

Limited subsidies for participants in our programs are available through the generous support of Calgary Learns.



Families Matter Parenting Programs At A Glance

The following parenting courses & workshops are open to everyone, but **registration is essential.**



To register on line go to www.familiesmatter.ca or call (403)205-5178




Please note: A limited number of subsidies are available **based on** qualification.

Tuesday, April 04, 2017

If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	Jan. 17/17, Feb. 21/17, Mar. 21/17, Apr 18/17 • 6:00 pm – 9:00 pm • Cost: Free To register please go online to http://www.calgarysexualhealth.ca/events/gender-creative-families-night/	<u>Gender Creative Families</u> Calgary Sexual Health Centre, in partnership with Families Matter, would like to welcome, parents, families and caregivers of gender creative (Trans*, non-binary, gender independent, gender fluid, gender-queer, gender non-conforming) children, aged 4-14, to a monthly gathering. This will be an opportunity for you to have some adult time, to share stories and experiences, to create networks and get support in a non-judgmental and safe atmosphere so that you can learn how to best support the gender creative children in your lives. This family-friendly night will offer free childcare and activities for the kids.
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	April 3 - April 24, 2017 (Monday) • 10:00 am – 11:00 am • Cost: \$40.00 To register please go online to www.familiesmatter.ca Child care available	<u>Anxiety & Breathwork</u> * This program supports Moms who are experiencing pre and post-natal anxiety. Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.
Bowcroft Parent Link 3940 73 Street NW 	April 5 - May 3, 2017 (Wednesday) • 1:15 pm – 3:15 pm • Cost: Free To register please go online to www.familiesmatter.ca Child care available	<u>Terrific Toddlers</u> This 5 week program addresses topics for discussion with strategies you can use <ul style="list-style-type: none"> • Positive and Respectful Discipline • Healthy Self-Esteem • Ages and Stages • Power Struggles Join us for coffee and a welcoming environment to learn more and discuss your parenting questions.

Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	April 5 - May 10, 2017 (Wednesday) <ul style="list-style-type: none"> 6:00 pm – 8:00 pm Cost: \$150.00 <p>To register please go online to www.familiesmatter.ca</p>	<u>How to Talk so Kids Will Listen and How to Listen so Kids will Talk</u> This six week class encompasses topics such as positive discipline, children's self-esteem, communication dynamics in the family, creating an environment of cooperation, and others. A certificate of completion after successfully completing a minimum of 5 classes, will be awarded. This program is specifically designed for parents of children 4-12.
Westview Baptist Church 1313 Ranchlands Way NW 	April 7 – June 2, 2017 (Friday) <ul style="list-style-type: none"> 10:00 am – 11:30 am Cost: Free <p>To register please go online to www.familiesmatter.ca</p>	<u>Mandarin Parent Child Mother Goose</u> At the Heart of the Parent-Child Mother Goose Program The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years, and give their children healthy early experiences with language and communication.
St. Giles Church 1102 – 23 rd Ave NW 	April 13, 2017 (Thursday) <ul style="list-style-type: none"> 10:00 am – 12:00 pm Cost: Fully subsidized <p>No registration required. Drop-in program only.</p>	<u>Effective Communication: Is Anyone Listening?</u> In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation.
Hand in Hand Parent Link Village Square Leisure Center 2623, 56 th St NE 	April 24, 2017 (Monday) <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: Free <p>No registration required. Drop-in only event.</p>	<u>Positive Time-In</u> Investing purposeful time in your relationships can make many problems and stresses disappear. In this program we will discuss what your small children need from you, and giving them your best self.
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	April 24, 2017 (Monday) <ul style="list-style-type: none"> 6:00 pm – 8:00 pm Cost: \$25.00 <p>To register please go online to www.familiesmatter.ca</p>	<u>Engaging Cooperation</u> How can we encourage our children to cooperate with everyday tasks? Learn strategies and tools to motivate your children and encourage cooperation with family members.
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	May 1 - May 29, 2017 (Monday) <ul style="list-style-type: none"> 10:00 am – 11:00 am Cost: \$40.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<u>Anxiety & Breathwork</u> * This program supports Moms who are experiencing pre and post-natal anxiety. Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	May 3 - May 17, 2017 (Wednesday) <ul style="list-style-type: none"> 10:00 am – 12:00 pm Cost: \$25.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<u>Terrific Toddlers Mini</u> This 3 week program addresses topics for discussion with strategies you can use <ul style="list-style-type: none"> Positive and Respectful Discipline Healthy Self-Esteem Ages and Stages

		<ul style="list-style-type: none"> • Power Struggles <p>Join us for coffee and a welcoming environment to learn more and discuss your parenting questions.</p>
Parent Link Center Huntington Hills 520 78 Ave NW 	May 8, 2017 (Monday) <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: Free <p>To register please go online to http://fcr.ca/ces/</p>	<u>Tempers & Tantrums</u> <p>They can seem overwhelming, to you and your child. This class explores the facts around tantrums, the kinds of tantrums, and how to address them in ways that keeps your relationship safe while deeply listening and putting in place supportive responses.</p>
Bowcroft Parent Link 3940 73 Street NW 	May 10 - June 14, 2017 (Wednesday) <ul style="list-style-type: none"> • 1:00 pm – 3:00 pm • Cost: Free <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<u>Grains of Sand</u> <p>Take some time to stop in the middle of your busy family life to explore relationships with ourselves and others through stories, art, music, dance, journaling and mask making. No experience necessary.</p>
Parent Link Center Huntington Hills 520 78 Ave NW 	May 15, 2017 (Monday) <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • Cost: Free <p>To register please go online to http://fcr.ca/ces/</p>	<u>Kids Have Stress Too</u> <p>Learn how to recognize stress in children</p> <ul style="list-style-type: none"> • Identify the key role relationships with parents and caregivers play in helping children learn to manage stress • Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient <p>Learn effective ways to promote positive emotional development and self-regulation in young children</p>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	May 30 - June 27, 2017 (Tuesday) <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: \$125.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<u>Be a Great Dad</u> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you put the limited time you do have to good use; creating positive experiences for you and your child. What better way to learn than from other dads who share their experiences of struggle and joy along the journey.</p>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	June 5 - June 26, 2017 (Monday) <ul style="list-style-type: none"> • 10:00 am – 11:00 am • Cost: \$40.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<u>Anxiety & Breathwork</u> * This program supports Moms who are experiencing pre and post-natal anxiety. <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.</p>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	July 10 – July 31, 2017 (Monday) <ul style="list-style-type: none"> • 10:00 am – 11:00 am • Cost: \$40.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<u>Anxiety & Breathwork</u> * This program supports Moms who are experiencing pre and post-natal anxiety. <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.</p>

<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>August 14 – August 28, 2017 (Monday)</p> <ul style="list-style-type: none"> • 10:00 am – 11:00 am • Cost: \$30.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<p><u>Anxiety & Breathwork</u></p> <p>* This program supports Moms who are experiencing pre and post-natal anxiety.</p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 11 – September 25, 2017 (Monday)</p> <ul style="list-style-type: none"> • 10:00 am – 11:00 am • Cost: \$30.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<p><u>Anxiety & Breathwork</u></p> <p>* This program supports Moms who are experiencing pre and post-natal anxiety.</p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 2 – October 30, 2017 (Monday)</p> <ul style="list-style-type: none"> • 10:00 am – 11:00 am • Cost: \$40.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<p><u>Anxiety & Breathwork</u></p> <p>* This program supports Moms who are experiencing pre and post-natal anxiety.</p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 6 – November 27, 2017 (Monday)</p> <ul style="list-style-type: none"> • 10:00 am – 11:00 am • Cost: \$40.00 <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available</p>	<p><u>Anxiety & Breathwork</u></p> <p>* This program supports Moms who are experiencing pre and post-natal anxiety.</p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available with current yearly participant fee.</p>

Subsidies are available.

For more details or your questions, please contact us at (403)205-5178

or check our website at www.familiesmatter.ca



Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8



Like us on Facebook! <https://www.facebook.com/Families-Matter-105422372827074/?fref=ts>



Families Matter Perinatal Mood Disorder Programs

**Please do not register for these courses before speaking with one of our postpartum specialists. Call 403 205 5178*

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>March 1 – April 19 2017 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together.
<p>Bowcroft Parent Link 3940 73 Street NW</p> 	<p>March 3 – April 28, 2017 (Friday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: Free <p>To register please call 403-205-5178</p> <p>Childcare is available <u>No classes April 14th</u></p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together.
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>April 26 – June 28, 2017 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together.
<p>Bowcroft Parent Link 3940 73 Street NW</p> 	<p>May 5 – June 23, 2017 (Friday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: Free <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together.

<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 18 - May 25, 2017 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • Cost: Free <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Postpartum Info and Support for Dads</u></p> <p>PPD affects the entire family. We invite the Dad's to join us in order to better understand postpartum difficulties and depression.</p> <ul style="list-style-type: none"> • Dads will learn strategies that can help Mom feel better. • We discuss the potential effects on your child. • Getting better—getting through it stronger than before. <p>This program is limited to 8 Dads and facilitated by Jory & Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</p>
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>July 5 – August 23, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call 403-205-5178</p> <p>Childcare is available <u>There will be two classes ran in 52nd HUB during the summer sessions</u></p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what's happening. • Group support helps everyone heal together.
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>September 6 – Oct. 25, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what's happening. • Group support helps everyone heal together.
<p>Bowcroft Parent Link 3940 73 Street NW</p> 	<p>September 8 – October 27, 2017 (Friday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: Free <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what's happening. • Group support helps everyone heal together.
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>November 1 – Dec. 20, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what's happening. • Group support helps everyone heal together
<p>Bowcroft Parent Link 3940 73 Street NW</p> 	<p>November 3 – December 22, 2017 (Friday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what's happening. • Group support helps everyone heal together

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