

## Families Matter Parent Link Centre

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



### November 2018



### OUR CENTRE OFFERS...

- Drop-In & Play (0 – 5 yrs)
- Infant Drop In & Play
- Support and Information for all Parents
- Community Resources
- Individualized Support
- Parenting Workshops
- Postpartum Support
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- A Multilingual Community
- Celebrations

Peace is not just mere absence of violence. Peace is, I think, the manifestation of human compassion." -Dalai Lama XIV

# Bowness – Parent Link

November is Family Violence Prevention - **#GoPurpleAB** this month to show your support!

### Closure

Our centre will be closed on Monday, November 12 in lieu to Remembrance Day & Friday, November 30<sup>th</sup> for professional development training.

### 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 am.

### 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

Come and join us for some play Tuesday's from 4:30 - 6:30 pm. It is an opportunity to wind down with your child after work, preschool and right before dinner time. Explore and engage with engaging materials and activities. This is a wonderful way to connect with your little one by doing something they enjoy the most – playing!

### Family Fun Night! "If you are playful and you know it..." Friday November, 23 6:00 - 7:30 pm

This is the event for all families with children 0-5 years old. We will have a variety of play stations for you and your family to enjoy. For this event we will be partnering with Pathways Community Services, this event is a series of community family events that happen at 5 year at different community locations through the year. For more information you can speak with our centre staff, we look forward to seeing you there.

### Saturday Drop In and Play

Join us on Saturday November 17, 2018 from 10:00 – 12:00 pm, for Hop, Skip & Jump Drop In & Play! This will be a great opportunity to get moving and engage in gross motor activities.

### Parenting Education Classes

**Triple P Seminar Series** - Triple P is a positive 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 behavioral issues. If you are interested in these programs, please register at [www.familiesmatter.ca](http://www.familiesmatter.ca)

<b>The Power of Positive Parenting</b>	<b>November 14, 2018</b>	<b>1:30 - 3:30 pm</b>
<b>Raising Confident Competent Children</b>	<b>November 21, 2018</b>	<b>1:30 - 3:30 pm</b>
<b>Raising Resilient Children</b>	<b>November 28, 2018</b>	<b>1:30 - 3:30 pm</b>

### Cold and Flu Season

It's that time of year, if you or your children are sick, please stay home and get better! If you or your child have a fever, runny nose, are vomiting, or have had diarrhea in the last 24 hours, you are not well enough to come to the Centre. Please help us prevent the spreading of illness and know we are only looking out for your family's health as well as the health of everyone else who uses our space. Thank

*Learn Play Love*