

Families Matter Parent Link Centre

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www.familiesmatter.ca



September 2019



OUR CENTRE OFFERS...

- Drop-In & Play (0 – 5 yrs, days, evening or weekends)
- 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



Bowness – Parent Link

Closure

Please note our centre will be closed from September 2 – 6, 2019, this is for the Labour day and staff learning events.

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. For specific times please look at our calendar.

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.

Evening Drop In & Play

Come and play with us on **Tuesday** evenings from **4:30 - 6:30 pm**. It is an opportunity to wind down with your child after work, preschool and right before dinner time. Explore and engage with materials and activities in playful and creative way. Each week the evening will feature a theme and special activities. This is a wonderful way to connect with your little one by doing something they enjoy the most – playing!

Saturday Drop In & Play

Join us on Saturday, September 21st, from 10:00 am – 12:00 pm to make a healthy snack for your family! We will have all the ingredients for you to be creative when making a parfait. Engage your child in measuring, mixing, sprinkling and enjoying food together.

Parenting Education Classes

Infant Parent Child Mother Goose September 11- 25 9:30 - 10:30 am

Parents and their babies and young children to this program that focuses on bonding with your baby through the use of rhymes, songs, and stories. 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.

Peaceful Parents September 18 - October 16 1:30 - 3:30 pm

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! You deserve time to unwind and be & this time is for you!

Mealtime Struggles September 23 10:00 am -12:00 pm

Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by a dietitian, this class is for parents and caregivers with children 1 – 5 years of age. Limited Childcare Provided. Register at www.birthandbabies.com or call 403-955-1450

Learn Play Love