



Subsidies are available for qualifying participants through the generous support of Calgary Learns


At A Glance



The following parenting courses are open to everyone, but registration is essential.



To register on line go to www.familiesmatter.ca or call (403)205-5178

Tuesday, February 05, 2019

If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>February 06 – February 27, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 1:30 p.m. – 2:30 p.m. Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>
<p>Families Matter Rosemont Community Centre – Lower Level 2807 10th St. N.W.</p>	<p>February 06 – March 27, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 1:30 p.m. – 2:30 p.m. Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Parent Child Mother Goose (Infant Group)</u></p> <p>The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children that focuses on the pleasure and development of literacy skill through the use of rhymes, songs, and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years, and give their children healthy early experiences with language and communication. Please note this program is for children 0 - 1 year old.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>February 13, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 1:30 p.m. – 3:00 p.m. Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Toddler Talk</u></p> <p>Toddler years are times of great learning and growth for your child and that can mean big emotions and frustrations for children and parents. By understanding what your child's experiencing and how you can help them, the stress between you can be reduced. We will talk about your frustrations and joys, the use of Time-In, what is discipline, and all your toddler questions, so please bring them all!</p>

<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>February 20 – April 17, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Circle of Security</u></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed 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.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>February 20 , 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Mandarin Triple P – Developing Good Bedtime Routines</u></p> <p>Children need a good night’s sleep so they have enough energy for the next day’s activities. Parents also need adequate sleep and some child free time to ensure their own needs are being met. As children grow, they can learn to become more independent in their sleep routine and be less demanding than infants. The goal is for children to develop healthy, independent sleep patterns. This discussion group will give some positive parenting strategies to help you develop a good bedtime routine. Please note, this program is delivered in Mandarin.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>February 20 – April 17, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security</u></p> <p>The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed 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.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>February 21 – February 28, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Infant Massage</u></p> <p>This class will teach parents of infants (6 weeks - 6 months old) how to use a nurturing touch to connect with baby and support growth and development in this unique way. The parents can use the techniques at home to provide a full body massage to their little ones.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>February 27 , 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Mandarin Triple P – Hassle-free Shopping with Children</u></p> <p>Triple P aims to make parenting easier, and shopping can be an enjoyable activity for the whole family. This discussion group will give some positive parenting suggestions to help you avoid shopping hassles, to teach your child to behave responsibly on shopping trips, and to make it easier on you as a parent. Please note, this program is delivered in Mandarin.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>March 06 – March 27, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>

<p>Families Matter Rosemont Community Centre – Lower Level 2807 10th St. N.W.</p>	<p>March 07 – April 04, 2019 (Thursdays)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:45 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Grains of Sand</u></p> <p>Take some time to stop in the middle of your busy family life to explore relationships with ourselves and others through stories, art, music, dance, journaling and mask making.</p> <p>No experience necessary.</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>March 13 – May 01, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Nobody's Perfect</u></p> <p>Nobody's Perfect is a support and education program for parents of children from birth to age five. Nobody's Perfect is a free program that supports parents to enhance their knowledge, skills, self-confidence, and support systems. The program has proven to be successful across Canada and internationally.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>April 03 – April 24, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration</p>
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>April 09 – June 20, 2019 (Tuesday/Thursday)</p> <ul style="list-style-type: none"> • 1:15 p.m. – 3:15 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Families Learning Together</u></p> <p>Families Learning Together is a fun and playful program that helps children to get ready for entering kindergarten and helps their parents learn how to support their child's learning and growth as they start school. Children attending this program should be 3.5 - 4 years old who will be beginning kindergarten the following year.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>April 10 – May 15, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:00 p.m. – 4:00 p.m. • Cost: \$250.00 <p>To register please go online to www.familiesmatter.ca</p>	<p><u>GroupWise – The Art & Science of Facilitating Parenting Groups Professional Development</u></p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>April 12, 2019 (Friday)</p> <ul style="list-style-type: none"> • 9:00 a.m. – 4:00 p.m. • Cost: \$99.00 <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Gingerbread Way – Level 1 Professional Development</u></p> <p>Professionals will be introduced to oral rhymes, songs, finger plays, finger puppets, books and oral storytelling, contextualized within the domains of Early Development Instrument (EDI). You will explore ways to adapt the practice of these materials to support specific ages, multicultural groups, skill sets and curricula. Your immersion into the kaleidoscopic world of storytelling will allow you to build confidence in purposefully choosing them for and actively reading them with your audiences.</p>

<p>Families Matter Rosemont Community Centre – Lower Level 2807 10th St. N.W.</p>	<p>April 18 – May 16, 2019 (Thursday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental changes and challenges in children 18 months-4 years. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behaviour, learning through play, positive discipline, avoiding power struggles, effective communication and self-esteem. Bring your questions! Certificate upon completion.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 01 – May 29, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 01 – June 12, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Be a Great Dad</u></p> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you put the limited time you do have to good use; creating positive experiences for you and your child. What better way to learn than from other dads who share their experiences of struggle and joy along the journey</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 10, 2019 (Friday)</p> <ul style="list-style-type: none"> • 9:00 a.m. – 4:00 p.m. • Cost: \$99.00 <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Gingerbread Way – Level 1</u> Professional Development</p> <p>Professionals will be introduced to oral rhymes, songs, finger plays, finger puppets, books and oral storytelling, contextualized within the domains of Early Development Instrument (EDI). You will explore ways to adapt the practice of these materials to support specific ages, multicultural groups, skill sets and curricula. Your immersion into the kaleidoscopic world of storytelling will allow you to build confidence in purposefully choosing them for and actively reading them with your audiences.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>May 24, 2019 (Friday)</p> <ul style="list-style-type: none"> • 9:00 a.m. – 4:00 p.m. • Cost: \$99.00 <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Gingerbread Way – Level 2</u> Professional Development</p> <p>Review and deepen your understanding of oral rhymes, songs, finger plays, finger puppets, books and oral storytelling within the domains of Early Development Instrument (EDI). Discuss your experiences, emerging questions and challenges. Broaden your oral storytelling and engagement skills, practice dramatic storytelling, storytelling with props for enactment, and storytelling using felt boards. Plan how to use these new materials in specific early childhood education centres for diverse audiences. The day will cumulate with you planning and presenting a 15-20 minute story time. Continue creating your resource tools box: you will receive a felt board, a felt story and a book to accompany the story.</p>

<p>Family Connections Parent Link Huntington Hills 520 78 Ave NW</p>	<p>June 03, 2019 (Friday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: FREE <p>To register please go online to http://community.hmhc.ca/sessions/</p>	<p><u>Avoiding Power Struggles</u></p> <p>The more early prevention, the less intervention. In this workshop we discuss modern issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behaviour.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 05 – June 26, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 21, 2019 (Friday)</p> <ul style="list-style-type: none"> • 9:00 a.m. – 4:00 p.m. • Cost: \$99.00 <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Gingerbread Way – Level 2 Professional Development</u></p> <p>Review and deepen your understanding of oral rhymes, songs, finger plays, finger puppets, books and oral storytelling within the domains of Early Development Instrument (EDI). Discuss your experiences, emerging questions and challenges. Broaden your oral storytelling and engagement skills, practice dramatic storytelling, storytelling with props for enactment, and storytelling using felt boards. Plan how to use these new materials in specific early childhood education centres for diverse audiences. The day will cumulate with you planning and presenting a 15-20 minute story time. Continue creating your resource tools box: you will receive a felt board, a felt story and a book to accompany the story.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 03 – July 31, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>August 07 – August 28, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 04 – September 25, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration</p>

<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 02 – October 30, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 06 – November 27, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$40.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>December 04 – December 18, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 2:30 p.m. • Cost: \$30.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Anxiety & Breathwork</u></p> <p>Come in; take some time to get yourself settled. Enjoy an hour of simple, relaxing yoga postures and breathing techniques to deepen relaxation as well as alleviate stress. After, take some time for a cup of tea and a chance to chat. Childcare available upon registration</p>

Subsidies are available.

For more details or your questions, please contact us at (403)205-5178 or check our website at www.familiesmatter.ca



Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8




Like us on Facebook! <https://www.facebook.com/Families-Matter-105422372827074/?fref=t>





Families Matter Perinatal Mental Health

**Please do not register for these courses before speaking with one of our postpartum specialists. Call 403 205 5178*

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>January 08 – February 26, 2019 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>January 09 – Feb 27, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>March 05 – April 23, 2019 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. Group support helps everyone heal together
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<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>April 30 – June 18, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what’s happening. Group support helps everyone heal together
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>May 01 – June 19, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what’s happening. Group support helps everyone heal together
<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>June 25 – August 13, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what’s happening. Group support helps everyone heal together
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>June 26 – August 14, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what’s happening. Group support helps everyone heal together
<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>August 20 – October 08, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets once a week with a trained professional who leads the discussion. • You will get support and your questions will be answered. • You will feel less confused about what’s happening. Group support helps everyone heal together

<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>August 21 – Oct 09, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>October 15 – December 03, 2019(Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>October 16 – Dec 04, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>December 10 – Dec 17,2019 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>
<p>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>December 11 – Dec 18, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets once a week with a trained professional who leads the discussion. You will get support and your questions will be answered. You will feel less confused about what's happening. <p>Group support helps everyone heal together</p>

For more details or your questions, please contact us at (403)205-5178

or check our website at www.familiesmatter.ca

Administrative Office: #158, 1440 52nd St. N.E. Calgary, Alberta T2A 4T8

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