

Families Matter Parent Link Centre

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May 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



Bowness – Parent Link

Closure

Please note we will be closed the following dates in May, these closures are for Victoria Day and the others will allow for our staff to participate in professional development opportunities. Friday, May 3rd, Friday, May 17th, Monday, May 20th, Thursday, May 30th & Friday, May 31st, 2019.

Drop In & Play

Come and explore our centre and join your child(ren) 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

Come and join us for some play every **Tuesday from 4:30 - 6:30 pm**. It is an opportunity to wind down with your child after work, preschool and right before dinner time. Explore and engage with materials and activities in playful and creative way. Each of these evenings are differently themed and offer variety of 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

Join us on Saturday May 25 from 10:00 am – 12:00 pm for some imaginative play activities. The month of May starts the camping season, join us at our little camp site, camping inspired activities and make s'mores, a very yummy camping treat.

Celebrations

Mother's Day is on Sunday, May 12th and we wish all Moms a wonderful Mother's Day! In honor of this special day, we are hosting a special celebration for moms. Join us on Friday, May 10th, during our Drop In & Play program we will have a short spa session to celebrate everything moms represent.

Parenting Education Classes

Circle of security

Wednesdays May 15th - July 3rd 1:30 - 3:30 pm

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.

Infant Development Sessions

Bonding, Attachment & Communication	Wednesday May 8 th	9:30 - 10:30 am
Magic Moments	Wednesday May 15 th	9:30 - 10:30 am
Catching Bubbles	Wednesday May 22 nd	9:30 - 10:30 am
Teaching Limits with Love	Wednesday May 29 th	9:30 - 10:30 am

Learn Play Love