

## Families Matter Parent Link Centre

Rosemont Family Centre

2807 10<sup>th</sup> Street NW

403.827.8872



March 2019



### OUR CENTRE OFFERS...

- Drop in and play
- Twins and Triplets Drop-In
- Support and Information for all Parents
- Community Resources
- Papa Bears
- Mandarin Mother Goose
- In-home Support
- Parenting Workshops
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks



# Rosemont

We are excited to have some great events coming up this month! Please join us on March 4<sup>th</sup>, 2019 from 5:30 - 7:00 pm. We will have a hot chocolate and cookies, please dress for the weather! RSVP to Margie or Janice, we look forward to seeing everyone on the rink!

As we start to welcome spring we will be getting outside. Please come dressed to get muddy and enjoy our beautiful space and park.

Join us on March 20<sup>th</sup> and 21<sup>st</sup> during Drop In & Play to help us create a special spring tree! We will have a variety of different materials and work together to build a beautiful tree that will help us celebrate the change in seasons.

### Parenting Workshops

#### Grains of Sand

March 7 – April 4

1:30 – 2:45 pm

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. Limited Childcare is available.

#### Terrific Toddlers

April 18 – May 16

1:30-3:00 pm

During Terrific Toddlers we will playfully explore the normal developmental changes and challenges of toddlers. Including topics such as positive discipline, communication, self-esteem and communication. Bring your questions! Terrific Toddlers runs for 5 weeks. Child Care is available for registered children.

Parenting programs are a wonderful way to connect with other parents, learn in a supportive environment. Please check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca) for a list of upcoming classes at all of our locations.

### Ages and Stages Questionnaires

We are offering this helpful tool for you to learn more about how your child is developing and how to support your child's optimal development. Our staff is available on site to assist you in filling the questionnaire and chat if you have any questions

**If your child is born in January, February or March please complete a developmental questionnaire. Some special treats and hot beverage will be served.**

*Learn Play Love*