

52nd Street Hub

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Calgary, Alberta
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www.familiesmatter.ca



February 2019



OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 years)
- Baby/Infant Drop-In (0 – 12 months)
- 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

Quote of the Month



52nd St. Hub

Closure

We will be closed February 18th for family day. Please enjoy the day with your Family, you can enjoy a wide variety of family friendly activities within your city! Eau Claire Market will be hosting a Family Fun Day, this is a free event, starting at 11:00 am on February 18th, 2019. The city of Calgary offers a variety of free or reduced cost on this day - be sure to look at their website and or ask a staff member!

Drop In & Play – Special Events

Thursday, February 14th – Wear Pink or Red for Valentine's Day

Friday, February 15th – Let's get Baking!

Saturday, February 16th - Family Breakfast

Infant Drop In & Play - Mondays 10:30 – 11:30 am

Do you have a child under 12 months? Join us for Infant Drop In & Play. This drop in is a safe space where moms can gather with their babies for conversation, coffee and friendship. Come and discuss parenting, learn some songs connect with other parents and community resources. With childcare is available for older siblings, you will be able to enjoy this one-on-one time with your baby.

Upcoming workshops

Infant Massage February 21 & 28 9:30 – 11:30 am

In this class teaches parents with infants 6 weeks - 7 months old you specific nurturing touch and provide a full body massage for your little one. This provides a great way to connect with your baby and support growth and development.

Circle of Security February 20 – April 17 9:30 – 11:30 am

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Research shows that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Please visit www.familiesmatter.ca to register, for these and other programs.

Parent Involvement

Upon your arrival to the Centre please remember to sign you and your child(ren) in. Please help us keep our centres clean by helping us tidy as you go to ensure our centre is safe and fun to play in! Please be mindful of your children, remember that your children love to play with you! We always welcome snack donations and help in the kitchen to prepare snack for everyone (fruit, crackers & cheese). Thank you for helping us make our centre great for everyone!

Valentines Activity

It's February and time to bring a little pink and red into the room. This activity is great for fine motor, number recognition and eye & hand coordination. Simply, roll the dice then transfer the pom poms with tongs and or a clothes pin into a bowl.



Learn Play Love