

## Families Matter Parent Link Centre

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



## August 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

“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**

**M. Wallace**

# Bowness – Parent Link

### Closure

Our centre will be closed on Monday August 6<sup>th</sup>, 2018 for the Civic Holiday.

### Drop In and Play

Join us for Drop In & Play in the Park! During the month of August we are going to checking out Baker's Park and Bowmont Park. Check the calendar to find out where you can find Drop In & Play and what fun activities we have planned for your family.

### Family BBQ

We would like to invite you and your family to join us for some family fun at Bowness Park, on Saturday August 25<sup>th</sup>, from 11:00 – 1:00 pm. Come and enjoy lunch, games and activities in the great setting that Bowness Park provides. Please pre-register at our Parent Link Centre or by calling 403-288-1446. We are looking forward to see you there.

### Parenting Education Classes

#### Infant Massage Classes

**August 28, 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](http://www.familiesmatter.ca) to register.

#### Noodle – Do Play

**August 16, 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](http://www.familiesmatter.ca)

#### Triple P Discussion Groups

Triple P is a positive 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 behavioral issues. Triple P suggests simple routines and small changes that can make a big difference for families. Join us for our upcoming discussion groups, which focus behaviors that can be challenging for parents. Please register at [www.familiesmatter.ca](http://www.familiesmatter.ca)

#### Hassle Free Shopping with Kids

**August 15, 2018**

**1:30 - 3:30 pm**

#### Managing Fighting and Aggression

**August 29, 2018**

**1:30 - 3:30 pm**

Look for other programs on our website at [www.familiesmatter.ca](http://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 completing this developmental checkup.

*Learn Play Love*