



At a Glance Class Offerings

January 11, 2022

Our classes are open to everyone; however, registration is essential. To register, please go online to www.familiesmatter.ca or call us at 403-205-5178 or 403-288-1446.

Program offerings are listed in sections of:
Parent Classes, Parent and Child Classes, Front Runners Youth Programming and Perinatal Mental Health

Families Matter Parent/Caregiver Classes

LOCATION	DATES/TIMES	COURSE NAME
Triwood Centre 4004 19 th St. N.W.	January 23 – May 15, 2022 (Sundays) Facilitated by M. Bautista 1:00 – 3:00 pm No Cost: Fully subsidized	<u>Caring Dads</u> This program helps fathers strengthen healthy relationships with their children. Caring Dads is designed for fathers who want to change behaviours that can lead to violence or are at risk of exposing their children to abusive or neglectful behaviours. Fathers participating in the program will learn strategies to cope with frustrations, develop realistic expectations and change their perspective to better understand, and meet the needs of their children. Caring Dads means safer children. Please note: Upon registration, you will be contacted by Mike for intake for this program.
ONLINE via ZOOM	January 25, 2022 (Tuesday) Facilitated by S. Harach-Vatne 6:30 – 8:30 pm No Cost: Fully subsidized	<u>Helping Young People Thrive in a Stressed-Out World (7-12)</u> This class give parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child’s point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.
ONLINE via ZOOM	January 27, 2022 (Thursday) Facilitated by L. Florence 9:30 – 11:30 am No Cost: Fully subsidized	<u>How to Talk so Little Kids Will Listen BOOSTER</u> You’ve taken the class “ How to Talk so Little Kids Will Listen” and have found success in implementing the tools that were discussed. However, some days are still just HARD! Join us as we discuss the hard days and give you a bit of a boost for those extra challenging times. We will discuss ways to get approach the confusing situations while keeping focused on the goals we have for our lifelong relationship!

<p>ONLINE via ZOOM</p>	<p>January 27, 2022 (Thursday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>How to Talk so Little Kids Will Listen BOOSTER</u></p> <p>You've taken the class "How to Talk so Little Kids Will Listen" and have found success in implementing the tools that were discussed. However, some days are still just HARD! Join us as we discuss the hard days and give you a bit of a boost for those extra challenging times. We will discuss ways to get approach the confusing situations while keeping focused on the goals we have for our lifelong relationship!</p>
<p>ONLINE via ZOOM</p>	<p>January 31 – February 21, 2022 (Mondays) Facilitated by S. Harach-Vatne</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Helping Young People Thrive in a Stressed-Out World (7-12)</u></p> <p>These classes give parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>February 1 – March 1, 2022 (Tuesdays) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>How To Talk So Little Kids (2-7) Will Listen</u></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 L. Florence for this five-week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old.</p>
<p>ONLINE via ZOOM</p>	<p>February 1 – March 1, 2022 (Tuesdays) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>How To Talk So Kids (7-12) Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's 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 us for this five-week program to navigate and thrive in these important years. Ideal for parents of children ages 7 - 12 years old.</p>
<p>ONLINE via ZOOM</p>	<p>February 1 – 22, 2022 (Tuesdays) Facilitated by C. Nelson-Reid</p> <p>8:30 – 9:30 pm No Cost: Fully subsidized</p>	<p><u>Peace Through Breath and Rest</u></p> <p>Give yourself the gift of unwinding and relaxing this month. Fill yourself back up with nourishing breath work and deep relaxation, that will help calm your nervous system and deeply rest your mind, body, and soul. All you need is to be in a quiet and comfy space with a pillow, a blanket, and a warm cup of tea. Each session will offer one breathing technique and a guided body scan meditation, into deep rest.</p>
<p>ONLINE via ZOOM</p>	<p>February 2 – March 23, 2022 (Wednesdays) Facilitated by L. Florence</p> <p>9:30 - 11:30 am No Cost: Fully subsidized</p>	<p><u>Circle of Security Parenting</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>ONLINE via ZOOM</p>	<p>February 2 – March 2, 2022 (Wednesdays) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Terrific Toddlers for Dads</u></p> <p>Explores the normal developmental changes and challenges in children 18 months - 4 years in a father-specific environment. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behavior, learning through play, positive discipline, avoiding power struggles, effective communication, and self-esteem. Bring your questions! Certificate upon completion.</p>

<p>ONLINE via ZOOM</p>	<p>February 3 – 24, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>10:00 am – 12:00 pm No Cost: Fully subsidized</p>	<p><u>Promoting Resilience & Self-Regulation</u></p> <p>This class gives parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child’s point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>February 3 – March 3, 2022 (Thursdays) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>How to Talk so Teens (12-17) Will Listen</u></p> <p>These are important years for deepening the trust between you and your teenager. Ideal for parents of children ages 12 - 17 years old. In this class we will explore how to:</p> <ul style="list-style-type: none"> • Creating a space where you can listen and respond helpfully to your teenager’s concerns. • Express your own strong feelings without being hurtful. • Take action and clarify expectations without resorting to threats and punishments. • Encourage your teen to take responsibility and be thoughtful about their choices. • Work out problems together. • Talk about sex, drugs and more without preaching.
<p>ONLINE via ZOOM</p>	<p>February 3, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Intentional Parenting</u></p> <p>Does life seem “too busy” or you “lack time” to be a better parent? We all have “quick fix” techniques we use in parenting that are only short-term teaching. Let’s talk long term. We will discuss planning and prioritizing where to put our efforts to raise positive, productive children. This class supports all parents.</p>
<p>ONLINE via ZOOM</p>	<p>February 10, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Sleep Strategies</u></p> <p>Ideas and tips to help your child be a better sleeper. From bedtime to morning. This class supports parents of children ages 1 – 5 years old.</p>
<p>ONLINE via ZOOM</p>	<p>February 16 – March 16, 2022 (Wednesdays) Facilitated by J. Wong</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>How to Talk so Little Kids (2-7) Will Listen</u></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. Ideal for parents of children ages 2 - 7 years old.</p>
<p>ONLINE via ZOOM</p>	<p>February 17, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Siblings Without Rivalry</u></p> <p>We all want harmony and to reduce rivalry between our children. This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.</p>

<p>ONLINE via ZOOM</p>	<p>February 24, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Challenging Behaviours in Young Children</u></p> <p>Is your child hitting, biting, kicking, or has other behaviours that are challenging? Ideas and tools to help parents take control and stop the aggression. For parents of children ages 1 – 4 years old.</p>
<p>ONLINE via ZOOM</p>	<p>March 1 – April 19, 2022 (Tuesdays) Facilitated by J. Wong</p> <p>7:00– 9:00pm No Cost: Fully subsidized</p>	<p><u>Circle of Security Parenting</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>ONLINE via ZOOM</p>	<p>March 1 – 29, 2022 (Tuesdays) Facilitated by C. Nelson-Reid</p> <p>8:30 – 9:30 pm No Cost: Fully subsidized</p>	<p><u>Peace Through Breath and Rest</u></p> <p>Give yourself the gift of unwinding and relaxing this month. Fill yourself back up with nourishing breath work and deep relaxation, that will help calm your nervous system and deeply rest your mind, body, and soul. All you need is to be in a quiet and comfy space with a pillow, a blanket, and a warm cup of tea. Each session will offer one breathing technique and a guided body scan meditation, into deep rest.</p>
<p>ONLINE via ZOOM</p>	<p>March 3, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Potty Talk</u></p> <p>Toilet learning tips to make this milestone stress-free for you and your child. For parents of children ages 2 - 4.</p>
<p>ONLINE via ZOOM</p>	<p>March 3 - 24, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>10:00 am – 12:00 pm No Cost: Fully subsidized</p>	<p><u>Promoting Resilience & Self-Regulation</u></p> <p>This class gives parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>Horizon Centre 3404 25th St. N.E.</p>	<p>March 3 – April 14, 2022 (Thursdays) Facilitated by R. Campbell</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</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>ONLINE via ZOOM</p>	<p>March 8, 2022 (Tuesday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>The Digital Dilemma (2-7)</u></p> <p>There is no magical formula to calculate how much screen time is healthy or problematic. As parents, you try to navigate the "latest" learning about screen time. In this class we proceed on the premise that each participant makes their own determination around what works for their family. We offer communication tools that help you resolve conflict around screens.</p>

ONLINE via ZOOM	<p>March 8, 2022 (Tuesday) Facilitated by L. Florence</p> <p>7:00 - 9:00 pm No Cost: Fully subsidized</p>	<p><u>Kids Have Stress Too for Parents of Children 2-7</u></p> <p>The experiences of young children form the foundation for their later social and emotional functioning. This one session workshop teaches parents tools to help young children develop their physical, mental, emotional, and behavioral coping skills, thinking styles, and key abilities during the preschool years.</p>
ONLINE via ZOOM	<p>March 9, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Effective Communication</u></p> <p>In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation.</p>
ONLINE via ZOOM	<p>March 9, 2022 (Wednesday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>The Digital Dilemma (2-7)</u></p> <p>There is no magical formula to calculate how much screen time is healthy or problematic. As parents, you try to navigate the "latest" learning about screen time. In this class we proceed on the premise that each participant makes their own determination around what works for their family. We offer communication tools that help you resolve conflict around screens.</p>
ONLINE via ZOOM	<p>March 10, 2021 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Responding to Your Child's Meltdowns AM</u></p> <p>When your child is having a meltdown, (in any way) are you "co-escalating or co-regulating"? In this parent tip time, we will explore ways to support a child (and parent) through their intense emotions. This class supports parents of children ages 2 - 6.</p>
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ONLINE via ZOOM	<p>March 15, 2021 (Tuesday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Kids Have Stress Too for Parents of Children 7-12</u></p> <p>Stress is a normal part of everyday life. It can have a positive influence on motivation and creativity. But excessive stress can have a dramatic effect on learning and social development. In this one session class we will discuss tools to help parents support elementary aged children through self-regulation, teach problem solving skills, and create a safe place for children to release their stress.</p>
ONLINE via ZOOM	<p>March 16 – April 27, 2022 (Wednesdays) Facilitated by B. Henley</p> <p>9:00 am – 12:00 pm Cost: \$ 400.00 per participant</p>	<p><u>GroupWise: The Art & Science of Facilitating Parenting Groups</u></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>
ONLINE via ZOOM	<p>March 16, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>When Consequences Don't Work</u></p> <p>In this workshop we look at the difference between logical & natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behavior that work at different ages.</p>

<p>ONLINE via ZOOM</p>	<p>March 17, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Avoiding Power Struggles</u></p> <p>The earlier 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. For parents of children ages 3 - 9.</p>
<p>Horizon Centre 3404 25th St. N.E.</p>	<p>March 21 – May 16, 2022 (Mondays) Facilitated by S. Harach-Vatne</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Parent Effectiveness Training</u></p> <p>Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging- even overwhelming at times. Unfortunately, children don't come with an instruction manual. And being a parent doesn't always mean that you automatically or instinctively know what to do. Parent Effectiveness Training (P.E.T.) offers proven communication skills that really work. When they use these skills, parents are amazed with the dramatic improvement both in their families and in all their relationships. Created by Nobel Peace Prize Nominee, Dr. Thomas Gordon, P.E.T. is a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive.</p>
<p>ONLINE via ZOOM</p>	<p>March 22, 2022 (Tuesday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Kids Have Stress Too for Parents of Teens</u></p> <p>The teen years are challenging. It is a time when our children are facing a whole range of new developmental, social, and academic stressors and pressures. In this one session class, we will discuss stress-management skills to support our teens through these times. Parents will learn strategies to help them build emotional resiliency and promote well-being.</p>
<p>ONLINE via ZOOM</p>	<p>March 23, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Understanding your Child's Learning Styles</u></p> <p>"I know every child is different—but where is the instruction booklet?" In this workshop we look at learning styles and how they affect the various facets of a child's life such as: learning new material, handling a new experience, motivation & rewards. We also look at learning styles and help parents identify their own and one of their children's preferred modes of learning and develop ideas that can be implemented.</p>
<p>ONLINE via ZOOM</p>	<p>March 24, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Discipline vs Punishment</u></p> <p>Positive discipline techniques to help guide parents away from punishment. For parents of children ages 1 - 5.</p>
<p>ONLINE via ZOOM</p>	<p>March 24, 2022 (Thursday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>The Digital Dilemma (7-12)</u></p> <p>Managing screen time becomes more complicated as children get older, as screens are enmeshed in almost every aspect of a child's life - from school, social, home, entertainment, creativity. As parents, we want to have a hands-on approach while making sure our kids have balance. In this class we discuss ideas to help our children learn to manage screen time. We discuss ways to set limits and how to approach this. We will learn ways to focus on communication and not on control. Each family will know what they are comfortable with and what works best for them and their child.</p>

<p>ONLINE via ZOOM</p>	<p>March 29 – April 19, 2022 (Tuesdays) Facilitated by L. Florence</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Helping Young People Thrive in a Stressed-Out World (7-12)</u></p> <p>These classes give parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child’s point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>March 30, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Different Parenting Styles</u></p> <p>Through discussion of the parenting styles, you experienced as a child you will better understand your own. Practice the skill of good listening and conflict resolution. Discover how to make different parenting styles (even in different homes) work for your family.</p>
<p>ONLINE via ZOOM</p>	<p>March 31 – April 21, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>10:00 am – 12:00 pm No Cost: Fully subsidized</p>	<p><u>Promoting Resilience & Self-Regulation</u></p> <p>This class gives parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child’s point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>April 5 – 26, 2022 (Tuesdays) Facilitated by C. Nelson-Reid</p> <p>8:30 – 9:30 pm No Cost: Fully subsidized</p>	<p><u>Peace Through Breath and Rest</u></p> <p>Give yourself the gift of unwinding and relaxing this month. Fill yourself back up with nourishing breath work and deep relaxation, that will help calm your nervous system and deeply rest your mind, body, and soul. All you need is to be in a quiet and comfy space with a pillow, a blanket, and a warm cup of tea. Each session will offer one breathing technique and a guided body scan meditation, into deep rest.</p>
<p>ONLINE via ZOOM</p>	<p>April 6 – April 20, 2022 (Wednesdays) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Raising Your Spirited Child – Working with Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>
<p>ONLINE via ZOOM</p>	<p>April 25 – June 20, 2022 (Mondays) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Circle of Security Parenting AM</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>
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<p>ONLINE via ZOOM</p>	<p>April 26 – May 24, 2022 (Tuesdays) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>How to Talk So Little Kids (2-7) Will Listen</u></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 us for this five-week program to navigate and thrive in these important years. Ideal for parents/caregivers of children ages 2 - 7 years old.</p>
<p>ONLINE via ZOOM</p>	<p>April 26 – May 24, 2022 (Tuesdays) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>How To Talk So Kids (7-12) Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's 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 us for this five-week program to navigate and thrive in these important years. Ideal for parents of children ages 7 - 12 years old.</p>
<p>ONLINE via ZOOM</p>	<p>April 27 – May 25, 2022 (Wednesdays) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Terrific Toddlers AM</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 behavior, learning through play, positive discipline, avoiding power struggles, effective communication, and self-esteem. Bring your questions! Certificate upon completion.</p>
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<p>ONLINE via ZOOM</p>	<p>April 28, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Picky Eating</u></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. For parents of children ages 1 – 5 years.</p>
<p>ONLINE via ZOOM</p>	<p>April 28 – May 19, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>10:00 am – 12:00 pm No Cost: Fully subsidized</p>	<p><u>Promoting Resilience & Self-Regulation</u></p> <p>This class gives parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>

<p>ONLINE via ZOOM</p>	<p>April 28 – May 19, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>6:30 pm – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Helping Young People Thrive in a Stressed-Out World (7-12)</u></p> <p>These classes give parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>April 28, 2022 (Thursday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Sleep Strategies</u></p> <p>Ideas and tips to help your child be a better sleeper. From bedtime to morning. This class supports parents of children ages 1 – 5 years.</p>
<p>ONLINE via ZOOM</p>	<p>May 3 – 31, 2022 (Tuesdays) Facilitated by C. Nelson-Reid</p> <p>8:30 – 9:30 pm No Cost: Fully subsidized</p>	<p><u>Peace Through Breath and Rest</u></p> <p>Give yourself the gift of unwinding and relaxing this month. Fill yourself back up with nourishing breath work and deep relaxation, that will help calm your nervous system and deeply rest your mind, body, and soul. All you need is to be in a quiet and comfy space with a pillow, a blanket, and a warm cup of tea. Each session will offer one breathing technique and a guided body scan meditation, into deep rest.</p>
<p>ONLINE via ZOOM</p>	<p>May 4, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>When Consequences Don't Work</u></p> <p>In this workshop we look at the difference between logical & natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behaviour that work at different ages.</p>
<p>ONLINE via ZOOM</p>	<p>May 4, 2022 (Wednesday) Facilitated by S. Harach-Vatne</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Promoting Resilience & Self-Regulation</u></p> <p>This class gives parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child's point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>May 5, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Avoiding Power Struggles</u></p> <p>The earlier 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. For parents of children ages 3 - 9.</p>
<p>ONLINE via ZOOM</p>	<p>May 5, 2022 (Thursday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Responding to Your Child's Meltdowns</u></p> <p>When your child is having a meltdown, (in any way) are you "co-escalating or co-regulating"? In this parent tip time, we will explore ways to support a child (and parent) through their intense emotions. This class supports parents of children ages 2 - 6.</p>

<p>ONLINE via ZOOM</p>	<p>May 11, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Understanding Your Child’s Learning Styles</u></p> <p>“I know every child is different—but where is the instruction booklet?” In this workshop we look at learning styles and how they affect the various facets of a child’s life such as: learning new material, handling a new experience, motivation & rewards. We also look at learning styles and help parents identify their own and one of their children’s preferred modes of learning and develop ideas that can be implemented.</p>
<p>ONLINE via ZOOM</p>	<p>May 12, 2022 (Wednesday) Facilitated by Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Discipline vs Punishment</u></p> <p>Positive discipline techniques to help guide parents away from punishment. For parents of children ages 1 – 5 years old.</p>
<p>ONLINE via ZOOM</p>	<p>May 12, 2022 (Wednesday) Facilitated by Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Potty Talk</u></p> <p>Toilet learning tips to make this milestone stress-free for you and your child. For parents of children ages 2 – 4 years old.</p>
<p>ONLINE via ZOOM</p>	<p>May 18, 2022 (Wednesday) Facilitated by B. Henley</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Different Parenting Styles</u></p> <p>Through discussion of the parenting styles, you experienced as a child you will better understand your own. Practice the skill of good listening and conflict resolution. Discover how to make different parenting styles (even in different homes) work for your family.</p>
<p>ONLINE via ZOOM</p>	<p>May 19, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Challenging Behaviours in Young Children</u></p> <p>Is your child hitting, biting, kicking, or has other behaviours that are challenging? Ideas and tools to help parents take control and stop the aggression. For parents of children ages 1 – 4 years old.</p>
<p>ONLINE via ZOOM</p>	<p>May 19, 2022 (Thursday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Siblings Without Rivalry</u></p> <p>We all want harmony and to reduce rivalry between our children. This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.</p>
<p>ONLINE via ZOOM</p>	<p>May 26 – June 16, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>10:00 am – 12:00 pm No Cost: Fully subsidized</p>	<p><u>Promoting Resilience & Self-Regulation</u></p> <p>This class gives parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child’s point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care.</p>
<p>ONLINE via ZOOM</p>	<p>May 26 – June 16, 2022 (Thursdays) Facilitated by S. Harach-Vatne</p> <p>6:30 – 8:30 pm No Cost: Fully subsidized</p>	<p><u>Helping Young People Thrive in a Stressed-Out World (7-12)</u></p> <p>These classes give parents the tools & stress management strategies to help their children learn to recognize and manage their stress and emotions. They will learn how to cope with stress and to better express their feelings & emotions, promoting social-emotional development & self-regulation. Learn about stress from a child’s point of view as well as your own stress response, coping skills & the positive effect of taking time for self-care</p>

<p>ONLINE via ZOOM</p>	<p>May 26, 2022 (Thursday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>Picky Eating</u></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. For parents of children ages 1 – 5 years old.</p>
<p>ONLINE via ZOOM</p>	<p>May 26, 2022 (Thursday) Facilitated by L. Florence</p> <p>9:30 – 11:30 am No Cost: Fully subsidized</p>	<p><u>Intentional Parenting</u></p> <p>Does life seem “too busy” or you “lack time” to be a better parent? We all have “quick fix” techniques we use in parenting that are only short-term teaching. Let’s talk long term. We will discuss planning and prioritizing where to put our efforts to raise positive, productive children. This class supports all parents.</p>
<p>ONLINE via ZOOM</p>	<p>May 31, 2022 (Tuesday) Facilitated by L. Florence</p> <p>7:00 – 9:00 pm No Cost: Fully subsidized</p>	<p><u>The Digital Dilemma (7-12)</u></p> <p>Managing screen time becomes more complicated as children get older, as screens are enmeshed in almost every aspect of a child's life - from school, social, home, entertainment, creativity. As parents, we want to have a hands-on approach while making sure our kids have balance. In this class we discuss ideas to help our children learn to manage screen time. We discuss ways to set limits and how to approach this. We will learn ways to focus on communication and not on control. Each family will know what they are comfortable with and what works best for them and their child.</p>
<p>ONLINE via ZOOM</p>	<p>June 7 – 28, 2022 (Tuesdays) Facilitated by C. Nelson-Reid</p> <p>8:30 – 9:30 pm No Cost: Fully subsidized</p>	<p><u>Peace Through Breath and Rest</u></p> <p>Give yourself the gift of unwinding and relaxing this month. Fill yourself back up with nourishing breath work and deep relaxation, that will help calm your nervous system and deeply rest your mind, body, and soul. All you need is to be in a quiet and comfy space with a pillow, a blanket, and a warm cup of tea. Each session will offer one breathing technique and a guided body scan meditation, into deep rest.</p>

For more details or your questions, please contact us at (403) 205-5178 or (403) 288-1446 or check our website at www.familiesmatter.ca

Administrative Office: #3404-25th St. N.E. Calgary, Alberta T1Y 6C1



Families Matter Parent and Child Together Classes

The following classes are open to everyone; however, registration is essential. To register, go online to www.familiesmatter.ca or call us at 403-205-5178 or 403-288-1446.

LOCATION	DATES/TIMES	COURSE NAME
Prairie Winds Park 233 Castleridge Blvd. N.E.	January 18 – February 8, 2022 (Tuesdays) Facilitated by V. Spencer 10:00 – 11:30 am No Cost: Fully subsidized	<u>Winter Wonderland Outdoor Play</u> Come discover the wonder of playing outside in the winter, get moving with us and spend some time much needed time in the fresh air. Canadian winters can be long, but there is so much fun to be had! Being outside is important for children and parents all year long, as it improves cognitive, mental, and physical well being. We will engage in classic winter play in the snow like building snow forts, snow art and snowmen as well as find creative ways to bring the indoors outdoors. This program is for children ages 3 - 6 years old .
Midnapore Family Centre #101 239 Midpark Way S.E.	January 27 – March 3, 2022 (Thursdays) Facilitated by L. Haider 1:30 – 3:00 pm No Cost: Fully subsidized	<u>Parent-Child Mother Goose Program® 1-2 Years</u> 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 skills using 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 1 - 2 years old .
Crestwood Housing #2425 69 th Avenue S.E.	February 16 – April 6, 2022 (Wednesdays) Facilitated by M. House 10:00 am – 12:00 pm No Cost: Fully subsidized	<u>Parent-Child Mother Goose Program® 0-3 Years</u> 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 skills using 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 - 3 years old .
Rosemont Community Centre 2807 10 th Street N.W.	March 15 – May 3, 2022 (Tuesdays) Facilitated by L. Sun 10:00 – 11:00 am No Cost: Fully subsidized	<u>Parent-Child Mother Goose Program® 1-5 Years in Mandarin</u> 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 skills using 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 1 - 5 years old .

<p>Rosemont Community Centre 2807 10th Street N.W.</p>	<p>May 10 – June 28, 2022 (Tuesdays) Facilitated by L. Sun</p> <p>10:00 – 11:00 am No Cost: Fully subsidized</p>	<p><u>Parent-Child Mother Goose Program® 1-5 Years in Mandarin</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 skills using 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 1 - 5 years old.</p>
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Families Matter Frontrunners Youth Programming

The following youth classes are open to everyone aged 7-12 years; however, registration is essential. To register, go online to www.familiesmatter.ca or call us at 403-205-5178 or 403-288-1446.

These are drop-off programs; parents/guardians are not required to stay.

Signed waivers are required for participation.

LOCATION	DATES/TIMES	COURSE NAME
<p>Midnapore Family Centre #101 239 Midpark Way S.E.</p>	<p>January 24 – February 14, 2022 (Mondays) Facilitated by J. Daalder</p> <p>4:00 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Youth Scientists (Ages 7-10)</u></p> <p>Teaching emotional literacy through SCIENCE!</p> <p>In this 4-session program, your child will learn about various self-development skills in a FUN and INTERACTIVE way. Activities such as making slime, building lava lamps, solving a crime, and making mini explosions will be taking place.</p> <p>Stress-management, developing teamwork skills, building self-esteem, and conflict resolution will be the focus of this program.</p>
<p>Triwood Family Centre #4004 19th Street N.W.</p>	<p>January 26, 2022 (Wednesday) Facilitated by J. Daalder</p> <p>4:00 – 6:00 pm No Cost: Fully subsidized</p>	<p><u>Youth Activity Night (Ages 8-14)</u></p> <p>We would love to have youth join us for a fun evening of community connection and engagement with games, activities and crafts. Come with all your questions, and we would love to tell you all about the various youth programs we have available, as well as our other programs at Families Matter!</p>

<p>Triwood Family Centre #4004 19th Street N.W.</p>	<p>January 27, 2022 (Thursday) Facilitated by J. Daalder</p> <p>4:00 – 6:00 pm No Cost: Fully subsidized</p>	<p><u>Youth Activity Night (Ages 8-14)</u></p> <p>We would love to have youth join us for a fun evening of community connection and engagement with games, activities and crafts. Come with all your questions, and we would love to tell you all about the various youth programs we have available, as well as our other programs at Families Matter!</p>
<p>Marlborough Park 755 Madeira Drive N.E.</p>	<p>January 28, 2022 (Friday) Facilitated by J. Daalder</p> <p>1:00 – 3:00 pm No Cost: Fully subsidized</p>	<p><u>Winter Park n’ Play (Ages 8-14)</u></p> <p>Offered on a CCSD non-instruction day, this afternoon of outdoor play will get your kids' blood pumping and enjoying Canadian winter days. Tobogganing, games, and physical activity will all be a part of this program.</p>
<p>Midnapore Family Centre #101 239 Midpark Way S.E.</p>	<p>January 31, 2022 (Monday) Facilitated by J. Daalder</p> <p>10:00 am – 1:00 pm No Cost: Fully subsidized</p>	<p><u>Leadership Camp (Ages 8-14)</u></p> <p>Scheduled on CBE & CCSD non-instruction days, for those extra days off to keep your kids engaged in a fun and educational environment. A day of games, crafts and educational activities that focus on building self-esteem, confidence, and emotional intelligence. This leadership camp will encourage your kids to develop their leadership skills and personal growth for a strong foundation into becoming young adults.</p>
<p>ONLINE via ZOOM</p>	<p>February 2 - 23, 2022 (Wednesdays) Facilitated by D. Cekic</p> <p>4:00 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Youth Writers (Ages 8-12)</u></p> <p>Teaching kids to express themselves on paper! This creative writing class focuses on basic writing skills and creative expression by learning to write poems, songs, short stories, scripts, journaling and more! Discussions about the benefits of emotional expression and creativity are the forefront of this class. No experience necessary.</p>
<p>Horizon Family Centre 3404 25th St. N.E.</p>	<p>February 2 - 23, 2022 (Wednesdays) Facilitated by J. Daalder</p> <p>4:00 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Youth Scientists (Ages 7-10)</u></p> <p>Teaching emotional literacy through SCIENCE! In this 4-session program, your child will learn about various self-development skills in a FUN and INTERACTIVE way. Activities such as making slime, building lava lamps, solving a crime, and making mini explosions will be taking place. Stress-management, developing teamwork skills, building self-esteem, and conflict resolution will be the focus of this program.</p>
<p>ONLINE via ZOOM</p>	<p>February 3 - 24, 2022 (Thursdays) Facilitated by J. Daalder</p> <p>4:30 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Canvas Kids (Ages 8-12)</u></p> <p>Finding the calm through chaos! Offered over Zoom, these 60-minute sessions focus on mindfulness and discussions around stress management and coping skills, all while discovering various artistic interests. All program supplies delivered right to the participants’ home before each session. NO COST TO YOU.</p> <p>Session 1: Paint</p> <p>Session 2: Clay</p> <p>Session 3: Drawing arts</p> <p>Session 4: Paper arts</p> <p>Practice different art styles to express your creative side, reduce stress, and get in touch with your feelings. This program is appropriate for any artistic level!</p>

<p>ONLINE via ZOOM</p>	<p>February 7 & 14, 2022 (Mondays) Facilitated by D. Cekic</p> <p>4:00 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Chef on NSTEP x Families Matter (Ages 8-12)</u></p> <p>Families Matter and NSTEP are collaborating to offer a youth cooking class! This program focuses on teaching food literacy in a FUN and INTERACTIVE way.</p> <p>HEALTHY FOOD TASTES GREAT!</p> <p>We will be teaching your child:</p> <ol style="list-style-type: none"> 1. Food preparation skills (chopping, following recipes and reading labels) 2. Food and kitchen safety (knife safety, sanitary food handling & storage, clean as you go) 3. How to create meals that fuel their minds and bodies (Canada's Food Guide, vitamins & water intake)
<p>Triwood Family Centre #4004 19th Street N.W.</p>	<p>February 8 – March 1, 2022 (Tuesdays) Facilitated by J. Daalder</p> <p>4:00 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Youth Writers (Ages 8-12)</u></p> <p>Teaching kids to express themselves on paper! This creative writing class focuses on basic writing skills and creative expression by learning to write poems, songs, short stories, scripts, journaling and more! Discussions about the benefits of emotional expression and creativity are the forefront of this class. No experience necessary.</p>
<p>Triwood Park 2244 Chicoutimi Drive N.W.</p>	<p>February 17, 2022 (Thursday) Facilitated by J. Daalder</p> <p>1:00 – 3:00 pm No Cost: Fully subsidized</p>	<p><u>Winter Park n' Play (Ages 8-14)</u></p> <p>Offered on a CCSD non-instruction day, this afternoon of outdoor play will get your kids' blood pumping and enjoying Canadian winter days. Tobogganing, games, and physical activity will all be a part of this program.</p>
<p>Midnapore Family Centre #101 239 Midpark Way S.E.</p>	<p>February 28 – April 4, 2022 (Mondays) Facilitated by D. Cekic</p> <p>4:00 – 5:30 pm No Cost: Fully subsidized</p>	<p><u>Teen Brain (Ages 12-15)</u></p> <p>Do you wonder WHY Teen Brains are so different? Come learn with NSTEP & Families Matter how YOU can build stronger and healthier brains. Topics will include the importance of physical activity, healthy eating, social connection and sleep, over 6 FUN and INTERACTIVE after school sessions.</p>

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Families Matter Perinatal Mental Health

An intake process is required before enrolling in a class. Please call (403) 205-5194 or (403) 205-5180.

LOCATION	DATES/TIMES	COURSE NAME
Horizon Family Centre 3404 25th St. N.E.	January 31 & February 7, 2022 (Mondays) 6:00 – 8:00 pm Cost: No fee No childcare available	<u>Postpartum Information and Support for Partners</u> PPD affects the entire family. We invite the partner's to join us for two nights in order to better understand postpartum difficulties, depression and anxiety. Participants will learn strategies that can help Mom feel better. We discuss communication skills and ways that they can support themselves to better support their families. Getting better—getting through it stronger than before. This program is limited to 12 participants and facilitated by Jory & Amanda McMillian, who have experienced PPD and will share how to effectively move through this. Join us for this free program.
ONLINE via ZOOM	Tuesdays 9:30 – 11:30 am Cost: No fee No childcare available	<u>Postpartum Support Group - Women Helping Women</u> <ul style="list-style-type: none"> • These Supportive groups meet 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. Please call our intake line at 403-205-5180 or 403-205-5194
ONLINE via ZOOM	Tuesdays 6:00 – 8:00 pm Cost: No fee No childcare available	<u>Prenatal Support Group - Women Helping Women</u> <ul style="list-style-type: none"> • These Supportive groups meet 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. Please call our intake line at 403-205-5180 or 403-205-5194
Horizon Family Centre 3404 25th St. N.E.	Wednesdays 9:30 – 11:30 am Cost: No fee Childcare available	<u>Postpartum Support Group - Women Helping Women</u> <ul style="list-style-type: none"> • These Supportive groups meet 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. Please call our intake line at 403-205-5180 or 403-205-5194

<p>ONLINE via ZOOM</p>	<p>Wednesdays</p> <p>6:00 – 8:00 pm Cost: No fee</p> <p>No childcare available</p>	<p><u>Postpartum Support Group - Women Helping Women</u></p> <ul style="list-style-type: none"> • These Supportive groups meet 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>Please call our intake line at 403-205-5180 or 403-205-5194</p>
<p>ONLINE via ZOOM</p>	<p>Thursdays</p> <p>9:30 – 11:30 am Cost: No fee</p> <p>No childcare available</p>	<p><u>Postpartum Support Group - Women Helping Women</u></p> <ul style="list-style-type: none"> • These Supportive groups meet 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>Please call our intake line at 403-205-5180 or 403-205-5194</p>
<p>ONLINE via ZOOM</p>	<p>Thursdays</p> <p>6:00 – 8:00 pm Cost: No fee</p> <p>No childcare available</p>	<p><u>Postpartum Support Group - Women Helping Women</u></p> <ul style="list-style-type: none"> • These Supportive groups meet 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>Please call our intake line at 403-205-5180 or 403-205-5194</p>
<p>ONLINE via ZOOM</p>	<p>Fridays</p> <p>9:30 – 11:30 am Cost: No fee</p> <p>No childcare available</p>	<p><u>Postpartum Support Group - Women Helping Women</u></p> <ul style="list-style-type: none"> • These Supportive groups meet 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>Please call our intake line at 403-205-5180 or 403-205-5194</p>
<p>ONLINE via ZOOM</p>	<p>Saturdays</p> <p>10:00 am – 12:00 pm Cost: No fee</p> <p>No childcare available</p>	<p><u>Postpartum Support Group - Women Helping Women</u></p> <ul style="list-style-type: none"> • These Supportive groups meet 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>Please call our intake line at 403-205-5180 or 403-205-5194</p>

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