



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](http://www.familiesmatter.ca) or call (403)205-5178


**Thursday, March 07, 2019**

If you are experiencing difficulty registering online please call 403.205.5178

| LOCATION   | DATES/TIMES  | COURSE NAME  |
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| <p><b>Families Matter</b><br/>Rosemont Community<br/>Centre – Lower Level<br/>2807 10<sup>th</sup> St. N.W.</p>  | <p><b>March 07 – April 25, 2019 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:00 p.m. – 7:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to<br/><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>  | <p><u><b>Papa Bears</b></u></p> <p>Modeled on the Parent-Child Mother Goose Program® this is a group experience for dads and their young children that focuses on the pleasure and development of literacy skill through the use of rhymes, songs, and stories together. Dads 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. Be sure to bring your child along (1-4 years old).</p> |
| <p><b>Families Matter Parent<br/>Link Centre</b><br/>Third Floor, 7930 Bowness<br/>Road NW</p>  | <p><b>March 13 – May 01, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to<br/><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>                         | <p><u><b>Nobody's Perfect</b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>April 03 – April 24, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to<br/><a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><u><b>Anxiety &amp; Breathwork</b></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>  |

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| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>April 09 – June 20, 2019 (Tuesday/Thursday)</b></p> <ul style="list-style-type: none"> <li>• 1:15 p.m. – 3:15 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>Families Learning Together</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>April 10 – May 15, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 4:00 p.m.</li> <li>• Cost: \$250.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>GroupWise - The Art &amp; Science of Facilitating Parenting Groups Professional Development</u></b></p> <p>This professional development opportunity is for participants who are currently working with, or wish to work with, parents in educational and group settings. This program will not address specific parenting curriculum. The emphasis is on creating learning environments, roles and responsibilities of parent educators, and plenty of time to practice engagement skills. Come join our encouraging and supportive learning team and expand on your skills.</p>              |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>April 12, 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 9:00 a.m. – 4:00 p.m.</li> <li>• Cost: \$99.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>  | <p><b><u>The Gingerbread Way – Level 1 Professional Development</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>April 18 – April 25, 2019 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Infant Massage</u></b></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><b>Families Matter</b><br/>Rosemont Community Centre – Lower Level<br/>2807 10<sup>th</sup> St. N.W.</p>  | <p><b>April 18 – May 16, 2019 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>   | <p><b><u>Terrific Toddlers</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>April 18, 2019 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>Mom and the Law</u></b></p> <p>Are you a mother who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? This session, just for moms.</p>  |

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| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>April 25, 2019 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>  | <p><b><u>Dad and the Law</u></b></p> <p>Are you a dad who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this dads only, information session.</p>   |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>May 01 – May 29, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 10:00 a.m. – 11:00 a.m.</li> <li>• Cost: \$40</li> <li>• .00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>May 01 – June 19, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 p.m.</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>              | <p><b><u>Positive Discipline in Everyday Parenting</u></b></p> <p>Based on the work of Joan Durrant, this eight week session addresses the roots of positive discipline, beginning with the relationship between parent and child and moving on to ages and stages of development. Learning is based on the two pillars of a strong relationship, structure and warmth.</p>   |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>May 01 – June 12, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>Be a Great Dad</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>May 10, 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 9:00 a.m. – 4:00 p.m.</li> <li>• Cost: \$99.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>The Gingerbread Way – Level 1 Professional Development</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>May 14 – June 11, 2019 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 p.m. – 8:00 p.m.</li> <li>• Cost: \$75.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>How to Talk so LITTLE KIDS Will Listen and Listen so Kids Will Talk</u></b></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence for this five week program to navigate and thrive in these important years.</p>          |

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| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>May 15 – July 03, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 3:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>                        | <p><b><u>Circle of Security</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>May 24, 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 9:00 a.m. – 4:00 p.m.</li> <li>• Cost: \$99.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>The Gingerbread Way – Level 2 Professional Development</u></b></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><b>Family Connections Parent Link Huntington Hills</b><br/>520 78 Ave NW</p>  | <p><b>June 03, 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: FREE</li> </ul> <p>To register please go online to <a href="http://community.hmhc.ca/sessions/">http://community.hmhc.ca/sessions/</a></p>  | <p><b><u>Avoiding Power Struggles</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>June 05 – June 26, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p> | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p>   | <p><b>June 21, 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 9:00 a.m. – 4:00 p.m.</li> <li>• Cost: \$99.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>  | <p><b><u>The Gingerbread Way – Level 2 Professional Development</u></b></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> |

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| <p><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>July 03 – July 31, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>           | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>August 07 – August 28, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>       | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>September 04 – September 25, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>October 02 – October 30, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>     | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>November 06 – November 27, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$40.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>Anxiety &amp; Breathwork</u></b></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><b>Families Matter</b><br/>Trans Canada Centre<br/># 158 - 1440 52nd St. NE</p> | <p><b>December 04 – December 18, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 1:30 p.m. – 2:30 p.m.</li> <li>• Cost: \$30.00, subsidy available</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>   | <p><b><u>Anxiety &amp; Breathwork</u></b></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](http://www.familiesmatter.ca)**



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




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## 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><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>    | <p><b>March 05 – April 23, 2019 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>         | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>   | <p><b>March 06 – April 24, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p> | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor, 7930 Bowness Road NW</p>  | <p><b>April 30 – June 18, 2019 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>          | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>   | <p><b>May 01 – June 19, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>    | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what's happening. Group support helps everyone heal together</li> </ul> |

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| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor,7930 Bowness Road NW</p>    | <p><b>June 25 – August 13, 2019 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>         | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>  | <p><b>June 26 – August 14, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p> | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor,7930 Bowness Road NW</p>    | <p><b>August 20 – October 08, 2019 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>      | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter</b><br/>Trans Canada Centre<br/>#158 - 1440 52nd St. NE</p>  | <p><b>August 21 – Oct 09, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: \$100.00, subsidy available</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>  | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul> |
| <p><b>Families Matter Parent Link Centre</b><br/>Third Floor,7930 Bowness Road NW</p>  | <p><b>October 15 – December 03, 2019(Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• Cost: No fee – PLC offering</li> </ul> <p>To register please call Shara at 403-205-5194</p> <p><b>Childcare is available (must register).</b></p>     | <p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening. Group support helps everyone heal together</li> </ul> |

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

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

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