



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



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





**Tuesday, December 05, 2017**

If you are experiencing difficulty registering online please 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>Oct. 3/17, Nov. 7/17, Dec. 5/17, Feb. 6/18,            Mar. 6/18, 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>December 6 – December 20, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</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><b>Childcare available.</b>            If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>December 16, 2017 (Saturday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 12:00 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><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Stretch &amp; Play</u></b></p> <p>Join us for Yoga Play! This class is suitable for children aged 4-5 and their caregiver. This class is designed to bring caregivers and their child together to explore the benefits of health and wellness while learning basic yoga postures through stories, games and play! The last 5-10 minutes of this class we will focus on breathing and relaxation techniques that children can use anywhere when they are dealing with big emotions! The first hour will be yoga play and the second hour we will share a healthy snack and participate in free play.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 10 – January 31, 2017 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</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><b>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 16 – April 3, 2018 (Tuesday &amp; Thursday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 11:30 a.m.</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>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</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. 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><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>January 16 – April 3, 2018 (Tuesday &amp; Thursday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 p.m.</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>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</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. 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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 16 – January 30, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: \$25.00</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>Spirited Child, working with Temperament</u></b></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 24 – March 21, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11 :30 am</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>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</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 Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>January 24 – March 14, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</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>Childcare available.</b> If you will be using childcare please register your child by calling 403.205.5178. Please note, space is limited.</p>	<p><b><u>Triple P Group</u></b></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. This is an 8 week program that includes 5 in class modules and 3 phone visits to be scheduled by yourself and your program facilitator.</p>
<p><b>Families Matter</b> Rosemont Community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>January 24 – March 14, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 p.m. – 8:00 p.m.</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>Triple P Group</u></b></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. This is an 8 week program that includes 5 in class modules and 3 phone visits to be scheduled by yourself and your program facilitator.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 24 – March 21, 2018 (Wednesday)</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> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 25 – February 22, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8 :00 pm</li> <li>• Cost: \$75.00</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>Terrific Toddlers</u></b></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 behavior, learning through play, positive discipline, avoiding power struggles, effective communication and self-esteem. Certificate upon completion.</p>

<p><b>Families Matter</b> Rosemont Community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>February 1 – March 22, 2018 (Thursday)</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>Parent Child Mother Goose (0-4)</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. Please note this program is for children 0 - 4 years old.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>February 3 – February 10, 2018 (Saturday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 3:00 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><b>No childcare available.</b></p>	<p><b><u>Be a Great Dad</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>February 20 – February 27, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 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><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.</li> <li>• We discuss the potential effects on your child.</li> <li>• Getting better – getting through it stronger than before.</li> </ul> <p>This program is limited to 10 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> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>April 5 – May 3, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:00 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><b>No childcare available.</b></p>	<p><b><u>Grains of Sand</u></b></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>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p> 	<p><b>June 13 – June 20, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 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><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.</li> <li>• We discuss the potential effects on your child.</li> <li>• Getting better – getting through it stronger than before.</li> </ul> <p>This program is limited to 10 Dads and is facilitated by Jory &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</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
<b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE	<b>October 25 – Dec. 20, 2017 (Wednesday)</b> <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>	<b><u>Postpartum Support Group - Women helping women</u></b> <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> </ul> <p>Group support helps everyone heal together</p>
<b>Families Matter Parent Link</b> 7930 Bowness Road NW  	<b>October 26 – December 21, 2017 (Thursday)</b> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call 403-205-5178</p> <p>Childcare is available</p>	<b><u>Postpartum Support Group - Women helping women</u></b> <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> </ul> <p>Group support helps everyone heal together</p>

**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)**

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