

**Families Matter Parent Link Centre**  
Rosemont Family Centre  
2807 10<sup>th</sup> Street NW  
403.827.8872



**April 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

## **Welcome Spring!**

We have had a long winter and are excited about moving into spring. Please dress for the weather during our drop in times we will be providing materials to venture outside as our snow is melting!

## **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.

**Parent Child Mother Goose**    **April 11 – May 23**                      **1:30 – 2:30 pm**  
Parents with children 0-3 join us for a literacy rich and playful hour of sharing songs stories and friendship with your child and other parents.

**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.

To register go online to [www.familiesmatter.ca](http://www.familiesmatter.ca) and also watch our At a Glance for additional programs at our other Learning and Play Centres

*Learn      Play      Love*