



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


**Thursday, September 13, 2018**



If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p><b>Families Matter</b> Trans Canada Centre # 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><u><b>Families Learning Together</b></u></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> 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><u><b>Families Learning Together</b></u></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> Trans Canada Centre # 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><u><b>Circle of Security</b></u></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> Trans Canada Centre # 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>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 20 – September 27, 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> Trans Canada Centre # 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> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. 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>Heart of the South Calgary Family Centre</b> Suite 3217, 150 Millrise Blvd S.W.</p>	<p><b>September 26 – November 7, 2018 (Wednesday)</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><u>Be a Great Dad</u></b></p> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you put the limited time you do have to good use; creating positive experiences for you and your child. What better way to learn than from other dads who share their experiences of struggle and joy along the journey.</p>

<p><b>Families Matter</b> Trans Canada Centre # 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. This course is for facilitators and professionals who wish to facilitate the Parent Child Mother Goose program.</p>
<p><b>Families Matter</b> Trans Canada Centre # 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>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>October 3 – December 12, 2018 (sday)</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>No childcare available.</b></p>	<p><b><u>Parent-Child Mother Goose – Infants</u></b></p> <p>The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children that focuses on the pleasure and development of literacy skill through the use of 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. Please note this program is for children 0 - 1 year old.</p>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p>	<p><b>October 4 – November 22, 2018 (Thursday)</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>No childcare available.</b></p>	<p><b><u>Parent Child Mother Goose – Infants</u></b></p> <p>The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children that focuses on the pleasure and development of literacy skill through the use of 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. Please note this program is for children 0 - 1 year old.</p>
<p><b>Families Matter</b> Trans Canada Centre # 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> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p>	<p><b>October 10 – November 21, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 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>No childcare available.</b></p>	<p><b><u>Papa Bears</u></b></p> <p>Modeled on the Parent-Child Mother Goose Program® this is a group experience for dads and their young children that focuses on the pleasure and development of literacy skill through the use of rhymes, songs, and stories together. Dads 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. Be sure to bring your child along (1-4 years old).</p>
<p><b>Families Matter</b> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. 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> Rosemont community Centre # 2807 10<sup>th</sup> St. N.W. Lower level</p>	<p><b>October 16, 2018 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 10:30 a.m. – 11:45 a.m.</li> <li>• Cost: FREE</li> <li>•</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>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> Trans Canada Centre # 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 Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>November 14, 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 – The Power of Positive Parenting</u></b></p> <p>For every parent who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don't like. Suitable for parents of children who are 4-12.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>November 20 – November 29, 2018 (Tues/Thurs)</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>How to Talk so Kids will Listen</u></b></p> <p>This encompasses topics such as positive discipline, children's self-esteem, communication dynamics in the family, creating an environment of cooperation, and others. A certificate of completion after successfully completing the classes, will be awarded. This program is specifically designed for parents of children 4-12.</p>

<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>November 21, 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 – Raising Confident, Competent Children</u></b></p> <p>You can help your child become confident and successful – at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers. Suitable for parents of children who are 4-12.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>November 28, 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 – Raising Resilient Children</u></b></p> <p>How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way. Suitable for parents of children who are 4-12.</p>
<p><b>Families Matter</b> Trans Canada Centre # 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> Trans Canada Centre #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> 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>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 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 Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>October 9 – Dec 18, 2018 (Tuesday)</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> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>October 10 – Dec 19, 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>
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Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8

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