

Families Matter Parent Link Centre

Suite 300, 7930 Bowness Road NW
Calgary, Alberta
Phone: 403.288.1446
www.familiesmatter.ca



April 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

'You can learn many things from children. How much patience you have, for instance.'

Franklin P. Jones

Bowness – Parent Link

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.

We are offering the **Themed Drop In & Play** for the month of April on Wednesdays 9:30 - 11:30 am. Enjoy some gross motor play, music based activities, calming activities and fine motor activities.

“**Let’s Chat About...**” on Thursday afternoons from 1:30pm-3:30pm, join us for engaging conversation and learning about various topics related to parenting. Our staff will be available to chat with you about while your child is exploring play materials and centers.

Welcoming Spring!

Monday, April 2nd we will be celebrating the arrival of spring with special activities inspired by spring.

Bring a story to life...

Come join us for the fun morning, on Saturday April 7th from, 10:00-12:00 pm and help us bring the story of The Very Hungry Caterpillar alive with activities that will inspire and engage the whole family.

Earth Day

This year April 22nd is Earth Day! We will celebrate on Saturday, April 21st from, 10:00 -12:00 pm. It is an opportunity for your whole family to come and do some planting activities. You plant a seed and take it home with you. Your child will have an opportunity to observe how a plant is growing. The supplies will be provided, you just show up and have fun.

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 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 offices at 403-205-5178. For additional info please ask our staff about the benefits of becoming a part of Triple P.

Triple P Parenting – Seminars

The Power of Positive Parenting	April 16 th	1:30 - 3:00 pm
Raising Confident, Competent Children	April 23 rd	1:30 - 3:00 pm
Raising Resilient Children	April 30 th	1:30 - 3:00 pm

Look for more information and to register for these programs please contact our main office at 403-205-5178 or check out our website. Childcare is available but requires registration.

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

Learn Play Love



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Drop In & Play Spring Activities 9:00 - 11:45 am	Families Learning Together 9:30 - 11:30 am Drop In & Play 1:30 - 3:30 pm	Drop In & Play Gross Motor Activities 9:30 - 11:30 am	Postpartum Support Group 9:30 - 11:30 am Drop In & Play 1:30-3:30pm	Centre Closed	Drop In & Play 10:00 - 12:00 pm Make a Story come Alive "The Very Hungry Caterpillar"
8	9	10	11	12	13	14
	Drop In & Play 9:00 - 11:45 am	Drop In & Play 9:00 - 11:45 am Drop In & Play 1:30 - 3:30 pm Parent Child Mother Goose (0-3 yrs) 6:30 - 7:30 pm	Drop In & Play Music Activities 9:30 - 11:30 am	Postpartum Support Group 9:30 - 11:30 am Drop In & Play Let's Chat about: Daily Routines 1:30 - 3:30 pm	Drop In & Play 9:00 - 11:45 am	
15	16	17	18	19	20	21
	Drop In & Play 9:00 - 11:45 am Triple P Seminars 1:30 - 3:00pm	Drop In & Play 9:00 - 11:45 am Drop in & Play 1:30 - 3:30 pm Parent Child Mother Goose (0-3 yrs) 6:30 - 7:30 pm	Drop In & Play Calming activities 9:30 - 11:30 am Parent Child Mother Goose Infant 12:30 - 1:30 pm Awaken Church	Postpartum Support Group 9:30 - 11:30 am Drop In & Play Let's Chat about: Self-Regulation 1:30 - 3:30 pm	Drop In & Play 9:00 - 11:45 am	Drop In & Play Celebrate Earth Day 10:00 - 12:00 pm
22	23	24	25	26	27	28
	Drop In & Play 9:00 - 11:45 am Triple P Seminars 1:30 - 3:00 pm	Drop In & Play 9:00 - 11:45 am Drop In Play 1:30 - 3:30 pm Parent Child Mother Goose (0-3 yrs) 6:30 - 7:30 pm	Drop In & Play Fine Motor Activities 9:30 - 11:30 am Parent Child Mother Goose Infant 12:30 - 1:30 pm Awaken Church	Postpartum Support Group 9:30 - 11:30 am Drop In & Play Let's Chat about: Teaching new skills to your child 1:30 - 3:30 pm	Drop In & Play 9:00 - 11:45 am	
29	30	31				
	Drop In & Play 9:00 - 11:45 am Triple P Seminars 1:30-3:00pm	Drop In & Play 9:00 - 11:45 am Drop In & Play 1:30-3:30pm Parent Child Mother Goose (0-3 yrs) 6:30-7:30pm				