

## 52nd street Hub

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# June 2017

## OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 yrs)
- Baby/Infant Drop-In (0 – 12 months)
- Support and Information for all Parents
- Community Resources
- Individualized Support
- Parenting Workshops
- Postpartum Support
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- A Multilingual Community
- Celebrations

## Quote of the Month

It is not flesh and blood but the heart which makes us fathers and sons. ~Johann Schiller

## Summer Safety Tips

Summer is approaching! There are many ways to stay safe in the heat this summer. Here are a few tips to keep in mind as we enter into the summer months:

- Stay hydrated! Offer your children drinks of water often as they play outside
- Wear a hat! A wide-brimmed hat is best to protect your child's head, face, and shoulders
- Apply sunscreen early and often. Get your children used to wearing sunscreen on all exposed body parts
- Keep babies under one year old out of direct sunlight at all times.
- Limit your time in the sun. Between the hours of 11 am and 4 pm are when the sun is the strongest. Find shade or head indoors for breaks!

## Father's Day Appreciation

We are hosting a Root Beer and Wings night to celebrate our dads! Fathers, please come with your children on June 15<sup>th</sup> between 6:00-7:30 pm for root beer, wings, other snacks, and fun play time with your children. Please see a staff member to register!

## Centre Closure

Please be aware that the Centre will be **CLOSED** on June 22<sup>nd</sup> and 23<sup>rd</sup> due to staff training.

## Park Days

Join us in the afternoon on June 27<sup>th</sup> and 29<sup>th</sup> in Elliston Park! We will be at the **WEST** entrance off of 60 Avenue SE. Come join us for a picnic, stories and songs in the park.

## Summer Activities

Looking for somewhere to take your children outdoors this summer? Check out the City of Calgary's *Stay n' Play* and *Park n' Play* programs! Head to this website <http://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Summer-programs/Summer-Programs.aspx> to find the park closest to your community.

Look for other programs on our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)