

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.

Wednesday, May 10, 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	May 1 - May 29, 2017 (Monday) <ul style="list-style-type: none"> 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.
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 To register please go online to www.familiesmatter.ca Child care available	<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 Join us for coffee and a welcoming environment to learn more and discuss your parenting questions.
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 To register please go online to http://frcr.ahs.ca/ces/	<u>Kids Have Stress Too</u> Learn how to recognize stress in children <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 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</p>	<p>May 30 - June 27, 2017 (Tuesday)</p> <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>	<p><u>Be a Great Dad</u></p> <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>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 5 - June 26, 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>July 6 – August 24, 2017 (Thursday)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm Cost: \$50.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Positive Discipline in Everyday Parenting</u></p> <p>Based on the work of Joan Durrant, this eight week session addresses the roots of positive discipline, beginning with the relationship between parent and child and moving on to ages and stages of development. Learning is based on the two pillars of a strong relationship, structure and warmth.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 10 – July 31, 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>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>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>December 4 – December 18, 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>

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 Mental Health

**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>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</p> <p><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

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>