



Subsidies are available for qualifying participants through the generous support of Calgary Learns



Families Matter At A Glance


The following parenting courses are open to everyone, but registration is essential.




To register on line go to www.familiesmatter.ca or call (403)205-5178



Thursday, May 24, 2018


If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>May 15 – June 12, 2018 (Tuesday)</p> <ul style="list-style-type: none"> • 1:30 pm – 3:30 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental changes and challenges in children 18 months -4 years. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behaviour, learning through play, positive discipline, avoiding power struggles, effective communication and self esteem. Certificate upon completion.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 23, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Tempers and Tantrums</u></p> <p>They can seem overwhelming, to you and your child. This class explores the facts around tantrums, the kinds of tantrums, and how to address them in ways that keeps your relationship safe while deeply listening and putting in place supportive responses.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>May 24 – June 28, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 1:00 pm – 2:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Parent Child Mother Goose</u></p> <p>The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children that focuses on the pleasure and development of literacy skill through the use of rhymes, songs, and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years, and give their children healthy early experiences with language and communication. Please note this program is for children 0 - 4 years old.</p>

<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>May 25, 2018 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 10:30 am Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Infant Massage</u></p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 30, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Avoiding Power Struggles</u></p> <p>The more early prevention, the less intervention. In this workshop we discuss modern issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behaviour.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 31, 2018 (Thursday)</p> <ul style="list-style-type: none"> 4:00 pm – 7 :00 pm Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Craft Night</u></p> <p>Do you have a special project you're working on? Bring it to the Centre and enjoy the company of other crafters! Don't have a project? That's ok too! We will provide materials for knitting as well as scrapbooking. We will be providing limited childcare, so you will need to register online. Please note that this special crafting event is for parents and caregivers only.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 5/18</p> <ul style="list-style-type: none"> 5:30 pm – 8:00 pm Cost: Free <p>To register please go online to http://www.calgarysexualhealth.ca/events/gender-creative-families-night/</p>	<p><u>Gender Creative Families</u></p> <p>Calgary Sexual Health Centre, in partnership with Families Matter, would like to welcome, parents, families and caregivers of gender creative (Trans*, non-binary, gender independent, gender fluid, gender-queer, gender non-conforming) children, aged 4-14, to a monthly gathering.</p> <p>This will be an opportunity for you to have some adult time, to share stories and experiences, to create networks and get support in a non-judgmental and safe atmosphere so that you can learn how to best support the gender creative children in your lives. This family-friendly night will offer free childcare and activities for the</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 6 – June 20, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$25.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Spirited Child – Working with Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 06 – June 27, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 1:30 p.m. – 2:30 p.m. Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>

<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p> 	<p>June 13 – June 20, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Postpartum Info and Support for Dads</u></p> <p>PPD affects the entire family. We invite the Dad's to join us in order to better understand postpartum difficulties and depression.</p> <ul style="list-style-type: none"> • Dads will learn strategies that can help Mom feel better. • We discuss the potential effects on your child. • Getting better – getting through it stronger than before. <p>This program is limited to 10 Dads and is facilitated by Jory & Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 21, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 4:00 p.m. – 7:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Craft Night</u></p> <p>Do you have a special project you're working on? Bring it to the Centre and enjoy the company of other crafters! Don't have a project? That's ok too! We will provide materials for knitting as well as scrapbooking. We will be providing limited childcare, so you will need to register online. Please note that this special crafting event is for parents and caregivers only.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 4 – July 25, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>July 11, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – Developing Good Bedtime Routines</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 18 – August 5, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 6:00 p.m. – 8:00 p.m. • Cost: \$75.00 <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available</p>	<p><u>Positive Discipline in Everyday Parenting</u></p> <p>Based on the work of Joan Durrant, this eight week session addresses the roots of positive discipline, beginning with the relationship between parent and child and moving on to ages and stages of development. Learning is based on the two pillars of a strong relationship, structure and warmth.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>July 25 , 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – Dealing with Disobedience</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their</p>

		family works and uses what they already say, think, feel and do in new ways.
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>August 8 – August 29, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>August 15 , 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – Hassle Free Shopping with Kids</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>August 29, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – Managing Fighting and Aggression</u></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioural issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 05 – September 26, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 19 – November 21, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: \$75.00, subsidy available <p>Please note there will be no class on Oct 31st</p> <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Circle of Security</u></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.</p>


<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 19 – November 21, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 6:00 p.m. – 8:00 p.m. • Cost: \$75.00, subsidy available <p>Please note there will be no class on Oct 31st</p> <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Circle of Security</u></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 20 – October 11, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 a.m. • Cost: \$25.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Spirited Child – Working with Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>
<p>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p> 	<p>September 26 – October 24, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:00 p.m. – 3:00 p.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental changes and challenges in children 18 months-4 years. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behaviour, learning through play, positive discipline, avoiding power struggles, effective communication and self-esteem. Bring your questions! Certificate upon completion.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 10 – October 31, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare Available upon registration.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 07 – November 28, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>December 05 – December 19, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$30.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>



Subsidies are available. For more details or your questions, please contact us at (403)205-5178 or check our website at www.familiesmatter.ca Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8




Families Matter Perinatal Mental Health

**Please do not register for these courses before speaking with one of our postpartum specialists. Call 403 205 5178*

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>April 25 – June 13, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>April 26 – June 14, 2018 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>May 3 – June 21, 2018 (Thurs)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00pm <p>To register please call Cheryl at 403-205-5183</p> <p>No childcare available</p>	<p><u>Perinatal Mood Illness Support Group</u></p> <p>Are you pregnant and experiencing difficult emotions such as anger, anxiety, stress or depression? We are here to help. Group will meet once a week with a trained professional who will lead the discussion. You will get support and your questions will be answered. Light snacks will be served and participants can also receive Vitamin D drops, prenatal vitamins and referrals to other sources.</p>

<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>June 20 – August 8, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>June 21 – August 9, 2018 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>August 15 – October 3, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>August 16 – October 4, 2018 (Thursday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>September 6 – October 25, 2018 (Thurs)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00pm <p>To register please call Cheryl at 403-205-5183</p> <p>No childcare available</p>	<p><u>Perinatal Mood Illness Support Group</u></p> <p>Are you pregnant and experiencing difficult emotions such as anger, anxiety, stress or depression? We are here to help. Group will meet once a week with a trained professional who will lead the discussion. You will get support and your questions will be answered. Light snacks will be served and participants can also receive Vitamin D drops, prenatal vitamins and referrals to other sources.</p>
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>October 10 – Nov 28, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>

<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>October 11 – November 29, 2018 (Thursday)</p> <ul style="list-style-type: none">• 9:30 am – 11:30 am• Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none">• Group meets once a week with a trained professional who leads the discussion.• You will get support and your questions will be answered.• You will feel less confused about what's happening. Group support helps everyone heal together
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For more details or your questions, please contact us at (403)205-5178

or check our website at www.familiesmatter.ca

Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8

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