

# 52nd Street Hub

Unit 158, 1440-52nd street NE  
Calgary, Alberta  
Phone: 403-205-5178  
www.familiesmatter.ca



## DECEMBER



### 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

Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter.

-Brad Henry

# 52<sup>nd</sup> St. Hub

### Closure

We will be **closed** between **December 23<sup>rd</sup>** and **January 3<sup>rd</sup>** for winter holidays. Please ask a staff for a fun tip sheet on activities you can do with your family both indoors and outdoors to enjoy the season!

### 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!

### Stretch and Play

Join us on **December 16<sup>th</sup>** for our second installment of Stretch and Play! Children (ages 4-5) and their caregiver will be treated to some stretching, deep breathing and an hour of free play. Limited to six caregiver/child pairs. Register online or at the front desk. Childcare will be provided, limited space available.

### Winter Fun at Rosemont

Please join us for a fun morning of outdoor exploring, hot chocolate, and play at our Rosemont site! We will have access to the ice rink as well as the play centre in the building. Please bring your own skates if you'd like to use the rink. Join us from 9:00-11:30 am at 2807 10 Street NW, located in Confederation Park in the basement of the Rosemont Community Centre.

### Family Dinner

We will be hosting a Christmas Family Dinner on Dec. 14<sup>th</sup>! We would love for you and your family to join us in a meal and a time to reconnect during the crazy holiday season! There is limited space, so **please RSVP by December 7** at the Centre with a staff member or with the front desk by calling (403) 205-5178 or email [info@familiesmatter.ca](mailto:info@familiesmatter.ca)

### Caregiver Focus Group

We want to hear from our caregivers who access the Centre on your thoughts about the programs and services we provide. Your feedback is very important to us! We will be running a Focus Group on both **December 7<sup>th</sup> from 5:30-6:30 pm**, as well as during our afternoon Drop-In on **Tuesday December 12<sup>th</sup>**. Childcare will be provided during the Focus Group portion of programming. This will help inform our programming and decision making for 2018 – your voice counts, so please come on out!

### January Programming Sneak Peak

- **Families Learning Together** will start a new session on January 16<sup>th</sup>
- **Circle of Security** will be offered on Wednesday mornings starting January 24<sup>th</sup>
- We have listened! We are adding a **Drop In & Play** on Friday mornings!

*Have a safe and happy holiday season with your friends, family and loved ones.*

*Learn Play Love*

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