



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 or call (403)205-5178

Wednesday, October 10, 2018

If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 10 – October 31, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></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>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p>	<p>October 10 – November 21, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 6:00 p.m. – 7:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Papa Bears</u></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>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p>	<p>October 15 – December 10, 2018 (Monday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Circle of Security</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>Families Matter Rosemont community Centre # 2807 10th St. N.W. Lower level</p>	<p>October 16, 2018 (Tuesday)</p> <ul style="list-style-type: none"> • 10:30 a.m. – 11:45 a.m. • Cost: FREE • <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Noodle-Do</u></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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>October 17 – November 7, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Grains of Sand</u></p> <p>Take some time to stop in the middle of your busy family life to explore relationships with ourselves and others through stories, art, music, dance, journaling and mask making.</p> <p>No experience necessary.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 25, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 9:00 a.m. – 3:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Kids Have Stress Too! Facilitator Training</u></p> <p>An Interactive training workshop from the Psychology foundation of Canada for Professionals who work with Families and children in early learning and care environment. The Kids Have Stress Too (KHST!®) Program is based on evidence that will help, Young children learn practical strategies to relieve stress, and effective ways to respond to stressful situation situations. By Learning to cope with life's ups and downs, children develop healthy strategies that help them to adapt, self-regulate, be resourceful, feel competent and become more resilient. This day will be devoted to supporting participants to take the KHST program to their workplace and beyond to support other professional interested in implementing the KHST program with young children and families they work with.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 25, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 4:00 p.m. – 7:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Craft Night</u></p> <p>Join us for Craft Night! 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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 07 – November 28, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 08, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Dad and the Law</u></p> <p>Are you a dad who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this dads only, information session.</p>

<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>November 14, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – The Power of Positive Parenting</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 15, 2018 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Mom and the Law</u></p> <p>Are you a mother who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? This session, just for moms.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 20 – November 29, 2018 (Tues/Thurs)</p> <ul style="list-style-type: none"> • 6:00 p.m. – 8:00 p.m. • Cost: \$75.00 • <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>How to Talk so Kids will Listen</u></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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>November 21, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – Raising Confident, Competent Children</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 28, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Kids Have Stress Too!</u></p> <p>Learn how to recognize stress in children Identify the key role relationships with parents and caregivers play in helping children learn to manage stress Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient Learn effective ways to promote positive emotional development and self-regulation in young children.</p>
<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>November 28, 2018 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P – Raising Resilient Children</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>December 05 – December 19, 2018 (Wednesday)</p> <ul style="list-style-type: none">• 1:30 p.m. – 2:30 p.m.• Cost: \$30.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></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


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

Like us on Facebook! <https://www.facebook.com/Families-Matter-105422372827074/?fref=ts>



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>Families Matter Trans Canada Centre #158 - 144052nd St. NE</p>	<p>September 6 – October 25, 2018 (Thurs)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00pm <p>To register please call Cheryl at 403-205-5183</p> <p>No childcare available</p>	<p><u>Perinatal Mood Illness Support Group</u></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>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>October 9 – Dec 18, 2018 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>October 10 – Dec 19, 2018 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together

For more details or your questions, please contact us at (403)205-5178

or check our website at www.familiesmatter.ca

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

Like us on Facebook! <https://www.facebook.com/Families-Matter-105422372827074/?fref=ts>