



Horizon Centre
3404 25 St NE

Midnapore Centre
101, 239 Midpark Way SE

KEYS TO RESILIENCE

DROP-IN PROGRAMMING

Connect & Play (0 - 6 years) and Baby Drop-In (0 - 18 months)

Our play centres will be open for families to explore, play, imagine, create and meet new friends in an unstructured and child-led environment. Coffee and tea will be available for caregivers, with snacks for children.



ASQ Days

Join us during drop-in the second week of every month to complete an Ages and Stages Questionnaire with a worker and get a deeper understanding of your child's milestones. Explore their developmental strengths and prepare for what is coming next.

PARENTING CLASSES

All Families Matter programming is no cost.
On-site childcare is available.

Nurturing Parenting

Learn about managing stress and anger in yourself and your children, understand communication and feelings, and learn about positive discipline.

LENA Start

Parents of children 2 - 32 months will learn how to increase talk with their children and about how talk influences early brain development.

Infant Massage

Parents of infants (6 weeks - 6 months) will learn how to use a nurturing touch to connect with baby and support growth and development.



PARENT & CHILD REGISTERED PROGRAMS

Noodle Do *ages 4-5*

Learn new activities to build connection, imagination, and brain development.



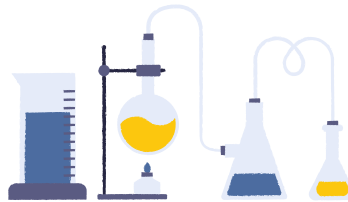
Nature Play *ages 3-6*

Explore through nature-based art, loose parts free play, and new ideas that invite creativity in the great outdoors!



Parent Child Mother Goose *ages 0-3*

PCMG fosters bonding and literacy in mothers and babies through rhythm, rhyme, and songs.



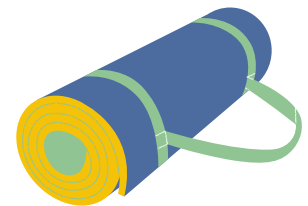
Story Time *ages 3-6*

Enhances brain development, emotional intelligence and most importantly, nurtures a love for reading.



Mindful Monkeys *ages 3-6*

Developmentally appropriate affirmations, breathing, and yoga to boost self-love, focus, and fitness in a fun way!



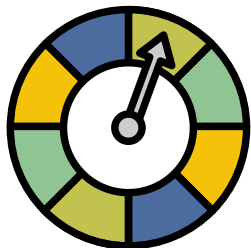
Little Scientists *ages 3-6*

Explore a new science concept weekly with fun, messy experiments that spark curiosity and inquiry!



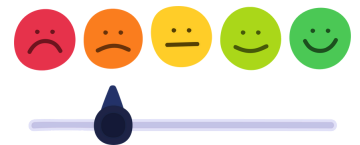
Busy Bodies *ages 3-6*

Fun activities like movement, music, and sensory play to boost physical, intellectual, and social development.



Kimochis *ages 3-6*

Learn new activities to build connection, imagination, and brain development.



Rainbow Families *ages 0-6*

A space for 2SLGBTQ+ families to connect and build community.