

Families Matter Parent Link Centre

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



October 2018



OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 yrs)- day time and evenings
- 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

“Teach your children they’re unique. That way, they won’t feel pressured to be like everybody else.”
-Cindy Cashman

Bowness – Parent Link

Closure

Our centre will be closed on Monday, October 8th for the Thanksgiving Holiday. Happy Thanksgiving!

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 10:30 – 11:30 am**

Do you have a child under 12 months? Join us for Infant Drop In & Play. With childcare is 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.

Evening Drop In & Play

We invite you to join us for some playful time in the evening hours. Every week on Tuesday's from 4:30 - 6:30 pm we will offer time for you to come with your family and enjoy playing with your child. Please check the calendar for more details.

Saturday Drop In and Play

Loose Parts 10:00 - 12:00 pm

Join us and explore variety of materials of different shape, texture and size using your imagination and creativity. Enjoy the process with your little one, help them if they need it and delight in them.

Parenting Education Classes

Mandarin Triple P

We are offering this internationally recognized parenting program in Mandarin language. It will teach specific strategies when dealing with this type of challenging behavior. Registration is required. Childcare is available.

Managing Fighting and Aggression **October 3** **1:30-3:30 pm**

Dealing with Disobedience **October 10** **1:30-3:30 pm**

Grains of Sand **October 17, 24, 31 & Nov 3** **1:30 – 3:00 pm**

This is your time to enjoy in relaxing atmosphere, exploring and reflecting on the things that matter in your life and express yourself through painting, drawing, drumming, collaging and music. Previous experience with art not required. Registration required. Childcare is provided.

Ages and Stages Questionnaires

This helpful toll will show you how your child is developing and how to support the development further on. Our staff is available to assist you filling the forms out and debrief with you about your questions or concerns.

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

Learn Play Love

