



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

**Tuesday, May 14, 2019**

If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
<p><b>Families Matter</b> Trans Canada Centre # 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>
<p><b>Families Matter Parent Link Centre</b> 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 Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>May 22, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 a.m. – 10:30 a.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>Making the Connection – Catching Bubbles</u></b></p> <p>The "Make the Connection" program offers information and activities that every parent can do with their infants to connect with them and help them to become securely attached. It also gives the parents opportunities to engage in conversations around how they feel about parenting young children. The topics are based on current research about the key ways parents can strengthen their relationship with their child from birth to 12 months old. <b>Please note:</b> this program requires a parent and child participant (0 – 12 months).</p>

<p><b>Families Matter</b> Trans Canada Centre # 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>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>May 29, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 a.m. – 10:30 a.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>Making the Connection – Bonding, Attachment &amp; Communication</u></b></p> <p>The "Make the Connection" program offers information and activities that every parent can do with their infants to connect with them and help them to become securely attached. It also gives the parents opportunities to engage in conversations around how they feel about parenting young children. The topics are based on current research about the key ways parents can strengthen their relationship with their child from birth to 12 months old. <b>Please note:</b> this program is for parents only.</p>
<p><b>Family Connections Parent Link Huntington Hills</b> 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 Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>June 05 – June 26, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30 a.m. – 10:30 a.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>Parent Child Mother Goose (Infant Group)</u></b></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 skill through the use of 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 - 1 year old.</p>
<p><b>Families Matter</b> Trans Canada Centre # 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>Peaceful Parent</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> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>June 10 – August 26, 2019 (Monday)</b></p> <ul style="list-style-type: none"> <li>10:00 a.m. – 11:30 a.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>Parent Child Mother Goose (Infant Group)</u></b></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 skill through the use of rhymes, songs, and stories together. Parents gain skills and confidence which</p>

	<b>Limited childcare available (must register).</b>	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 - 1 year old.
<b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE	<b>June 21, 2019 (Friday)</b> <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>	<b><u>The Gingerbread Way – Level 2</u></b> <b>Professional Development</b>  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.
<b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE	<b>July 03 – July 31, 2019 (Wednesday)</b> <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>	<b><u>Peaceful Parent</u></b>  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.
<b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE	<b>August 07 – August 28, 2019 (Wednesday)</b> <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>	<b><u>Peaceful Parent</u></b>  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
<b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE	<b>September 04 – September 25, 2019 (Wednesday)</b> <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>	<b><u>Peaceful Parent</u></b>  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
<b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE	<b>September 28, 2019 (Saturday)</b> <ul style="list-style-type: none"> <li>9:00 a.m. – 4:00 p.m.</li> <li>Cost: \$149.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<b><u>The Gingerbread Way – Level 1</u></b> <b>Professional Development</b>  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><b>Families Matter</b> Trans Canada Centre # 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>Peaceful Parent</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> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>November 06 – December 11, 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</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> Trans Canada Centre # 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>Peaceful Parent</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> Trans Canada Centre # 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>Peaceful Parent</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> 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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter Parent Link Centre</b> 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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter</b> Trans Canada Centre #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.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter Parent Link Centre</b> 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.</li> </ul> <p>Group support helps everyone heal together</p>

<p><b>Families Matter</b> Trans Canada Centre #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> 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>
<p><b>Families Matter</b> Trans Canada Centre #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. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter Parent Link Centre</b> 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. Group support helps everyone heal together</li> </ul>
<p><b>Families Matter</b> Trans Canada Centre #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. Group support helps everyone heal together</li> </ul>

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

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