



Families Matter 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


Friday, August 09, 2019

Subsidies are available for qualifying participants through the generous support of Calgary Learns



LOCATION	DATES/TIMES	COURSE NAME
<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>No childcare available. FULLY REGISTERED – Contact us for waitlist.</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 us for this five week program to navigate and thrive in these important years. Ideal for parents of 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). FULLY REGISTERED – Contact us for waitlist.</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 us for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old.</p>

<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>August 01 – August 15, 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). FULLY REGISTERED – Contact us for waitlist.</p>	<p><u>Messy Fingers</u></p> <p>IT'S TIME TO GET MESSY! Come explore a variety of activities that use all your senses. You and your preschooler will experience all 5 senses; sight, touch, hearing, smell and taste. This is a fun way to get messy and learn how to make do-it-yourself recipes. This is a structured class that is 3 weeks long for children ages 3-5 and their caregiver.</p>
<p>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>August 06 – August 27, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Noodle-Do</u></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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>August 14, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Triple P Discussion Group – Developing Good Bedtime Routines</u></p> <p>Triple P Discussion Groups 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 behavioural 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>Families Matter Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>August 21, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register). FULLY REGISTERED – Contact us for waitlist.</p>	<p><u>Triple P Discussion Group – Managing Fighting and Aggression</u></p> <p>Triple P Discussion Groups 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 behavioural 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>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>No childcare available. FULLY REGISTERED – Contact us for waitlist.</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 Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>September 18 – October 16, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 1:30 p.m. – 3:30 p.m. • Cost: FREE <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. 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.</p> <p>This time is for YOU!</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). FULLY REGISTERED – Contact us for waitlist.</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>No childcare available.</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 Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>October 01 - November 12, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available. FULLY REGISTERED – Contact us for waitlist.</p>	<p><u>Be a Great Dad</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 03 - November 21, 2019 (Thursday)</p> <ul style="list-style-type: none"> • 6:30 p.m. – 8:30 p.m. • Cost: \$75.00 <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Be a Great Dad</u></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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>October 18, 2019 (Friday)</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>No childcare available.</p>	<p><u>The Gingerbread Way – Level 1</u> Professional Development</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>No childcare available.</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>
<p>Families Matter Rosemont Centre 2807 10 St NW</p>	<p>November 12 – December 10, 2019 (Tuesday)</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>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. 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.</p> <p>This time is for YOU!</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>November 16, 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>No childcare available.</p>	<p><u>The Gingerbread Way - Level 2</u></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 centers 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>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p>	<p>December 6, 2019 (Friday)</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>No childcare available.</p>	<p><u>The Gingerbread Way - Level 2</u></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 centers 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



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>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. <p>Group support helps everyone heal together</p>
<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. <p>Group support helps everyone heal together</p>
<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. <p>Group support helps everyone heal together</p>

<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 - 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

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>