

Families Matter Parent Link Centre

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www.familiesmatter.ca



June 2018



OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 yrs)
- Support and Information for all Parents
- Infant Massage Classes
- Community Resources
- Individualized Support
- Parenting Workshops
- Postpartum Support
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- A Multilingual Community
- Celebrations

Quote of the Month

“Behind every young child who believes in himself is a parent who believed first.”
-Mathew Jacobson

Bowness – Parent Link

Drop In & Play!

Join us during our drop in & Play times to engage in play with your child, our space is designed with a range of materials and activities for children aged 0-5 to engage with and explore. The environment allows for your child to take the lead in play and for parents and caregivers to enjoy the journey along with their child. It is also an opportunity to connect with other parents, learn about what is happening in the community or chat with our staff.

Celebrations!

Father's Day Drop In & Play

Grab your Dad, Uncle, and Grandpa and let's get building! Join us on Saturday June 9th, 2018 from 10:00-12:00 we will have some special building stations set up for your family to enjoy and celebrate Father's Day. Please feel free to join us with any caregiver for this event.

National Indigenous Peoples Day - June 21, 2018

On Friday, June 15th, 2018 from 10:00 11:00, we will be hosting a Drumming Circle. This will be a wonderful opportunity to experience and learn about the Indigenous culture and traditions through an interactive experience. Please join us to celebrate the significant contributions of Indigenous people to Canada. Please register for this special event on our website www.familiesmatter.ca

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.

Upcoming Parenting Classes – Registration Required

Parent Café

June 19 – July 10

1:30 – 3:30 pm

Are you a parent of a child between the ages of 0-5 years old? Parent Café will provide an opportunity to connect with other parents and caregivers. This group will create a supportive environment that allows for conversation and learning about child development, parenting challenges and understanding brain development. Parents and caregivers will come together and share knowledge and connect. We will discuss the key role that parents and caregivers play in supporting children to reach their potential.

Please visit www.familiesmatter.ca to register for these and other parenting programs.

Learn Play Love