

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](http://www.familiesmatter.ca) or call (403)205-5178


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

**Wednesday, June 14, 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	<p><b>June 5 - June 26, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>10:00 am – 11:00 am</li> <li>Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	<p><b>July 6 – August 24, 2017 (Thursday)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:30 pm</li> <li>Cost: \$50.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Positive Discipline in Everyday Parenting</u></b></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>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	<p><b>July 4 – August 8, 2017 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>1:30 pm – 3:30 pm</li> <li>Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available.</p>	<p><b><u>Triple P Parenting</u></b></p> <p>This program will address common parenting issues and will present solutions for how to deal with issues in constructive ways as they arise. Topics covered in this class will include; developing good bedtime routines, managing fighting and aggression, dealing with disobedience and hassle free shopping with children.</p> <p><b>**Please note this class is delivered in Mandarin</b></p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 5 – July 26, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 2:00 pm – 3:00 pm</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 7 – September 8, 2017 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:30 am</li> <li>• Cost: Free</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Parent Child Mother Goose – Infants</u></b></p> <p>The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children that focuses on the pleasure and development of literacy skill through the use of 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.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>August 2 – August 23, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 2:00 pm – 3:00 pm</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 11 – September 25, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:00 am</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>October 2 – October 30, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:00 am</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Parent Link Center Huntington Hills</b> 520 78 Ave NW</p> 	<p><b>October 23, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• Cost: FREE</li> </ul> <p>No registration required.</p> <p><b>No childcare available.</b></p>	<p><b><u>Sibling Rivalry</u></b></p> <p>We all want harmony and to reduce rivalry between our children. This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 14 – November 9, 2017 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30pm – 7:30pm</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>	<p><b><u>Circle of Security</u></b></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.</p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>November 6 – November 27, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:00 am</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Parent Link Center Huntington Hills</b> 520 78 Ave NW</p> 	<p><b>November 20, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• Cost: FREE</li> </ul> <p>No registration required</p> <p><b>No childcare available.</b></p>	<p><b><u>Avoiding Power Struggles</u></b></p> <p>The more early prevention, the less intervention. In this workshop we discuss modern issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behaviour.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>December 4 – December 18, 2017 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:00 am</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p>Child care available</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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](http://www.familiesmatter.ca)**



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


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# 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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>April 26 – June 28, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening.</li> <li>Group support helps everyone heal together.</li> </ul>
<p><b>Bowcroft Parent Link</b> 3940 73 Street NW</p> 	<p><b>May 5 – June 23, 2017 (Friday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: Free</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening.</li> <li>Group support helps everyone heal together.</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>July 5 – August 23, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p> <p><b><u>There will be two classes ran in 52<sup>nd</sup> HUB during the summer sessions</u></b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening.</li> <li>Group support helps everyone heal together.</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>September 6 – Oct. 25, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening.</li> <li>Group support helps everyone heal together.</li> </ul>
<p><b>Bowcroft Parent Link</b> 3940 73 Street NW</p> 	<p><b>September 8 – October 27, 2017 (Friday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: Free</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening.</li> <li>Group support helps everyone heal together.</li> </ul>

<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>November 1 – Dec. 20, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: \$100.00, subsidy available</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>
<p><b>Bowcroft Parent Link</b> 3940 73 Street NW</p> 	<p><b>November 3 – December 22, 2017 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>

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