

## Families Matter Parent Link Centre

Rosemont Family Centre

2807 10<sup>th</sup> Street NW

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# March 2018



## OUR CENTRE OFFERS...

- Drop in and play
- Twins and Triplets Drop-In
- Support and Information for all Parents
- Community Resources
- Papa Bears
- Mandarin Mother Goose
- In-home Support
- Parenting Workshops
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- Celebrations

# Rosemont

Rosemont Family Centre will be **CLOSED** for Good Friday March 30, 2018.

## Welcome Spring!

Tuesday, March 20<sup>th</sup>, 2108 is the first day of Spring! Join us as we celebrate with an outdoor Drop-In & Play. We have had a long winter and are excited about moving into spring. Please dress for the weather, it might be the first day of spring but the weather might not be spring like.

## Family Supper

Friday March 23<sup>rd</sup>, 2018 we are hosting a family supper. Please join us for an evening filled with crafts, songs, play and a wonderful spaghetti dinner. RSVP is required for this event, please see Margie or Janice and sign up your family.

## Ages and Stages Questionnaires

Ages and Stages Questionnaires (ASQ) are supportive tools for caregivers to learn more about how to support their child(ren) reaching their full potential. Stop by our center any time to fill out this easy questionnaire and discuss with staff how you can support the child(ren) in your care. The ASQ is a great way to learn more about your child(rens) development and activities you can do to support your growing child(ren).

## Got a parenting question?

Ask your parenting and child development questions of any of our staff. Our staff welcome questions and are always willing to have a chat about child development, parenting challenges or hear about what is going well in your family.

## Upcoming Parenting Workshops

Parenting programs are a wonderful way to connect with other parents, learn in a supportive environment. **Please note these classes do require registration.**

### Grains of Sand

April 5 – May 3

6:30 – 8:00 pm

Grains of Sand- join us for this arts based exploration of our roles as parents. No art experience necessary. Activities include, drum circle and others.

### Triple P Parenting – Group

May 8 – May 29 and June 26

1:00-3:00 pm

Triple P is designed to help parents understanding parenting skills through observation, discussion, practice and feedback. Parents will participate in 4 weeks of group and 3 weeks of individual support phone calls, followed by one final group session. Childcare is available, for these sessions and registration for childcare is required.

*Learn Play Love*