

52nd Street Hub

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Calgary, Alberta
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www.familiesmatter.ca



November 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

There really are places in the heart you don't even know exist until you love a child."

-Anne Lamont

New Hours!

We are excited to share that we will be running programs on Thursday evenings as well as some Saturday mornings! We understand that families are busy...it can be hard to make it to programs during the week day. We hope this will provide opportunities for our working parents, dads, and other family members to come play with us! Check out the November calendar!

Closure

We will be **closed** on Friday, November 10th to observe Remembrance Day. What an amazing country we live in, let's all remember the freedom we have in Canada on this special day.

Cold and Flu Season

It's that time of year! If you or your children are sick, please stay home and do not attend programs at the Centre. If you or your child have a fever, runny nose, are vomiting, or have had diarrhea in the last 24 hours, you are not well enough to come to the Centre! Thank you for your understanding and cooperation!

Busy Bodies is Back!

We will be running Busy Bodies beginning November 17th! This registered, 5 week program is for toddlers aged 18-30 months old. Caregivers will support their busy toddlers in gross motor activities, learning self-regulation techniques, and even some kids' yoga! Childcare is provided. You may register online or at the front desk today!

National Child Day

It is National Child Day on November 20th! This year's theme is "The Right to be Safe." Please join us for drop in between 9:00 am and 12:00 pm where we will be highlighting this very important theme! Don't forget to wear blue!

ASQ Birthday Party

We are always happy to provide ASQs at any time to you and your children at the HUB, but we thought we'd throw a party as well! Does your child have a birthday in September, October or November?? We will be providing Ages and Stages Questionnaires (a developmental screening tool) on November 21st between 1:00pm and 3:30pm! Please join us for fun, cupcakes, and most importantly to learn more about your child's development!

Baking Days

We will be baking up a storm on November 7th and 27th during drop in! We invite your children to join in the process. Baking with others is a great way to develop simple math skills, practice turn taking, build confidence and a sense of pride when their hard work becomes our drop-in snack!

Stretch and Play

Join us on November 25th for our first ever Stretch and Play! Children (ages 4-5) and their caregiver will be treated to some stretching, deep breathing and an hour of free play. Register online or at the front desk. Childcare will be provided.

Look for other programs on our website at www.familiesmatter.ca