



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



Thursday, June 27, 2019

If you are experiencing difficulty registering online please 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>July 02– July 30, 2019 (Tuesday)</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><u>Noodle-Do</u></b></p> <p>This is the program for parents with preschoolers aged 3-5 where you can play games that build trust, boost imagination and teach some tools to support brain development. It is all based on the latest neuroscience so it's not only a lot of fun, it will help build your child's brain. Parents and children will have fun trying out new activities and materials, parents will leave with some great ideas of new activities to try at home.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor, 7930 Bowness Road NW</p> 	<p><b>July 03– August 28, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>9:30am – 10:30 am</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> Rosemont Community Centre – Lower Level 2807 10<sup>th</sup> St. N.W.</p>	<p><b>July 04 – July 11 , 2019 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>1:30 p.m. – 3:00 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>Infant Massage</u></b></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><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>July 08 – July22 , 2019 (Mondays)</b></p> <ul style="list-style-type: none"> <li>• 10:30 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>Limited childcare available (must register).</b></p>	<p><b><u>Let's Talk About</u></b></p> <p>This is the opportunity for you as a parent to connect with other parents, talk about some of the popular topics when parenting young children and get some more or new ideas of how to tackle the challenges in your everyday parenting life.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>July 10, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 01:30 p.m. – 30:30 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>Triple P – Power of Positive Parenting</u></b></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioral issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>July 17, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 01:30 p.m. – 30:30 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>Triple P - Raising Confident Children</u></b></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioral issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 17 – August 14, 2019 (Wednesday )</b></p> <ul style="list-style-type: none"> <li>• 1:45 p.m. – 3:00 p.m.</li> <li>• Cost: \$25.00, 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>Move - Calm your Nervous System. Movement makes us feel better and balances our thoughts and emotions. Explore movement and breath. 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! Reconnect - Focus on Yourself for a change. You deserve time to unwind and be. This time if for YOU!</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 18 2019 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 1:00 p.m. – 3:00 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>Noodle-Do</u></b></p> <p>This is the program for parents with preschoolers aged 3-5 where you can play games that build trust, boost imagination and teach some tools to support brain development. It is all based on the latest neuroscience so it's not only a lot of fun, it will help build your child's brain. Parents and children will have fun trying out new activates and materials, parents will leave with some great ideas of new activities to try at home.</p>

<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>July 19, 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 9:30am – 10:15 am</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>Mad Science Workshop- Slippery Science</u></b></p> <p>Let's talk molecules, in particular polymers. All of the students will make some slime to take home too!!!</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 22 – July 29, 2019 (Monday)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</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>No childcare available.</b></p>	<p><b><u>Postpartum Depression Education for Dads</u></b></p> <p>PPD affects the entire family. We invite the Dad's to join us in order to better understand postpartum difficulties and depression.</p> <ul style="list-style-type: none"> <li>• Dads will learn strategies that can help Mom feel better.</li> <li>• Getting better – getting through it stronger than before.</li> <li>• Relationship and communication tools will be discussed.</li> </ul> <p>This program is limited to 10 Dads and is facilitated by Jory &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>July 24, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30am – 10:15 am</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>Triple P - Raising Resilient Children</u></b></p> <p>Triple P is a world-renowned parenting program which promotes positive, caring relationships between parents and their children and helps parents learn effective management strategies for dealing with a variety of childhood developmental and behavioral issues. Triple P suggests simple routines and small changes that can make a big difference for families. It helps parents understand the way their family works and uses what they already say, think, feel and do in new ways.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 30 – August 27, 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>THERE IS NO CHILDCARE OFFERED</u></b></p>	<p><b><u>How to Talk so LITTLE Kids Will Listen and Listen so Little 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. Ideal for children ages 2 - 7 years old.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>July 31 – August 28, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 11:30 a.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>Limited childcare available (must register).</b></p>	<p><b><u>How to Talk so LITTLE Kids Will Listen and Listen so Little 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. Ideal for children ages 2 - 7 years old.</p>

<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>August 06 – August 27, 2019 (Tuesday)</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><u>Noodle-Do</u></b></p> <p>This is the program for parents with preschoolers aged 3-5 where you can play games that build trust, boost imagination and teach some tools to support brain development. It is all based on the latest neuroscience so it's not only a lot of fun, it will help build your child's brain. Parents and children will have fun trying out new activities and materials, parents will leave with some great ideas of new activities to try at home.</p>
<p><b>Families Matter Parent Link Centre</b> Third Floor,7930 Bowness Road NW</p> 	<p><b>August 09 , 2019 (Friday)</b></p> <ul style="list-style-type: none"> <li>• 1:15 p.m. – 2:00 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><u>Mad Science Workshop –Keep In Touch</u></b></p> <p>We will show students how sensitive their fingertips are by experiencing how difficult it is to identify objects when different senses are dulled. Children will also make Mad Science Silly Putty and feel what it's like to mold different shapes in their hands.</p>
<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 17 – November 12, 2019 (Tuesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 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>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</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 18 – November 13, 2019 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 9:30 a.m. – 11:30 a.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>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</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>September 28, 2019 (Saturday)</b></p> <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>	<p><b><u>The Gingerbread Way – Level 1 Professional Development</u></b></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><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>October 03 - November 21 2019 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 p.m. – 8:30 p.m.</li> <li>• Cost: \$75.00</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Be a Great Dad</u></b></p> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you put the limited time you do have to good use; creating positive experiences for you and your child. What better way to learn than from other dads who share their experiences of struggle and joy along the journey</p>

<p><b>Families Matter</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>October 18, 2019 (Friday)</b></p> <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>	<p><b><u>The Gingerbread Way – Level 1 Professional Development</u></b></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><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 16, 2019 (Saturday)</b></p> <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>	<p><b><u>The Gingerbread Way - Level 2</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</b> Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p><b>December 6, 2019 (Friday)</b></p> <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>	<p><b><u>The Gingerbread Way - Level 2</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>

**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	
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<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. Group support helps everyone heal together</li> </ul>
<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. 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>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. Group support helps everyone heal together</li> </ul>
<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.</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>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.</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>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.</li> </ul> <p>Group support helps everyone heal together</p>

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