



SWEET DREAMS

PLAY ROUTINE FOR BEDTIME

The goodnight session will be a calm, relaxing playtime for everyone to explore different ways to tackle bedtime routine.

Starting March 5, you will attend every Wednesday in March. (March 5, 12, 19, 26) from 6:30-7:30pm come in your P.J's and join the fun.

Limited spaces
Call or email to save your spot

cayprograms@gpfes.com

780-830-0920

Located at 9607 102 street

Family Education Society.

Any age welcome,

Parented program

Free to attend

includes:
songs, books, activities, snacks

