



Families Matter At a Glance Class Offerings

September 8, 2020

The following parenting classes are open to everyone, however registration is essential. To register, go on line to www.familiesmatter.ca or call us at 403.205.5178.

Families Matter is responding to the Covid19 pandemic by moving as many of our classes as possible to an online delivery through Zoom. We understand that parents may experience difficulty viewing classes from home. Please know you need only participate or view as much as you are able.

LOCATION	DATES/TIMES	COURSE NAME
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>August 5 - September 23, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security Parenting (Evening Program)</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 Horizon Family Centre #3404-25th St. NE</p>	<p>August 30 – December 20, 2020 (Sundays)</p> <ul style="list-style-type: none"> • 1:00 pm – 3:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 Horizon Family Centre #3404-25th St. NE</p>	<p>September 12 - September 19, 2020 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>

<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 15 - October 13, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 15 - November 3, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security Parenting</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 Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 15 - November 3, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Parent Child Mother Goose for Infants</u></p> <p>This program is a group experience for parents and their babies that focuses on the pleasure and development of literacy using rhyme and songs. Parents gain skills and confidence which enables them to create positive family patterns during their baby's crucial early years and give their babies healthy early experiences with language as well as support strong bonds of attachment.</p> <p>Limited childcare available for older siblings. Please register early as space is limited.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 15 - October 6, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 3:00 pm – 4:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 4 weeks long for children ages 3-5 and their caregiver.</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 15 – November 17, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 1:00 pm – 2:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>LENA Start</u></p> <p>Calling all parents and caregivers of children aged 0 – 3 years! LENA Start classes can help make a difference in your baby's life just through early talk and interaction!</p> <p>LENA Start families receive: 10 free children's books</p> <p>*This program is offered in partnership with Calgary Reads!</p>

<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 15 – September 24, 2020 (Tuesdays/Thursday)</p> <ul style="list-style-type: none"> 7:00 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools, strategies, and resources to help their children reduce and learn to effectively cope with stress, and to understand and be better able to express their feeling.</p> <p>Learn about the signs and symptoms of stress from your child’s point of view and understand your own stress response and coping skills. This understanding will promote the mental well-being and resilience of your family. Our fourth class will address parent/caregiver self-care and awareness to support you.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 15 – October 20, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Baby Group</u></p> <p>In Baby Group we provide a space for parents of a baby to share their questions of caring for infants 0-12 months. Whatever your question, we can help! Baby Group also provides an opportunity for parents to connect in our welcoming and playful environment. Common conversations are around sleep, (yours and the baby’s), nutrition, typical development, baby/parent bonding and more. Professionals will be scheduled to attend as well, including a nutritionist and a pediatric nurse. Childcare will be provided in a separate room for siblings over the age of 12 months.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 16 - October 7, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 3:00 pm – 4:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 4 weeks long for children ages 3-5 and their caregiver.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 16 - October 14, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 6:00 pm – 7:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Noodle-Do</u></p> <p>This is the program for parents with children 4-6 years old 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 Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 17 - October 8, 2020 (Thursdays)</p> <ul style="list-style-type: none"> 6:00 pm – 7:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 4 weeks long for children ages 3-5 and their caregiver.</p>

<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 17 - December 17, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 3:00 pm – 4:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Little Explorers Play Group</u></p> <p>How does play translate to learning? In this play group parents learn about easy at home activities to do with their infants, toddlers and preschoolers to promote learning and development. During this playgroup parents will work with educators to complete an Ages and Stages Questionnaire (ASQ) and discuss your child's development with an educator who will create a developmental service plan for each child registered. Ages 0-6</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 18 – October 9, 2020 (Fridays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Story Time on Zoom</u></p> <p>This class will be offered through zoom. There will be singing, dancing, games, and stories planned for each session. Educators will spend the last 30 minutes with Parents or Caregivers who are interested in having a conversation or asking questions about their children, parenting, events, or services offered in the city.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 21 - November 02, 2020 (Mondays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Little Explorers Play Group</u></p> <p>How does play translate to learning? In this play group parents learn about easy at home activities to do with their infants, toddlers and preschoolers to promote learning and development. During this playgroup parents will work with educators to complete an Ages and Stages Questionnaire (ASQ) and discuss your child's development with an educator who will create a developmental service plan for each child registered. Ages 0-6</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 22 - November 14, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Positive Discipline in Everyday Parenting</u></p> <p>Based on the work of Joan Durrant, this eight-week session addresses the roots of positive discipline, beginning with the relationship between parent and child and moving on to ages and stages of development. Learning is based on the two pillars of a strong relationship, structure, and warmth.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 23 - October 14, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> • 3:00 pm – 4:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 4 weeks long for children ages 3-5 and their caregiver.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 24 – October 8, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Raising Your Spirited Child – Working with Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth, and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>

<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 24 – October 15, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 3:00 pm – 4:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Story Time on Zoom</u></p> <p>This class will be offered through zoom. There will be singing, dancing, games, and stories planned for each session. Educators will spend the last 30 minutes with Parents or Caregivers who are interested in having a conversation or asking questions about their children, parenting, events, or services offered in the city.</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 25 – October 16, 2020 (Fridays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Story Time on Zoom</u></p> <p>This class will be offered through zoom. There will be singing, dancing, games, and stories planned for each session. Educators will spend the last 30 minutes with Parents or Caregivers who are interested in having a conversation or asking questions about their children, parenting, events, or services offered in the city.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 25 - October 30, 2020 (Fridays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Little Explorers Play Group</u></p> <p>How does play translate to learning? In this play group parents learn about easy at home activities to do with their infants, toddlers and preschoolers to promote learning and development. During this playgroup parents will work with educators to complete an Ages and Stages Questionnaire (ASQ) and discuss your child’s development with an educator who will create a developmental service plan for each child registered. Ages 0-6</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>September 28 – December 14, 2020 (Mondays/Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 Horizon Family Centre #3404-25th St. NE</p>	<p>September 28 – November 9, 2020 (Mondays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Little Explorers Play Group</u></p> <p>How does play translate to learning? In this play group parents learn about easy at home activities to do with their infants, toddlers and preschoolers to promote learning and development. During this playgroup parents will work with educators to complete an Ages and Stages Questionnaire (ASQ) and discuss your child’s development with an educator who will create a developmental service plan for each child registered. Ages 0-6</p>

<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 29 – October 8, 2020 (Tuesdays/Thursday)</p> <ul style="list-style-type: none"> 7:00 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools, strategies, and resources to help their children reduce and learn to effectively cope with stress, and to understand and be better able to express their feeling.</p> <p>Learn about the signs and symptoms of stress from your child’s point of view and understand your own stress response and coping skills. This understanding will promote the mental well-being and resilience of your family. Our fourth class will address parent/caregiver self-care and awareness to support you.</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 29 - October 27, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></p> <p>How do you respond to the toddler who will not brush his teeth? The preschooler who pinches the baby. The child who throws everything she can reach. It is hard to be a little kid. It is hard to be an adult responsible for that little kid. And it is hard to think about effective communication when the toast is burning, the baby is crying, and you are 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 Midpark Family Centre #101-239 Midpark Way SE</p>	<p>September 29 - November 3, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Parent Child Mother Goose (1-2)</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 using 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 1 - 2 years old.</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 30 - October 28, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></p> <p>How do you respond to the toddler who will not brush his teeth? The preschooler who pinches the baby. The child who throws everything she can reach. It is hard to be a little kid. It is hard to be an adult responsible for that little kid. And it is hard to think about effective communication when the toast is burning, the baby is crying, and you are 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 Horizon Family Centre #3404-25th St. NE</p>	<p>September 30 - November 25, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p> <p>Limited childcare available (must register).</p>	<p><u>Circle of Security Parenting</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 Horizon Family Centre #3404-25th St. NE</p>	<p>September 30 - November 25, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security Parenting</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>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 1 - November 12 (Thursdays)</p> <ul style="list-style-type: none"> 9:00 am – 12:00 pm Cost: \$300 <p>To register please go online to www.familiesmatter.ca</p> <p>No childcare available</p>	<p><u>Groupwise-The Art and Science of Facilitating Parent Groups</u></p> <p>The Art & Science of Facilitating Parenting Groups. 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. This is a seven-week program.</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 2 - October 24, 2020 (Fridays)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Nuts and Bolts of Play</u></p> <p>What is loose parts play? This group is offered through Zoom. Parents will learn how common household items and recycled materials can be used to create and build through play. This program will discuss types of play and how play can be used to promote learning and development.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>October 3 - October 31, 2020 (Saturdays)</p> <ul style="list-style-type: none"> 10:00 am – 1:00 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>October 7 - November 18, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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 create positive experiences for you and your child. Come learn with other dads who share their experiences of struggle and joy along the journey.</p> <p>*Certificate upon completion</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 7 - November 25, 2020 (Wednesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Circle of Security Parenting</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>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 8 – December 10, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 1:00 pm – 2:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>LENA Start</u></p> <p>Calling all parents and caregivers of children aged 0 – 3 years! LENA Start classes can help make a difference in your baby's life just through early talk and interaction!</p> <p>LENA Start families receive: 10 free children's books</p> <p>*This program is offered in partnership with Calgary Reads!</p>
<p>Children's Cottage #100 – 7930 Bowness Rd. NW</p>	<p>October 13 – October 27, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Raising Your Spirited Child – Working with Temperament</u></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth, and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>
<p>Children's Cottage #100 – 7930 Bowness Rd. NW</p>	<p>October 15 – November 12, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 15 – December 17, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 1:00 pm – 2:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>LENA Start</u></p> <p>Calling all parents and caregivers of children aged 0 – 3 years! LENA Start classes can help make a difference in your baby's life just through early talk and interaction!</p> <p>LENA Start families receive: 10 free children's books</p> <p>*This program is offered in partnership with Calgary Reads!</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>October 19 - December 14, 2020 (Mondays)</p> <ul style="list-style-type: none"> • 9:30 am – 11:00 am • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Parent Child Mother Goose for Infants</u></p> <p>This program is a group experience for parents and their babies that focuses on the pleasure and development of literacy using rhyme and songs. Parents gain skills and confidence which enables them to create positive family patterns during their baby's crucial early years and give their babies healthy early experiences with language as well as support strong bonds of attachment.</p> <p>Limited childcare available for older siblings. Please register early as space is limited.</p>

<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 20 – October 29, 2020 (Tuesdays/Thursday)</p> <ul style="list-style-type: none"> 7:00 pm – 8:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools, strategies, and resources to help their children reduce and learn to effectively cope with stress, and to understand and be better able to express their feeling.</p> <p>Learn about the signs and symptoms of stress from your child’s point of view and understand your own stress response and coping skills. This understanding will promote the mental well-being and resilience of your family. Our fourth class will address parent/caregiver self-care and awareness to support you.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>October 27 – December 1, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Baby Group</u></p> <p>In Baby Group we provide a space for parents of a baby to share their questions of caring for infants 0-12 months. Whatever your question, we can help! Baby Group also provides an opportunity for parents to connect in our welcoming and playful environment. Common conversations are around sleep, (yours and the baby’s), nutrition, typical development, baby/parent bonding and more. Professionals will be scheduled to attend as well, including a nutritionist and a pediatric nurse. Childcare will be provided in a separate room for siblings over the age of 12 months.</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>October 30 - November 20, 2020 (Fridays)</p> <ul style="list-style-type: none"> 9:30 am – 11:00 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>The Nuts and Bolts of Play</u></p> <p>What is loose parts play? This group is offered through Zoom. Parents will learn how common household items and recycled materials can be used to create and build through play. This program will discuss types of play and how play can be used to promote learning and development.</p>
<p>Families Matter Horizon Family Centre #3404-25th St. NE</p>	<p>November 7 - November 28, 2020 (Saturdays)</p> <ul style="list-style-type: none"> 10:00 am – 1:00 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 10 – December 8, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> 9:30 am – 11:30 am No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</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>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 10 – December 8, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></p> <p>How do you respond to the toddler who will not brush his teeth? The preschooler who pinches the baby. The child who throws everything she can reach. It is hard to be a little kid. It is hard to be an adult responsible for that little kid. And it is 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>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 10 – November 19, 2020 (Tuesdays/Thursday)</p> <ul style="list-style-type: none"> • 7:00 pm – 8:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></p> <p>These classes will give parents the tools, strategies, and resources to help their children reduce and learn to effectively cope with stress, and to understand and be better able to express their feeling.</p> <p>Learn about the signs and symptoms of stress from your child's point of view and understand your own stress response and coping skills. This understanding will promote the mental well-being and resilience of your family. Our fourth class will address parent/caregiver self-care and awareness to support you.</p>
<p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p>	<p>December 5 – December 19, 2020 (Saturdays)</p> <ul style="list-style-type: none"> • 10:00 am – 1:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p>	<p><u>Papa Bears</u></p> <p>Join us for a morning of fun. Beginning with an hour of free play in our Centre using our water tables, sand tables and art areas. Followed by a circle time of singing, and interactive songs, and then Lunch! Limited to 10 fathers. Be sure to bring your child along (1-4 years old).</p>

For more details or your questions, please contact us at (403)205-5178 or check our website at www.familiesmatter.ca

Administrative Office: #3404-25th St. N.E. Calgary, Alberta T1Y 6C1



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 Lake Bonavista 16-1215 Lake Sylvan Dr SE</p>	<p>July 23 – September 10, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</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 is happening. • Group support helps everyone heal together
<p>Families Matter Lake Bonavista 16-1215 Lake Sylvan Dr SE</p>	<p>Sept. 17 – Nov. 5, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</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 is happening. • Group support helps everyone heal together
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>September 22 – November 10, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</p>	<p><u>Prenatal Support Group</u></p> <p>For women 24 to 36 weeks pregnant experiencing anxiety or depression. 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 Horizon Family Centre #3404-25th St. NE</p>	<p>October 08 – October 15, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:30 pm • Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</p>	<p><u>Postpartum Information and Support for Partners</u></p> <p>PPD affects the entire family. We invite the partners to join us for two nights to better understand postpartum difficulties, depression, and anxiety. Participants will learn strategies that can help Mom feel better. We discuss communication skills and ways that they can support themselves to better support their families. Getting better - getting through it stronger than before. This program is limited to 12 participants and facilitated by Jory & Amanda McMillian, who have experienced PPD and will share how to effectively move through this. Join us for this free program with a light meal served each night.</p>
<p>Families Matter Lake Bonavista 16-1215 Lake Sylvan Dr SE</p>	<p>Nov. 12 – Dec. 17, 2020 (Thursdays)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</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 is happening. • Group support helps everyone heal together
<p>ONLINE via ZOOM</p> <p>This program has been changed to a Zoom format delivered online. A link to the zoom group session will be sent prior to the session.</p> <p>Please call if you have not received your zoom link.</p>	<p>November 17 – December 22, 2020 (Tuesdays)</p> <ul style="list-style-type: none"> • 6:00 pm – 8:00 pm • Cost: No fee <p>To register please call 403-205-5194.</p> <p>No childcare available</p>	<p><u>Prenatal Support Group</u></p> <p>Prenatal Support Group For expectant mothers experiencing anxiety or depression. 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 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>You will be contacted by our supportive intake staff after you have registered.</p>

For more details or your questions, please contact us at (403) 205-5178 or check our website at www.familiesmatter.ca