





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
Wednesday, September 11, 2019




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

LOCATION	DATES/TIMES	COURSE NAME
<p>Families Matter Parent Link Centre Third Floor, 7930 Bowness Road NW</p> 	<p>September 11 – October 30, 2019 (Wednesday)</p> <ul style="list-style-type: none"> • 9:30am-10:30am. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Parent Child Mother Goose (Infant Group)</u></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>Families Matter Rosemont Centre 2807 10 St NW</p>	<p>September 17 – November 12, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 9:30am-11:30am • 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>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>Moves to Families Matter Horizon Family Centre # 3400-3500-25th St. NE OCTOBER 1st</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). FULLY REGISTERED – Contact us for waitlist.</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>Moves to Families Matter Horizon Family Centre # 3400-3500-25th St. NE OCTOBER 1st</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 Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>September 23 – December 05, 2019 (Monday and Thursday)</p> <ul style="list-style-type: none"> 6:00 p.m. – 8:00 p.m. Cost: FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available.</p>	<p><u>Caring Dads</u></p> <p>Families Matter is offering the Caring Dads program. The program helps fathers strengthen healthy relationships with their children. The program is offered twice per week. Caring Dads is designed for fathers who want to change behaviors that can lead to violence, or are at risk of exposing their children to abusive or neglectful behaviors. Fathers participating in the program will learn strategies to cope with frustrations, develop realistic expectations and change their perspective to better understand, and meet the needs of their children. Caring Dads means safer children.</p>
<p>Families Matter Trans Canada Centre # 158 - 1440 52nd St. NE</p> <p>Moves to Families Matter Horizon Family Centre # 3400-3500-25th St. NE OCTOBER 1st</p>	<p>September 24 – December 05, 2019 (Tuesday and 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>No childcare available.</p>	<p><u>Caring Dads</u></p> <p>Families Matter is offering the Caring Dads program. The program helps fathers strengthen healthy relationships with their children. The program is offered twice per week. Caring Dads is designed for fathers who want to change behaviors that can lead to violence, or are at risk of exposing their children to abusive or neglectful behaviors. Fathers participating in the program will learn strategies to cope with frustrations, develop realistic expectations and change their perspective to better understand, and meet the needs of their children. Caring Dads means safer children.</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</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 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 Horizon Family Centre # 3400-3500-25th 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 Horizon Family Centre # 3400-3500-25th 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 Horizon Family Centre # 3400-3500-25th 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). FULLY REGISTERED – Contact us for waitlist.</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 Parent Link Centre Third Floor,7930 Bowness Road NW</p> 	<p>November 13 – December 11, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 1:30 pm – 3:30 pm • Cost: No fee – PLC offering <p>To register please go online to www.familiesmatter.ca</p> <p>Childcare is available (must register).</p>	<p><u>Terrific Toddlers</u></p> <p>Explores the normal developmental changes and challenges in children 18 months-4 years. Topics such as normal developmental changes and challenges, understanding parenting styles and their effect on behavior, learning through play, positive discipline, avoiding power struggles, effective communication and self-esteem. Bring your questions! Certificate upon completion.</p>
<p>Families Matter Horizon Family Centre # 3400-3500-25th 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 Horizon Family Centre # 3400-3500-25th St. NE</p>	<p>November 16, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 6:00pm-8:00pm. • Cost- FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available</p>	<p><u>Dad and the Law</u></p> <p>Are you a dad who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this moms only, information session</p>

<p>Families Matter on location St Giles Church</p> <p>1102 23 Ave NW</p>	<p>November 14 , 2019 (Thursday)</p> <ul style="list-style-type: none"> • 10:00 a.m. – 12:00 p.m. • Cost: FREE <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Kids Have Stress Too</u></p> <p>Learn how to recognize stress in children</p> <p>Identify the key role relationships with parents and caregivers play in helping children learn to manage stress</p> <p>Practice age-appropriate stress-management techniques that help teach children to relax and become more resilient</p> <p>Learn effective ways to promote positive emotional development and self-regulation in young children.</p>
<p>Families Matter</p> <p>Horizon Family Centre # 3400-3500-25th St. NE</p>	<p>November 26, 2019 (Tuesday)</p> <ul style="list-style-type: none"> • 6:00pm-8:00pm. • Cost- FREE <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available</p>	<p><u>Mom and the Law</u></p> <p>Are you a mom who is in the process of separating or divorcing? Do you have questions that you would like to ask a lawyer? Join us for this moms only, information session.</p>
<p>Families Matter</p> <p>Horizon Family Centre # 3400-3500-25th 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


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Families Matter Perinatal Mental Health

**Please do not register for these courses before speaking with one of our Perinatal Mental Health Coordinator. Call 403 205 5176*

LOCATION	DATES/TIMES	COURSE NAME
<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>Moves to Families Matter Horizon Family Centre # 3400-3500-25th St. NE OCTOBER 1st</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 Horizon Family Centre # 3400-3500-25th 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 Rosemont Centre 2807 10 St NW</p>	<p>October 16 - December 4, 2019 (Wednesday)</p> <ul style="list-style-type: none"> 6:00 p.m. – 8:00 p.m. Cost: FREE <p>To register please call Cheryl at 403-205-5176</p> <p>No childcare available.</p>	<p><u>Prenatal Support Group</u></p> <p>For women 24 to 36 weeks pregnant. Women helping women</p> <ul style="list-style-type: none"> Group meets once a week with a trained perinatal mental health facilitator who will lead 8 support and discussion sessions You will get support and your questions will be answered. We offer a non-judgmental space to have conversations about becoming a mother 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 Horizon Family Centre # 3400-3500-25th 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

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