

## Families Matter Parent Link Centre

Rosemont Family Centre

2807 10<sup>th</sup> Street NW

403.827.8872



December 2018



### OUR CENTRE OFFERS...

- Drop in and play
- Twins and Triplets Drop-In
- Support and Information for all Parents
- Community Resources
- Papa Bears
- Mandarin Mother Goose
- In-home Support
- Parenting Workshops
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks



# Rosemont

Where did 2018 go? Welcome to December, we hope you all have relaxing and wonderful holiday season and we wish you all the best for 2019!

Please note our Rosemont Centre will close December 5-7, 2018 for professional development training. Our holiday closure will be from December 24<sup>th</sup>, 2018 and re-open on Tuesday January 8<sup>th</sup>, 2019.

#### Please join us for our Holiday Pot Luck Celebrations!

We invite families to bring a favorite dish to share together. A sign up list will be posted at the centre. Check with Margie or Janice for more information.

**Holiday Pot Luck for Drop In & Play – Tuesday December 18<sup>th</sup>, 2018**

**Holiday Pot Luck for Twins and Triplets – Wednesday December 19<sup>th</sup>, 2018**

### Parenting Workshops

#### Infant Massage

January 16 – 30

1:30 – 3:00 pm

In this class for parents with infants 1 - 7 months old you can learn specific nurturing touch and provide a full body massage for your little one. This provides a great way to connect with your child. Please bring a bath towel.

Parenting programs are a wonderful way to connect with other parents, learn in a supportive environment. Please check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca) for a list of upcoming classes at all of our locations.

### 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 you for your understanding and cooperation.

### Ages and Stages Questionnaires

We are offering this helpful tool for you to learn more about how your child is developing and how to support your child's optimal development. Our staff is available on site to assist you in filling the questionnaire and chat if you have any questions

From our families to yours Seasons Greetings from Janice and Margie.  
We look forward to seeing you in January of 2019.

*Learn Play Love*