

Families Matter Parent Link Centre

Suite 300, 7930 Bowness Road NW
Calgary, Alberta
Phone: 403.288.1446
www.familiesmatter.ca



July 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

The Parent Link Center will be closed Monday, July 1st for **Canada Day!**

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.

On Friday July, 26th, from 10:00 – 12:00 you will find us in Bowness Park, for a Scavenger Hunt! Come for some sun and see what you can find.

Our **Evening Drop In and Play**, is here for the summer, join us each Tuesday from 4:30-6:30 pm. Check the calendar for what will be happening each week we are excited for fun and adventures both inside and outside.

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.

On **July 31 a Registered Dietitian** will be available to answer all of your questions and address any concerns around feeding your child.

Parenting Education Classes

All of these programs require registration, please register at www.familiesmatter.com

Parent Child Mother Goose - Infants July 3 - 31 9:30-10:30 am

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.

Let's Talk About Series July 8, 15 and 22 10:30-11:30 am

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. For specific topics look at our calendar.

Noodle Do Play July 2 - 30 1:30-3:30 pm

This program is for the parents and caregivers of children 3-5 years old. Activities offered through this program will work all parts of your child's brain to help them develop a strong foundation for future learning. And the best way to do this through play with you.

Triple P Seminars

| | | |
|------------------------------------|---------|--------------|
| Power of Positive Parenting | July 10 | 1:30-3:30 pm |
| Raising Confident Children | July 17 | 1:30-3:30 pm |
| Raising Resilient Children | July 24 | 1:30-3:30 pm |

Mad Science - Slippery Science July 19 9:30-10:15 am

We are excited to be hosting this exciting and interactive Mad Science session! It is a great opportunity for your preschooler to talk about molecules, in particular polymers. All children with parents will make slime and take it home. Limited number of children can be registered, so hurry up and register early at www.familiesmatter.ca

Learn Play Love