

Families Matter Parent Link Centre

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



July 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

“Listen earnestly to anything [your children] want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.” - **Catherine M. Wallace**

Bowness – Parent Link

Closure

We will be closed on Monday, July 2nd for Canada Day! Be sure to check out some family friendly Canada Day celebrations in and around Calgary.

Stay and Play with the City of Calgary

Join us for songs, rhymes and stories in the park. We are joining the City of Calgary for the Stay and Play program for children aged children 3-5 years old and their parents. The program runs from 10:00 – 12:00 pm. The address is 7904 43 Ave NW – Outside at the Bowness Sportplex Building.

Bowness Stampede Parade

It is a great Bowness tradition to kick off the summer with a wonderful Stampede Parade and our Parent Link Centre is excited to once again be a part of this event, it is something we look forward to every year. Following parade our Parent Link Centre door will be open for families with children 0-5 years old to come and enjoy play. If you have never been here is a great chance to come and take a peek at what we have to offer.

Drop In and Play

Let's get outside this summer! We are looking forward to getting out and enjoying the local parks, check the calendar to find out where you can find us and learn about what we will be up to for Drop In & Play. Lots of fun activities will be set up for you and your child(ren) to enjoy such as water activities, scavenger hunt and story and games in parks.

Developmental Checkup?

We are pleased to be able to support you to complete a developmental checkup for you child(ren) it will give you and understanding of current and future 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 Classes

Infant Massage Classes

July 24, 2018

9:30-10:30 am

This class will teach how to use a nurturing touch to connect with your baby and support growth and development in this unique way. You will learn techniques that you can use at home to provide a full body, massage to your little one. It is for the moms with babies 0-12 months old. Please check out www.familiesmatter.ca to register.

Noodle – Do Play

July 19, 2018

1:30 - 3:30 pm

This is the program for parents with preschoolers ages 3-5 where you can play some games that build trust, boost imagination and will teach some tools to support brain development. It is all based on the latest neuroscience so it's not only a lot of fun, it will help build your child's brain. Parents and children will have fun trying out new activities and materials, parents will leave with some great ideas of new activities to try at home. Please register on-line at www.familiesmatter.ca

Triple P - Positive Parenting 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 403-205-5178 or our PLC centre at 403-288-1446. For additional info please ask our staff about the benefits of becoming a part of Triple P.

Don't forget to look for other programs on our website at www.familiesmatter.ca

Learn Play Love