




# July 2018

52<sup>nd</sup> Street Hub - Unit 158, 1440-52<sup>nd</sup> St. NE, Phone: (403)-205-5178

| S  | Monday                                                                                                            | Tuesday                                                                                                                | Wednesday                                                                                                                        | Thursday                                                                 | Friday                                                                                            | Sat                                                                                                                                                   |
|----|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | 2                                                                                                                 | 3                                                                                                                      | 4                                                                                                                                | 5                                                                        | 6                                                                                                 | 7                                                                                                                                                     |
|    | Centre Closed<br>                | Families of Twins & Triplets<br>Drop In & Play<br>9:30 - 11:30 am<br><br>Drop In & Play<br>1:00 - 3:00 pm              | Postpartum Support Group<br>9:30 - 11:30 am<br><br>Anxiety and Breathwork<br>1:30 - 3:00 pm                                      | Drop In & Play<br>1:00 - 3:00 pm<br><br>Drop In & Play<br>4:00 - 7:00 pm | Park & Play<br>Elliston Park<br>9:30 - 11:30 am<br><br>Successful Young Parents<br>1:00 - 3:00 pm |                                                                                                                                                       |
| 8  | 9                                                                                                                 | 10                                                                                                                     | 11                                                                                                                               | 12                                                                       | 13                                                                                                | 14                                                                                                                                                    |
|    | Drop In & Play<br>9:00 - 11:30 am<br>Stampede Pancake<br>Breakfast<br><br>Infant Mother Goose<br>10:00 - 11:30 am | Families of Twins & Triplets<br>Drop In & Play<br>9:30 - 11:30 am<br><br>Drop In & Play<br>1:00 - 3:00 pm              | Postpartum Support Group<br>9:30 - 11:30 am<br><br>Anxiety and Breathwork<br>1:30 - 3:00 pm                                      | Drop In & Play<br>1:00 - 3:00<br><br>Drop In & Play<br>4:00 - 7:00 pm    | Park & Play<br>Elliston Park<br>9:30 - 11:30 am<br><br>Successful Young Parents<br>1:00 - 3:00 pm |                                                                                                                                                       |
| 15 | 16                                                                                                                | 17                                                                                                                     | 18                                                                                                                               | 19                                                                       | 20                                                                                                | 21                                                                                                                                                    |
|    | Drop In & Play<br>9:00 - 11:30 am<br><br>Infant Mother Goose<br>10:00 am-11:30 am                                 | Families of twins & Triplets<br>Drop In & Play<br>9:30 - 11:30 am<br><br>Drop In & Play<br>Librarian<br>1:00 - 3:00 pm | Postpartum Support Group<br>9:30 - 11:30 am<br><br>Anxiety and Breathwork<br>1:30 - 3:00 pm                                      | Drop In & Play<br>1:00 - 3:00 pm<br><br>Drop In & Play<br>4:00-7:00 pm   | Park & Play<br>Elliston Park<br>9:30 - 11:30 am<br><br>Successful Young Parents<br>1:00 - 3:00 pm |                                                                                                                                                       |
| 22 | 23                                                                                                                | 24                                                                                                                     | 25                                                                                                                               | 26                                                                       | 27                                                                                                | 28                                                                                                                                                    |
|    | Drop In & Play<br>9:00 - 11:30 am<br><br>Infant Mother Goose<br>10:00 - 11:30 am                                  | Nature Camp<br>10:00 - 2:00pm                                                                                          | Postpartum Support Group<br>9:30 - 11:30 am<br><br>Nature Camp<br>10:00 - 2:00pm<br><br>Anxiety and Breathwork<br>1:30 - 3:00 pm | Nature Camp<br>10:00 - 2:00 pm<br><br>Craft Night<br>4:00 - 7:00 pm      | Park & Play<br>Elliston Park<br>9:30 - 11:30 am<br><br>Successful Young Parents<br>1:00 - 3:00 pm |                                                                                                                                                       |
| 29 | 30                                                                                                                | 31                                                                                                                     |                                                                                                                                  |                                                                          |                                                                                                   |                                                                                                                                                       |
|    | Infant Mother Goose<br>10:00 - 11:30 am                                                                           | Families of Twins & Triplets<br>Drop in & Play<br>9:30 - 11:30 am<br><br>Noodle - Do Play<br>1:00- 3:00 pm             |                                                                                                                                  |                                                                          |                                                                                                   | * Programs in <b>BLUE</b><br>require registration.<br>Please visit<br><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a> to<br>register |