

Families Matter Parent Link Centre

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December 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

I tried to teach my child with books,
he gave me only puzzled looks.
I tried to teach my child with words,
they passed by him often unheard.
Despairingly, I turned aside,
'How shall I teach this child,' I cried?
Into my hand he put the key,
'Come,' he said, 'play with me.'
~ Anonymous

Bowness – Parent Link

Closure

Our centre will be closed on December 5 -7 for our staff Professional Development days and from Monday, December 24 to January 7, 2019 for winter holidays. We wish you a wonderful and relaxing holiday season and we look forward to seeing you in 2019!

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.

In December Drop In and Play in the **afternoon** on Thursdays December 13th and 20th, from 1:00 - 3:30 pm.

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! For specific times and themes this month check out our calendar.

Saturday Drop In and Play

Join us on Saturday December 1, 2018 from 10:00 – 12:00 pm, for Making Winter Decorations! Be creative, artsy and imaginative while decorating our place for Calgary's longest season.

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.

Learn Play Love