

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, August 23, 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>September 13 – September 27, 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; Breath work</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.</p>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	<p><b>September 12 – December 14, 2017 (Tuesdays and Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 12:00 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>Families Learning Together</u></b></p> <p>Families Learning Together is a fun and playful program that helps children to get ready for entering kindergarten and helps their parents learn how to support their child's learning and growth as they start school.</p>
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	<p><b>September 14 – November 9, 2017 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</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> Rosemont Community Centre – Lower Level 2807 10<sup>th</sup> St. N.W.</p>	<p><b>September 20 – November 29 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:00 – 8:00 pm</li> <li>• Cost: \$100.00 (dinner included and subsidies are available)</li> </ul> <p>This course is offered by CARYA in space collaboration with Families Matter. To register, please go to:</p> <p><a href="http://caryacalgary.ca/event/connect-parenting-group-teens-sep-20/">http://caryacalgary.ca/event/connect-parenting-group-teens-sep-20/</a></p> <p>or phone Carya staff directly at: 403 205 5244</p>	<p><b><u>CONNECT (delivered by Carya)</u></b></p> <p>Connect is an eleven-week program for parents and caregivers of teens ages 14-18 who may be dealing with challenging behavioral and emotional struggles. Each week parents will meet in small groups with trained leaders and learn new perspectives on parent/teen relationships and adolescent development. The goal is to help parents see choices that will support healthy relationships while setting limits that will help their teen thrive.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 21 &amp; 28, 2017 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 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><b>No childcare available.</b></p>	<p><b><u>Postpartum Info and Support for Dads</u></b></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"> <li>• Dads will learn strategies that can help Mom feel better. <ul style="list-style-type: none"> <li>• We discuss the potential effects on your child.</li> </ul> </li> <li>• Getting better—getting through it stronger than before.</li> </ul> <p>This program is limited to 12 Dads and is facilitated by Jory &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>Oct. 3/17, Nov. 7/17, Dec. 5/17, Feb. 6/17, Mar. 6/17, Apr. 3, May 1/18, June 5/18</b></p> <ul style="list-style-type: none"> <li>• 5:30 pm – 8:00 pm</li> <li>• Cost: Free</li> </ul> <p>To register please go online to <a href="http://www.calgarysexualhealth.ca/events/gender-creative-families-night/">http://www.calgarysexualhealth.ca/events/gender-creative-families-night/</a></p>	<p><b><u>Gender Creative Families</u></b></p> <p>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.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>October 10, 2017 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 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><b>No childcare available.</b></p>	<p><b><u>Mom and the Law</u></b></p> <p>Are you a mom who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this dads only, information session.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>October 17, 2017 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 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><b>No childcare available.</b></p>	<p><b><u>Dad and the Law</u></b></p> <p>Are you a dad who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this dads only, information session.</p>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W.</p>	<p><b>October 19 – December 7, 2017 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 7:30 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><b>No childcare available.</b></p>	<p><b><u>Papa Bears (Parent and Child Together)</u></b></p> <p>Modeled on the Parent-Child Mother Goose Program® this is a group experience for dads and their young children that focuses on the pleasure and development of literacy skill through the use of rhymes, songs, and stories together. Dads 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. Be sure to bring your child along (1-4 years old).</p>

<p><b>Family Connections Parent Link Centre</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> <li>•</li> </ul> <p>To register please go online to <a href="http://community.hmhc.ca/">http://community.hmhc.ca/</a></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>Family Connections Parent Link Centre</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>To register please go online to <a href="http://community.hmhc.ca/">http://community.hmhc.ca/</a></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>

**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>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 <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>August 30 – Oct. 18, 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>Families Matter Parent Link</b> 7930 Bowness Road NW</p> 	<p><b>September 1 – October 20, 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>October 25 – Dec. 13, 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>Families Matter Parent Link</b> 7930 Bowness Road NW</p> 	<p><b>October 27 – December 15, 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.</li> <li>Group support helps everyone heal together</li> </ul>

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

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