

Families Matter Parent Link Centre

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



September 2018



OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 yrs)
- Infant Drop In and Play
- 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

"Children are great imitators. So give them something great to imitate."
— Anonymous

Bowness – Parent Link

Closure

Families Matter will be closed from September 3rd – 7th, 2018. During this time agency staff will be participating in professional development training. The team at Families Matter is excited to also be walking in the annual United Way parade. Enjoy the first week of September and we look forward to seeing everyone when we re-open on Saturday September 8th, 2018.

Drop In & Play

Come and explore our centre and join your child in play. This is a wonderful way to connect with your child and engage with new materials. It also creates an opportunity to connect with other parents, learn about what resources are available in the community and enjoy a cup of coffee or tea. Drop in & Play will be offered on Monday and Friday mornings from 9:00-11:45.

Infant Drop In & Play - Wednesdays 9:30 – 11:30 am

Do you have a child under 12 months? Join us for Infant Drop In & Play. With childcare available for older siblings, you will be able to enjoy this one-on-one time with your baby, discuss parenting, learn some songs connect with other parents and community resources.

Saturday Drop In and Play

Superheroes & Fantasy Play - September 8, 2018 10:00 - 12:00 pm

The whole family is encouraged to dress up as their favourite hero or fantasy character. Come and explore fun imaginative and creative play.

Bring a Story Alive – Little Red Hen - September 29, 2018 10:00 – 12:00 pm

Join us as we bring the story of "Little Red Hen" alive. Participants will enjoy the story, help make and bake cookies and enjoy the yummy creation together. Yum!

Parenting Education Classes

Noodle-Do Play

September 11

9:30 – 11:30 pm

This is the program for parents with preschoolers aged 3-5 where you can play some 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.

Infant Massage

September 12 – 26

1:30 – 2:30 pm

In this class for parents with infants 3 weeks old to 12 months old you can learn specific nurturing touch and provide a full body massage for your little one. This provides a great way to connect with your child. Please bring a bath towel.

Families Learning Together September 18 – November 29 1:30 – 2:30 pm

This program is Tuesday and Thursday afternoons for 10 weeks. Families Learning Together is appropriate for families with children eligible to register for the Kindergarten in September 2019. The program offers activities for children that build skills helpful for school setting and opportunities for parents to build their skills of how to support their children learning and growth in school. Parents and Children will spend time learning together and separately.

For all the above mentioned programs, please register at www.familiesmatter.ca.

Look for other programs on our website at www.familiesmatter.ca

Learn Play Love

