



## Families Matter At a Glance Class Offerings

October 16, 2020

Families Matter has responded to the Covid19 pandemic by offering many of our classes through online delivery via Zoom. Zoom is a free program that works on laptops and computers. We understand that parents experience new challenges viewing from home so please participate as you are able.

The following parenting classes are open to everyone, however registration is essential. To register, go on line to [www.familiesmatter.ca](http://www.familiesmatter.ca) or call us at **403.205.5194**.

Please find below our class and program offerings listed in sections of:

Parent Classes, Parent and Child Classes, Front Runners Youth Programming and Perinatal Mental Health

### Families Matter Parent/Caregiver Classes

LOCATION	DATES/TIMES	COURSE NAME
<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>September 29 - October 27, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>September 30 - October 28, 2020 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></b></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><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>September 30 - November 25, 2020 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>Limited childcare available (must register).</b></p>	<p><b><u>Circle of Security Parenting</u></b></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><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>September 30 - November 25, 2020 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Circle of Security Parenting</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>October 7 - November 25, 2020 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Circle of Security Parenting</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>October 13 – October 27, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Raising Your Spirited Child – Working with Temperament</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>October 15 – November 12, 2020 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Terrific Toddlers</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>October 20 – October 29, 2020 (Tuesdays/Thursday)</b></p> <ul style="list-style-type: none"> <li>7:00 pm – 8:30 pm</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>November 10 – December 8, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Terrific Toddlers</u></b></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>
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<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>November 10 – November 19, 2020 (Tuesdays/Thursday)</b></p> <ul style="list-style-type: none"> <li>7:00 pm – 8:30 pm</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>November 11 – December 9, 2020 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:30 pm</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link</b></p>	<p><b>November 19 – November 19, 2020 (Thursday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Mom and the Law</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link</b></p>	<p><b>November 25 – November 25, 2020 (Wednesday)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Dad and the Law</u></b></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 these dads only information session.</p>
<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link</b></p>	<p><b>January 12 – February 9, 2021 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>January 13 – February 10, 2021 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Terrific Toddlers</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>January 13 – March 3, 2021 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Circle of Security Parenting</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link</b></p>	<p><b>February 18 - April 1 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 9:00 am – 12:00 pm</li> <li>• Cost: \$400</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p> <p><b>No childcare available</b></p>	<p><b><u>Groupwise-The Art and Science of Facilitating Parent Groups</u></b></p> <p>The Art &amp; 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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link</b></p>	<p><b>March 9 – April 6, 2021 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:30 pm</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>How to Talk So Little Kids Will Listen (ages 2-7)</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>March 10 – April 7, 2021 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Terrific Toddlers</u></b></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>



## Families Matter Parent and Child Together Classes

The following parenting classes are open to everyone, however registration is essential. To register, go on line to [www.familiesmatter.ca](http://www.familiesmatter.ca) or call us at 403.205.5194.

<p><b>Families Matter Midpark Family Centre</b> #101-239 Midpark Way SE</p>	<p><b>September 17 - October 29, 2020 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>3:00 pm – 4:30 pm</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Little Explorers Play Group</u></b></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><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>September 21 - November 02, 2020 (Mondays)</b></p> <ul style="list-style-type: none"> <li>9:30 am – 11:00 am</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Little Explorers Play Group</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>October 8 – December 10, 2020 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 1:00 pm – 2:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>LENA Start</u></b></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><b>Families Matter Horizon Family Centre #3404-25th St. NE</b></p>	<p><b>October 19 - December 14, 2020 (Mondays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:00 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Parent Child Mother Goose for Infants</u></b></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><b>Families Matter Midpark Family Centre #101-239 Midpark Way SE</b></p>	<p><b>October 27 – December 15, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:00 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Baby Group</u></b></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><b>Families Matter Horizon Family Centre #3404-25th St. NE</b></p>	<p><b>October 28 – December 2, 2020 (Wednesdays)</b></p> <ul style="list-style-type: none"> <li>• 1:30 pm – 3:00 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Infant Massage</u></b></p> <p>This class will teach parents of infants (6 weeks - 6 months old) how to use a nurturing touch to connect with baby and support growth and development in this unique way. The parents can use the techniques at home to provide a full body massage to their little ones.</p>
<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>October 30 - November 20, 2020 (Fridays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:00 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>The Nuts and Bolts of Play</u></b></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><b>Families Matter Horizon Family Centre #3404-25th St. NE</b></p>	<p><b>November 6 – December 18, 2020 (Fridays)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Baby Group</u></b></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><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>November 7 - November 28, 2020 (Saturdays)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 1:00 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Papa Bears</u></b></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><b>Families Matter Midpark Family Centre</b> #101-239 Midpark Way SE</p>	<p><b>November 10 – December 8, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 1:00 pm – 2:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Infant Massage</u></b></p> <p>This class will teach parents of infants (6 weeks - 6 months old) how to use a nurturing touch to connect with baby and support growth and development in this unique way. The parents can use the techniques at home to provide a full body massage to their little ones.</p>
<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>November 24 - December 15, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:00 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>The Nuts and Bolts of Play</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>November 27 - December 18, 2020 (Fridays)</b></p> <ul style="list-style-type: none"> <li>• 9:30 am – 11:00 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>The Nuts and Bolts of Play</u></b></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><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>December 4 – December 18, 2020 (Fridays)</b></p> <ul style="list-style-type: none"> <li>• 1:00 pm – 2:00 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Story Time on Zoom</u></b></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><b>Families Matter Midpark Family Centre</b> #101-239 Midpark Way SE</p>	<p><b>December 5 – December 19, 2020 (Saturdays)</b></p> <ul style="list-style-type: none"> <li>• 10:00 am – 1:00 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>Papa Bears</u></b></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](http://www.familiesmatter.ca)

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



## Families Matter Frontrunners Youth Programming

The following youth classes are open to everyone aged 7-12yrs, however registration is essential. To register, go on line to [www.familiesmatter.ca](http://www.familiesmatter.ca) or call us at 403.205.5194.

These are drop-off programs; parents/guardians are not required to stay.

Signed waivers are required for participation.

LOCATION	DATES/TIMES	COURSE NAME
<b>Families Matter Horizon Family Centre</b> #3404-25th St. NE	<b>October 3 - October 31, 2020 (Saturdays)</b> <ul style="list-style-type: none"> <li>• 9:00 am – 11:00 am</li> <li>• No Cost: Fully subsidized</li> </ul> To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a>	<b><u>Frontrunners</u></b>  Frontrunners is a fun and inclusive program developed to help youth build their social skills, self-esteem, leadership abilities, creativity and physical literacy. Participants get to enjoy games, crafts and various dynamic activities to learn while having fun!
<b>Families Matter Horizon Family Centre</b> #3404-25th St. NE	<b>October 8 - October 29, 2020 (Thursdays)</b> <ul style="list-style-type: none"> <li>• 9:30 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a>	<b><u>Frontrunners for homeschoolers</u></b>  This program is designed for youth who are learning from home. Frontrunners is a fun and inclusive program developed to help build social skills, self-esteem, leadership abilities, creativity and physical literacy. Participants get to enjoy games, crafts and various dynamic activities to learn while having fun!
<b>Bowness Park</b> 8900 48 Ave. NW  <b>Prairie Winds Park</b> 223 Castleridge Blvd.. NE	<b>October 7- October 28, 2020 (Wednesdays @ Bowness Park)</b> <ul style="list-style-type: none"> <li>• 4:00 pm – 5:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> <b>October 8 - October 29, 2020 (Thursdays @ Prairie Winds Park)</b> <ul style="list-style-type: none"> <li>• 4:00 pm – 5:30 pm</li> <li>• No Cost: Fully subsidized</li> </ul> To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a>	<b><u>Frontrunners in the park</u></b>  This version is focused on outdoor play; Frontrunners is a fun and inclusive program developed to help youth build their social skills, self-esteem, leadership abilities, creativity and physical literacy. Participants get to enjoy games, crafts and various dynamic activities to learn while having fun!
<b>ONLINE via ZOOM</b> A link to the zoom group session will be sent prior to the session	<b>October 9 - October 30, 2020 (Fridays)</b> <ul style="list-style-type: none"> <li>• 4:00 pm – 5:00 pm</li> <li>• No Cost: Fully subsidized</li> </ul>	<b><u>Frontrunners online</u></b>  Participants registered in any of the above programs will be offered participation in the zoom sessions. Games and activities will be facilitated with a focus on Life Skills Lessons such as cooking, nutrition, manners, etc.



<p><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>October 13 - October 20, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 5:00 pm – 7:00 pm</li> <li>• Light supper included</li> <li>• Cost: No fee</li> </ul> <p>To register please email <a href="mailto:jordandaalder@familiesmatter.ca">jordandaalder@familiesmatter.ca</a> or call 403-205-5189.</p> <p><b>No childcare available</b></p>	<p><b><u>Kids Have Stress Too</u></b></p> <p>Respective Parent and Youth sessions for participants within the same family.</p> <p><b><u>Parent Session:</u></b></p> <ul style="list-style-type: none"> <li>• Recognizing and Responding to stress in children in elementary school</li> <li>• Family stress &amp; Personal self-care</li> </ul> <p><b><u>Youth Session:</u></b></p> <ul style="list-style-type: none"> <li>• What is Stress &amp; How do I deal with it?</li> <li>• Hooked by stress: Getting ahead of the problem</li> </ul>
<p><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>September – December 2020</b></p> <ul style="list-style-type: none"> <li>• Cost: No fee</li> </ul> <p><u>September:</u> Coping with Stress &amp; Anxieties <u>October:</u> Developing a Growth Mindset <u>November:</u> Building Positive Relationships <u>December:</u> Gratitude</p> <p>To register please email <a href="mailto:jordandaalder@familiesmatter.ca">jordandaalder@familiesmatter.ca</a> or call 403-205-5189.</p>	<p><b><u>Resiliency Toolkits</u> For youth 8-14 years</b></p> <p>Developed by themes, each toolkit contains games/crafts/activities that educate and develop specific skills for youth ages 8-14yrs. Included in the kits are also parent/teacher tip-sheets to help them instruct and implement what is being targeted in the activities.</p>

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



## Families Matter Perinatal Mental Health

An intake process with one of our Perinatal Mental Health Coordinator before enrolling in a class.

Call 403 205 5194

LOCATION	DATES/TIMES	COURSE NAME
<p><b>Families Matter Lake Bonavista</b> 16-1215 Lake Sylvan Dr SE</p>	<p><b>Sept. 17 – Nov. 5, 2020 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00 pm</li> <li>Cost: No fee</li> </ul> <p>To register please call 403-205-5194.</p> <p><b>No childcare available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained professional who leads the discussion.</li> <li>You will get support and your questions will be answered.</li> <li>You will feel less confused about what is happening.</li> <li>Group support helps everyone heal together</li> </ul>
<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>September 22 – November 10, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00 pm</li> <li>Cost: No fee</li> </ul> <p>To register please call 403-205-5194.</p> <p><b>No childcare available</b></p>	<p><b><u>Prenatal Support Group</u></b></p> <p>For women 24 to 36 weeks pregnant experiencing anxiety or depression. Women helping women</p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained perinatal mental health facilitator who will lead 8 support and discussion sessions</li> <li>You will get support and your questions will be answered.</li> <li>We offer a non-judgmental space to have conversations about becoming a mother</li> <li>Group support helps everyone heal together</li> </ul>
<p><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>October 08 – October 15, 2020 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:30 pm</li> <li>Cost: No fee</li> </ul> <p>To register please call 403-205-5194.</p> <p><b>No childcare available</b></p>	<p><b><u>Postpartum Information and Support for Partners</u></b></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 &amp; 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><b>Families Matter Lake Bonavista</b> 16-1215 Lake Sylvan Dr SE</p>	<p><b>Nov. 12 – Dec. 17, 2020 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</li> <li>• Cost: No fee</li> </ul> <p>To register please call 403-205-5194.</p> <p><b>No childcare available</b></p>	<p><b><u>Postpartum Support Group - Women helping women</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what is happening.</li> <li>• Group support helps everyone heal together</li> </ul>
<p><b>ONLINE via ZOOM</b></p> <p>A link to the zoom group session will be sent prior to the session.</p> <p><b>Please call if you have not received your zoom link.</b></p>	<p><b>November 17 – December 22, 2020 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</li> <li>• Cost: No fee</li> </ul> <p>To register please call 403-205-5194.</p> <p><b>No childcare available</b></p>	<p><b><u>Prenatal Support Group</u></b></p> <p>Prenatal Support Group For expectant mothers experiencing anxiety or depression. Women helping women</p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained perinatal mental health facilitator who will lead support and discussion sessions</li> <li>• You will get support and your questions will be answered.</li> <li>• We offer a non-judgmental space to have conversations about becoming a mother</li> <li>• Group support helps everyone heal together</li> </ul> <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) 205-5194 or check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)