

Families Matter Parent Link Centre

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www.familiesmatter.ca



parentLINKcentre



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 is no such thing as a perfect parent. So just be a real one”-
Sue Atkins

February 2018

We will be **closed** for Family Day on Monday, February 19. We wish you a great Family Day long weekend!

Join us for some great programs for Dads!

Be a Great Dad!

We are excited to be offering Be a Great Dad, this program will run on for 2 weeks on Saturday, February 3rd and 10th from 10:00 am -3:00 pm . Robert will be facilitating this program and it will provide an opportunity to connect with other dads and explore positive discipline, role modeling, and communication. It also points out why YOU are very important to your children's success in life.

Papa Bears

Dads and children can come and join us for facilitated program of of songs, rhymes and fingerplays will be taking place at our centre weekly on Thursdays from January 25 to March 15th, from 6:30-7:30pm

New time for Drop In Play!

Please note that our Drop In Play days are changing, our new Drop In times will be Monday, Tuesday and Friday mornings from 9:00-11:45 am. Enjoy unlimited play with your family and explore our variety materials and toys. We will also provide complementary refreshments.

We will have **some additional Drop In Play times** that will be music or active physical play. It will happen on Feb. 21 (Obstacle course Drop In Play) and Feb. 28 (Music Drop In Play-“Listen, Play, Sing and Dance) 1:30-3:30. Enjoy those afternoons when we focus on specific play based activities.

Chat and Play Drop In Play

On **February 27th** join us for our first session of Chat and Play! Come between 3:30-5:00pm where parents have the opportunity to come together and talk about current ideas and topics that impact them and their child's development. Parents then will play with their children in structured and unstructured activities before coming together and playing games in a circle.

Ages and Stages Questionnaires

We are offering this helpful tool for you to learn more about how your child is developing and how to support your child's optimal development. Our staff is available on site to assist you in filling the questionnaire and chat if you have any questions.

Positive Parenting Program (Triple P) One-on-One Program

This is an Internationally Recognized Parenting Program and we accept on-going registration. It provides strategies to address specific challenges in parenting. You can register by calling our Head Office at 403.205.5178 or our PLC centre at 403.288.1446. For additional info you can talk with our staff on site.

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!

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