



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 or call (403)205-5178

Tuesday, May 28, 2019

If you are experiencing difficulty registering online please call 403.205.5178

LOCATION	DATES/TIMES	COURSE NAME
Family Connections Parent Link Huntington Hills 520 78 Ave NW	June 03, 2019 (Friday) <ul style="list-style-type: none"> 6:30 p.m. – 8:30 p.m. Cost: FREE To register please go online to http://community.hmhc.ca/sessions/	<u>Avoiding Power Struggles</u> 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.
Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW 	June 05 – June 26, 2019 (Wednesday) <ul style="list-style-type: none"> 9:30 a.m. – 10:30 a.m. Cost: FREE To register please go online to www.familiesmatter.ca Limited childcare available (must register).	<u>Parent Child Mother Goose (Infant Group)</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 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.
Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE	June 10 – August 26, 2019 (Monday) <ul style="list-style-type: none"> 10:00 a.m. – 11:30 a.m. Cost: FREE To register please go online to www.familiesmatter.ca Limited childcare available (must register).	<u>Parent Child Mother Goose (Infant Group)</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 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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 13 – July 11, 2019 (Monday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Busy Bodies</u></p> <p>Young children are on the move! Come enjoy this two hour program with your toddler aged 18 months- 30 months. Busy bodies encourages early movement experiences through gross motor activities, music/art, sensory and free play! Through this program you and your toddler will connect with others and engage in physical development. During this program toddlers have the opportunity to build on their intellectual skills, communication skills and build their self-confidence.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>June 13 – June 20, 2019 (Thursday)</p> <ul style="list-style-type: none"> • 1:00 p.m. – 3:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Infant Massage</u></p> <p>This class will teach parents of infants (6 weeks - 6 months old) how to use a nurturing touch to connect with baby and support growth and development in this unique way. The parents can use the techniques at home to provide a full body massage to their little ones.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 17 – August 14, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:45 p.m. – 3:00 p.m. • Cost: \$25.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Peaceful Parent</u></p> <p>Move - Calm your Nervous System. Movement makes us feel better and balances our thoughts and emotions. Explore movement and breath.</p> <p>Play - Relax and have some fun creating. Reawaken your creative power with a weekly art practice? Creating art relieves stress, calms your busy mind AND it's fun!</p> <p>Reconnect - Focus on Yourself for a change. You deserve time to unwind and be.</p> <p>This time if for YOU!</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 30 – August 27, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 6:00 p.m. – 8:00 p.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk so LITTLE Kids Will Listen and Listen so Little Kids Will Talk</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 children ages 2 - 7 years old.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>July 31 – August 28, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>How to Talk so LITTLE Kids Will Listen and Listen so Little Kids Will Talk</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 children ages 2 - 7 years old.</p>

<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 17 – November 12, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security</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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 18 – November 13, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 a.m. – 11:30 a.m. • Cost: \$75.00, subsidy available <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Circle of Security</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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>September 28, 2019 (Saturday)</p> <ul style="list-style-type: none"> • 9:00 a.m. – 4:00 p.m. • Cost: \$149.00 <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Gingerbread Way – Level 1 Professional Development</u></p> <p>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>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 06 – December 11, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:00 p.m. – 4:00 p.m. • Cost: \$250.00 <p>To register please go online to www.familiesmatter.ca</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>

Subsidies are available.

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

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

Like us on Facebook! <https://www.facebook.com/Families-Matter-105422372827074/?fref=t>



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>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>April 30 – June 18, 2019 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets 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>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>May 01 – June 19, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets 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>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>June 25 – August 13, 2019 (Tuesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets 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>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>June 26 – August 14, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> Group meets 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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>August 20 – October 08, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets 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>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>August 21 – Oct 09, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets 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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>October 15 – December 03, 2019(Tuesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets 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>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>October 16 – Dec 04, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets 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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>December 10 – Dec 17,2019 (Tuesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: No fee – PLC offering <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group - Women helping women</u></p> <ul style="list-style-type: none"> • Group meets 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>Families Matter Trans Canada Centre #158 - 1440 52nd St. NE</p>	<p>December 11 – Dec 18, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30 am – 11:30 am • Cost: \$100.00, subsidy available <p>To register please call Shara at 403-205-5194</p> <p>Childcare is available (must register).</p>	<p><u>Postpartum Support Group -</u> <u>Women helping women</u></p> <ul style="list-style-type: none"> • Group meets 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. <p>Group support helps everyone heal together</p>
---	---	---

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

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

Like us on Facebook! <https://www.facebook.com/Families-Matter-105422372827074/?fref=ts>