

## Families Matter Parent Link Centre

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www.familiesmatter.ca



# May 2018



## OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 years)
- Support and Information for all Parents
- Community Resources
- Individualized Support
- Parenting Workshops
- Triple P
- 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

Our Centre will be **closed** on Thursday, May 10<sup>th</sup>, Friday May 11<sup>th</sup> & Monday May 21, 2018.

### Drop In & Play

We are very excited to be offering both morning and afternoon Drop In & Play! Drop In and Play is a great way to spend time playing and enjoying fun activities with your child. During Drop In & Play you will have the chance to connect with other parents and caregivers and a healthy snack will be provided. Did you know our staff are available to chat about parenting, child development and community events?

### Saturday Drop In & Play

Join us in spring pot luck for some great food and lots of fun! Saturday, May 5<sup>th</sup>, from 10:00-12:00. Bring along your favourite dish to share with other families.

Let's get baking! Join us on Saturday May 26<sup>th</sup> from 10:00 – 12:00, we will have all the ingredients and the recipe.

### Speech Pathologist Visit

On Tuesday May 1<sup>st</sup> a speech pathologist from Alberta Health Services will be visiting our drop in, she will be available ask questions and make referrals!

### Celebrations!

Sunday May 13<sup>th</sup> is Mother's day! We invite all moms to join us and celebrate **Mother's Day** early on Wednesday May 9<sup>th</sup>, during Drop In & Play. Let's reflect on how special it is to be a mother and have a calm moment for yourself sipping tea and having some cake.

### Upcoming Parenting Classes

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

**Parent Child Mother Goose      May 17 – June 28      1:00 – 2:00 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.

**Terrific Toddlers      May 15 – June 12      1:30-3:00 pm**  
During Terrific Toddlers we will playfully explore the normal developmental changes and challenges of toddlers. Including topics such as positive discipline, communication, self-esteem and communication. Bring your questions! Terrific Toddlers runs for 5 weeks. Child Care is available for registered children.

**Be a Great Dad -      May 2 - June 13      6:00-8:30 pm**  
Join other Dads for 7 weeks, as we focus as we discuss the important role fathers play, respectful communication, positive discipline, healthy masculinity, and helping understand your child's self-esteem. We make it fun - Laughs guaranteed!

**Infant Massage Classes      May 25      9:30-10:30 am**  
For moms and caregivers with babies 3 weeks to 5 months old. This is the opportunity for you and your baby to connect through nurturing touch and provide a full body massage to your little one.

Check out and Registration for all above classes and others online at [www.familiesmatter.ca](http://www.familiesmatter.ca) or by calling our office at 403.205.5178.

*Learn      Play      Love*