


# Family Resources



Find information and opportunities for children to play in Lethbridge!

<https://www.lethbridgeplays.ca/>



Building Brains Together (BBT) builds adult capabilities to improve brain development and executive functions across the lifespan through play supported by research and education.  
<https://www.buildingbrains.ca/>

Find information, webinars, videos and services on a variety of topics including toileting, eating, behaviour, communication, and many others!

<https://myhealth.alberta.ca/topic/Pediatric-Rehabilitation/Pages/default.aspx>



[Speech sound strategy videos and practice.](#)  
[Self-Regulation, Dressing, Feeding, Toileting, Executive Function Resources](#)

Parents as Teachers helps parents with children from birth to age 5 understand child development and connects them to the resources they need to make the best choices for their family. Parents as Teachers offers personal home visits tailored to the needs of each family.  
<http://www.southregionpat.ca/>



The Family Centre offers a variety of play drop-in or groups, as well as parent sessions and counseling.  
<https://www.famcentre.ca/>

YMCA of Lethbridge offers a variety of programs for children and families. Fee assistance options are available.  
<https://lethbridgeymca.ca/>

