

Families Matter Parent Link Centre

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www.familiesmatter.ca



January 2019



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

“A child is not a vase to be filled, but a fire to be lit.”
Francois Rabelais

Bowness – Parent Link

Happy New Year! We would like to wish all of our families a wonderful 2019! Our centre will be closed from January 1st to January 4th, 2019 and will reopen on Monday, January 7th, 2019 for programming.

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. This year we have more Drop In & Play time offered for our families. For specific times and themes look in the calendar.

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 in special themed activities. Each week we will have exciting indoor winter themed activities for your family to enjoy!

Saturday Drop In and Play

Join us on Saturday January 26, 2018 from 10:00 – 12:00 pm to celebrate Family Literacy Day this year. We will bring “The Mitten” storybook alive by making a mitten for each child and some paper templates of forest animals to recreate the story at home.

Parenting Education Classes

Triple P Group January 16, 23, 30 February 6 & March 6, 2019 1:30-3:30 pm

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

Ages and Stages Birthdays

If your child is born in January, February or March please complete a developmental questionnaire. Our staff is available to talk with you if you have any questions or concerns and offer some more resources for you to continue supporting your child's development. Some special treats and hot beverage will be served.

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