m. to 2 p.m., \$42 plus tax per month. Please call 737-1113 for other rates and hours.

Sioux Lookout Recreation Centre: Johnny's Junior Gym

Free fun activities and crafts for kids. Go to the Rec centre to sign up your child. Runs January to May. Monday 5-6:30PM for ages 6-8, Friday 5-6:30 PM for ages 9-12. Located at 85 King Street, contact 737-1994.

Preschool Play Group

Bring your infant to play while you socialize with other parents! Hot chocolate, coffee and tea are provided, and juice for children. Please bring a snack to share, indoor shoes, and \$2 drop-in fee. Every Tuesday and Thursday 9:30 – 11am at the United Church basement, 21 - Sixth Avenue. This group does not run in the summer months.

Make and Take Community Cooking Class

Facilitated by Therese Niznowski of the Northwestern Health Unit Health Promotion Team. Some classes have childcare available. Call for upcoming classes 737-2292 Ext 30.

Physical Activity Opportunities

Various classes/sessions to promote physical activity (eg. Badminton lessons) held throughout the community facilitated by Therese Niznowski. Call for upcoming sessions 737-2292 Ext 30.

Extra Support

ADD/ADHD Support Group

This parent led group is open to anyone wanting to learn more about Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). 3-4 meetings are held each year. For more information or upcoming meeting dates, please call the Patricia Centre for Children & Youth at 737-2086.

Breastfeeding One on One

Breastfeeding support for families is available every Friday from 1-3 p.m. Held at the Meno Ya Win Health Centre, no appointment necessary but please check in with the admitting desk. Call 737-2877 ext 3262 or 737-7922 ext 4 or 5.

It's M.O.M.S. Call

Offers phone support for breastfeeding mothers, by other mothers who have breastfed their children. Call the Healthy Babies, Healthy Children nurse at 737-2292, ext 34.

FASD Parent Support Group

Gives caregivers an opportunity to meet, share their experiences and receive peer support. Meets the 2nd Tuesday of each month. Call 737-1447 ext 224 for more information.



If you are having a hard time affording to put your children in activities like Brownies, Scouts, Camp, Sports... P.R.O. Kids can help.
Contact Sioux Lookout Recreation Centre 737-1994 for more information and an application.