

Families Matter Parent Link Centre

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www.familiesmatter.ca



April 2019



OUR CENTRE OFFERS...

- Drop-In & Play (0 – 5 yrs)
- Infant Drop In & Play
- Support and Information for all Parents
- Community Resources
- Individualized Support
- Parenting Workshops
- Postpartum Support
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- A Multilingual Community
- Celebrations

"Have patience with all things, But, first of all with yourself."
~Saint Francis de Sales

Bowness – Parent Link

Closure

We will be closed on Friday, April 19th, 2019 for Good Friday. Happy Easter to all of our families who celebrate it.

Drop In & Play

Come and explore our centre and join your child in play. This is a wonderful way to connect with your child "at work". It also creates an opportunity to connect with other parents, learn about what resources are available in the community and enjoy a cup of coffee or tea. For specific times please look at our calendar.

Infant Drop In & Play - Wednesdays 10:30 – 11:30 am

Do you have a child under 12 months? Join us for Infant Drop In & Play. With childcare is available for older siblings, you will be able to enjoy this one-on-one time with your baby, discuss parenting, learn some songs connect with other parents and community resources.

Evening Drop In & Play – Tuesdays 4:30 – 6:30 pm

Come and join us for some play! It is an opportunity to wind down with your child after work, preschool and right before dinner time. Explore and engage with a variety of materials and activities. This is a wonderful way to connect with your little one by doing something they enjoy the most – playing!

Saturday Drop In and Play – Saturday April 27th 10:00 am - 12:00 pm

Spring has sprung come and play and enjoy spring activities. We will plant some flowers together, when you come back and visit us you will be able to watch them bloom! These plants will help create a wonderful space in our centre and we will have all the supplies required.

Celebrations

Let's decorate some Easter Eggs! Join us during Drop In & Play on Monday, April 15th. This is going to be a messy one some please come prepared to get creative, we recommend bringing an extra shirt to change into.

Parenting Education Classes

Families Learning Together April 9 - June 20 1:15 - 3:15pm

This program runs Tuesday and Thursday for 11 weeks. Families Learning Together is for parents and their pre-kindergarten aged child. It is a fun program that supports children to be prepared for the transition to kindergarten. It is designed to support children to handle transitions, encourages self-regulation and practice social skills.

Infant Massage April 10, 17, 24 9:30 - 10:30 am

This program will teach how to use a nurturing touch to connect with your baby and support growth and development in this unique way. You will learn techniques that you can use at home to provide a full body, massage to your little one. It is for the moms with babies 0-12 months old. Please register online, you can sign up for one or more sessions.

Please check out www.familiesmatter.ca to register.

Learn Play Love