



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 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, October 17, 2017

If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Rosemont Community Centre – Lower Level 2807 10th St. N.W.</p>	<p>September 20 – November 29 (Wednesdays)</p> <ul style="list-style-type: none"> • 6:00 – 8:00 pm • Cost: \$100.00 (dinner included and subsidies are available) <p>This course is offered by CARYA in space collaboration with Families Matter. To register, please go to:</p> <p>http://caryacalgary.ca/event/connect-parenting-group-teens-sep-20/</p> <p>or phone Carya staff directly at: 403 205 5244</p>	<p><u>CONNECT (delivered by Carya)</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>Oct. 3/17, Nov. 7/17, Dec. 5/17, Feb. 6/17, Mar. 6/17, Apr. 3, May 1/18, June 5/18</p> <ul style="list-style-type: none"> • 5:30 pm – 8:00 pm • Cost: Free <p>To register please go online to http://www.calgarysexualhealth.ca/events/gender-creative-families-night/</p>	<p><u>Gender Creative Families</u></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>Families Matter Parent Link Centre #300 – 7930 Bowness Road N.W.</p> 	<p>October 11 – December 20, 2017 (Mondays and Wednesdays)</p> <ul style="list-style-type: none"> • 9:15 am – 11:15 am • Cost: Free <p>To register please go online to www.familiesmatter.ca</p> <p>Child care available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Families Learning Together</u></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. Children attending this program should be 3.5 - 4 years old who will be beginning kindergarten the following year. Childcare available for siblings.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 13 – November 3 (Friday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Terrific Toddlers</u></p> <p>This 5 week program addresses topics for discussion with strategies you can use</p> <ul style="list-style-type: none"> • Positive and Respectful Discipline • Healthy Self-Esteem • Ages and Stages • Power Struggles <p>Join us for coffee and a welcoming environment to learn more and discuss your parenting questions.</p>
<p>Families Matter Parent Link Centre #300 – 7930 Bowness Road N.W.</p> 	<p>October 18, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 pm – 3:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Triple P – The Power of Positive Parenting</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p>	<p>October 19 – December 7, 2017 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 7:30 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Papa Bears (Parent and Child Together)</u></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>Family Connections Parent Link Centre 520 78 Ave NW</p> 	<p>October 23, 2017 (Monday)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • Cost: FREE • <p>To register please go online to http://community.hmhc.ca/</p> <p>No childcare available.</p>	<p><u>Sibling Rivalry</u></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>Families Matter Parent Link Centre #300 – 7930 Bowness Road N.W.</p> 	<p>October 25, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 pm – 3:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Triple P – Raising Resilient Children</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Parent Link Centre #300 – 7930 Bowness Road N.W.</p> 	<p>November 1, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 pm – 3:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Triple P – Raising Confident, Competent Children</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 8 – November 29, 2017 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Anxiety & Breathwork</u></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 upon registration.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 17 – December 15, 2017 (Friday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Busy Bodies</u> 18 – 30 months old</p> <p>Young children are on the move! Busy bodies encourages early movement experiences through gross motor activities, music/art, sensory and free play! Through this program you and your toddler will connect with others and engage in physical development. During this program toddlers have the opportunity to build on their intellectual skills, communication skills and build their self-confidence.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p>	<p>November 18 & November 25, 2017 (Saturday)</p> <ul style="list-style-type: none"> • 10:00 am – 3:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</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>Family Connections Parent Link Centre 520 78 Ave NW</p> 	<p>November 20, 2017 (Monday)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm Cost: FREE <p>To register please go online to http://community.hmhc.ca/</p> <p>No childcare available.</p>	<p><u>Avoiding Power Struggles</u></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>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p> 	<p>November 20 – December 18, 2018 (Monday)</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>No childcare available.</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental, changes and challenges in children 0-4. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behaviour, learning through play, positive discipline, avoiding power struggles, effective communication and self-esteem. Certificate upon completion. This program was created by Three Cheers for the Early Years.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p> 	<p>November 21, 2017 (Tuesday)</p> <ul style="list-style-type: none"> 6:00 pm – 7:30 pm Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Triple P – The Power of Positive Parenting</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p> 	<p>November 28, 2017 (Tuesday)</p> <ul style="list-style-type: none"> 6:00 pm – 7:30 pm Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Triple P – Raising Resilient Children</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p> 	<p>December 5, 2017 (Tuesday)</p> <ul style="list-style-type: none"> 6:00 pm – 7:30 pm Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Triple P – Raising Confident, Competent Children</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>December 6 – December 20, 2017 (Wednesday)</p> <ul style="list-style-type: none"> 1:30 p.m. – 2:30 p.m. Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare available. If you will be using childcare please register your child by calling 403.205.5178.</p>	<p><u>Anxiety & Breathwork</u></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 upon registration.</p>

<p>Families Matter Rosemont Community Centre # 2807 10th St. N.W. Lower level</p>	<p>February 1 – March 22, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 pm – 7:30 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Parent Child Mother Goose (0-4)</u></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. Please note this program is for children 0 - 4 years old.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p>	<p>April 5 – May 3, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Grains of Sand</u></p> <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>

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

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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>Families Matter Parent Link 7930 Bowness Road NW</p> 	<p>September 1 – October 20, 2017 (Friday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No Cost PLC Offering <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>October 25 – 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>Families Matter Parent Link 7930 Bowness Road NW</p> 	<p>October 26 – December 21, 2017 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <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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