



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](http://www.familiesmatter.ca) or call (403)205-5178

**Friday, August 03, 2018**

If you are experiencing difficulty registering online please call 403.205.5178

| LOCATION   | DATES/TIMES   | COURSE NAME  |
|--|---|--|
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>August 1 – August 15, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 11:00 a.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to<br/><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>                      | <p><b><u>Toddler Talk</u></b></p> <p>Toddler years are times of great learning and growth for your child and that can mean big emotions and frustrations for children and parents. By understanding what your child's experiencing and how you can help them, the stress between you can be reduced. We will talk about your frustrations and joys, the use of Time-In, what is discipline, and all your toddler questions, so please bring them all!</p>                                |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>August 1 – August 22, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to<br/><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>August 14 , 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to<br/><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>                                   | <p><b><u>Noodle-Do</u></b></p> <p>This is the program for parents with preschoolers aged 3-5 where you can play games that build trust, boost imagination and 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.</p> |

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| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>    | <p><b>August 15 , 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Triple P – Hassle Free Shopping with Kids</u></b></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><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>    | <p><b>August 16 , 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>  | <p><b><u>Noodle-Do</u></b></p> <p>This is the program for parents with preschoolers aged 3-5 where you can play games that build trust, boost imagination and 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.</p>  |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>August 23, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 4:00 p.m. – 7:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>   | <p><b><u>Craft Night</u></b></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><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>August 28, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 10:30 a.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>   | <p><b><u>Infant Massage</u></b></p> <p>This class will teach parents of infants (0-12 months old) how to use a nurturing touch to connect with the baby and support growth and development in this unique way. The parents can use the techniques at home to provide a full body massage to their little ones.</p>  |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>August 29, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>  | <p><b><u>Triple P – Managing Fighting and Aggression</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>August 11, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>    | <p><b><u>Noodle-Do</u></b></p> <p>This is the program for parents with preschoolers aged 3-5 where you can play games that build trust, boost imagination and 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.</p>  |

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| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>September 12 – September 26, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>   | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>September 18 – November 22, 2018 (Tues/Thurs)</b></p> <ul style="list-style-type: none"> <li>• 12:45 p.m. – 2:45 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>  | <p><b><u>Families Learning Together</u></b></p> <p>Families Learning Together is a fun and playful program that helps children to get ready for entering kindergarten and helps their parents learn how to support their child’s learning and growth as they start school. Children attending this program should be 3.5 - 4 years old who will be beginning kindergarten the following year. Childcare available for siblings.</p>   |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>September 18 – November 29, 2018 (Tues/Thurs)</b></p> <ul style="list-style-type: none"> <li>• 1:15 p.m. – 3:15 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>   | <p><b><u>Families Learning Together</u></b></p> <p>Families Learning Together is a fun and playful program that helps children to get ready for entering kindergarten and helps their parents learn how to support their child’s learning and growth as they start school. Children attending this program should be 3.5 - 4 years old who will be beginning kindergarten the following year. Childcare available for siblings.</p>   |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>September 19 – November 21, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 11:30 a.m.</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p><b>Please note there will be no class on Oct 31<sup>st</sup></b></p> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Circle of Security</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>September 19 – November 21, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 p.m. – 8:00 p.m.</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p><b>Please note there will be no class on Oct 31<sup>st</sup></b></p> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>                       | <p><b><u>Circle of Security</u></b></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> |

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| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>September 20 – September 17, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 p.m. – 8:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>                     | <p><b><u>Postpartum Info and Support for Dads</u></b></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"> <li>• Dads will learn strategies that can help Mom feel better.</li> <li>• We discuss the potential effects on your child.</li> <li>• Getting better – getting through it stronger than before.</li> </ul> <p>This program is limited to 10 Dads and is facilitated by Jory &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</p>               |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>September 20 – October 11, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: \$25.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p> | <p><b><u>Spirited Child – Working with Temperament</u></b></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><b>Families Matter</b><br/>Rosemont community Centre<br/># 2807 10<sup>th</sup> St. N.W.<br/>Lower level</p> | <p><b>September 26 – October 24, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Terrific Toddlers</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>September 27 – September 28, 2018 (Thurs &amp; Fri)</b></p> <ul style="list-style-type: none"> <li>• 9:00 a.m. – 4:00 p.m.</li> <li>• Cost: \$225.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>  | <p><b><u>Parent Child Mother Goose Facilitator Training</u></b></p> <p>The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children which focuses on the pleasure and power of using 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. The Program can be run in a variety of settings and can be offered either to a particular client group or to the public at large.</p> |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>September 27, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 4:00 p.m. – 7:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>               | <p><b><u>Craft Night</u></b></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>   |

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| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>October 10 – October 31, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>   | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Rosemont community Centre<br/># 2807 10<sup>th</sup> St. N.W.<br/>Lower level</p> | <p><b>October 15 – December 10, 2018 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available.</b></p>                          | <p><b><u>Circle of Security</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>November 07 – November 28, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>                              | <p><b>December 05 – December 19, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Anxiety &amp; Breathwork</u></b></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](http://www.familiesmatter.ca)**



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


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## 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><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>   | <p><b>June 20 – August 8, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>    | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>June 21 – August 9, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>           | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>   | <p><b>August 15 – October 3, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p> | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>August 16 – October 4, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>        | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |

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| <p><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440<br/>52nd St. NE</p>   | <p><b>September 6 – October 25, 2018 (Thurs)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00pm</li> </ul> <p>To register please call Cheryl at 403-205-5183</p> <p><b>No childcare available</b></p>   | <p><b><u>Perinatal Mood Illness Support Group</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>   | <p><b>October 10 – Nov 28, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p> | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>  |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>October 11 – November 29, 2018 (Thursday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>   | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul>  |

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