



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

**Friday, November 16, 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>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: \$75.00</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</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>November 28, 2018 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 11:30 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>Limited childcare available (must register).</b></p>	<p><b><u>Kids Have Stress Too!</u></b></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><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>November 29, 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</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>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>January 09 – February 06, 2019 (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>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 South Calgary</b> Suite 3217 – 150 Millrise Blvd SW</p>	<p><b>January 16 – February 27, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 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><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>January 17 – January 24, 2019 (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><u>Postpartum Information 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. - Dads will learn strategies that can help Mom feel better. - We discuss the potential effects on your child. - Getting better—getting through it stronger than before. This program is limited to 8 Dads and 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>January, 31 – March 21, 2019 (Thursday)</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><u>Positive Discipline in Everyday Parenting</u></b></p> <p>Based on the work of Joan Durrant, this eight week session addresses the roots of positive discipline, beginning with the relationship between parent and child and moving on to ages and stages of development. Learning is based on the two pillars of a strong relationship, structure and warmth.</p>
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**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 Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>October 09 – 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>

<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>January 09 – Feb 27, 2019 (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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>March 06 – April 24, 2019 (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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>May 01 – June 19, 2019 (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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>June 26 – August 14, 2019 (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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>August 21 – Oct 09, 2019 (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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>October 16 – Dec 04, 2019 (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.</li> </ul> <p>Group support helps everyone heal together</p>

<p><b>Families Matter</b> Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p><b>December 11 – Dec 18, 2019 (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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