

Families Matter Parent Link Centre

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Calgary, Alberta
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www.familiesmatter.ca



February 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

"There are only two lasting bequests we can hope to give our children. One is roots; the other, wings." Hodding Carter

Bowness – Parent Link

Closure

Our centre will be closed on Monday, February 18th, 2019 for Family Day, we hope you are all able to enjoy the day with your family!

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.

We are excited to be able to share "Making Connections" with parents and caregivers during some of our Drop In & Play sessions, please check the calendar for dates and times. During this session we will share fun activities that enhance connection between a caregiver and a child. Please join us for this interesting and fun session that will further the bond between you and your child.

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 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 doing specific activities around our nightly theme:

February 5th - Gross Motor Play, let's get those big muscles moving!

February 12th - Valentine's Day is coming join us for Red Night to celebrate

February 19th - Noodle Do Play let's build brains with engaging games and activities brain

February 26th – Pancake Party! Join us for a pancakes

Saturday Drop In & Play

Join us on Saturday February 23, 2019 from 10:00 am – 12:00 pm when we get outside and enjoy some outdoor winter fun! We will be in Bowness Park waiting for you with hot chocolate and marshmallows. Just bring your skates and join us on the ice!

Parenting Education Classes

If you are interested in these programs, please register at www.familiesmatter.ca

Toddler Talk

1:30-3:00 pm

February 13, 2019

Let's talk about this interesting and sometimes challenging (for parents) times in our children's lives. It is based on "Terrific Toddlers" Program and offers more tips and answers on how to support toddlers development in the best possible way.

Mandarin Triple P Discussion Group

1:30-3:30 pm

February 20 & 27 2019

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.

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.

Learn Play Love