

Families Matter Parent Link Centre

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www.familiesmatter.ca



March 2018



OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 yrs)
- 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

Tell me and I forget, teach me and I may remember, involve me and I learn.”

— Benjamin Franklin

Bowness – Parent Link

We will be **CLOSED** for Good Friday on March 30th, 2018.

Drop In Play!

Enjoy unlimited play with your family and explore our variety materials and toys. Connect with other parents and caregivers in our community. Our staff is available on site to chat about topics around parenting, child development and what is happening in the community. Complementary refreshments and healthy snack are provided.

On Tuesday, March 20th, a **Speech Pathologist from AHS** is visiting our centre and will be available during our Drop In & Play if you have any questions around your child's speech and language development.

Additional Drop In Play will be offered this month on Wednesday March, 21st & March 28th from 1:30-3:30 pm. Join our staff to have your questions answered and chat about children's behavior and positive parenting guidance. It will be a great afternoon of learning new strategies and enjoying play in the centre.

March Celebrations

International Women's Day - is on Thursday March 8th, 2018. Join us as we celebrate women on Wednesday, March 7th, 2018 from 9:00-11:30 am. Join us for drop and also enjoy a complementary 15 minute therapeutic massage that will be provided by massage therapists in training. Our staff will provide childcare while you take some time to relax and enjoy some self-care.

St. Patrick's Day – Come out in your green and join us on Saturday March 17th from 10:00 am to 12:00 pm for St. Patrick's Day drop – in. We invite you and your whole family to join us, enjoy some green treats and unleash your creativity with some special materials in our play centre.

Chat and Play

On **Tuesday, March 13th from 3:30-5:00 pm** join us for our second session of Chat and Play! Chat and Play will give parents 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 to assist you in filling the questionnaire and will support you with activities and ideas to support your child's development.

Triple P - Positive Parenting 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 403-205-5178 or our PLC centre at 403-288-1446. For additional info please ask our staff about the benefits of becoming a part of Triple P.

Cold and Flu Season

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

Learn Play Love