



About First Friday Little Sprouts Parent-Child Group:

A fun, welcoming, and completely free program designed to support families with young children through connection, play, learning, and growth.

Location:

Jamestown Community
College Explore & Soar
OT Clinic

*Sheldon Center
Falconer Street
Jamestown, NY*

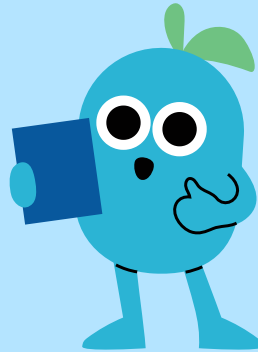
Dates:

October 2nd
November 6th
December 4th
*January 8th
February 5th
March 5th
*April 9th
May 7th
June 4th

*class held on 2nd Friday
of the month due to
Holiday.

Interested? Have questions?

Reach out to us!



Contact Us:

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716-640-9591*

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716-269-4974*



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FIRST FRIDAY

Little Sprouts Parent-Child Group

*A free opportunity for families
with young children in
Chautauqua County.*



What to expect:

Parent-Child Play & Learning 10:00 - 10:30

- Hands-on play and learning led by Sara Sullivan (Physical Therapist), Jenna Miller (Occupational Therapist) and JCC Occupational Therapy Assistant Students.
- Parents join their children in fun activities designed to support motor, social, and developmental growth.
- Families gain simple ideas and strategies they can use to support their child's development through everyday play and routines at home.

Parent Connection & Education 10:30 - 11:00

- While children enjoy supervised free play in the Explore & Soar room, parents have time to connect, share experiences, and support one another right next door.
- Group discussions and activities shaped by parent interests, questions, and everyday challenges, with topics planned throughout the year based on family feedback.

"Cooking with Kids"- Nutrition & Lunch

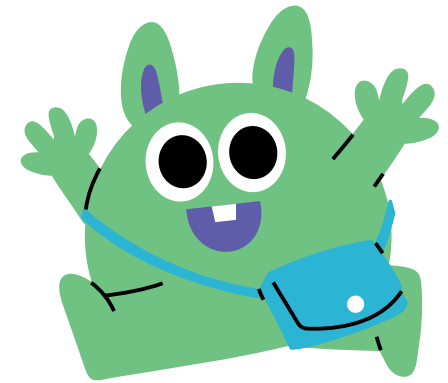
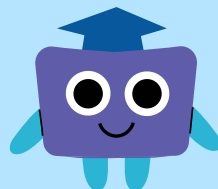
11:00 - 12:00

- Hands-on cooking and nutrition activities led by Wendy Alexander, Community Educator with Cornell Cooperative Extension.
- Families prepare and enjoy a healthy lunch together while learning practical cooking skills.
- Families earn useful cooking utensils to keep by attending multiple sessions.

Who is this group for?



- Families with children enrolled in Early Intervention (EI), CPSE or the Children & Youth with Special Health Care Needs (CYSHCN) program.
- Families who feel their child would benefit from developmental support.
- Siblings welcome! They can participate in supervised gym play and join the meal.



Is getting there an issue?

We have a solution!

We have partnered with CHQ Transit to offer transportation to and from our parent group, right from your front door if you need a ride!

**Call
Today to
Register:**

716-640-9591