



Families Matter At a Glance Class Offerings

January 25, 2021

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 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 |
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| <p>ONLINE via ZOOM</p> <p>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>February 4 – March 4, 2021 (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 for Dads</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 #3404-25th St. NE</p> | <p>February 9 – March 23, 2021 (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>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> |

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| <p>ONLINE via ZOOM</p> <p>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>February 9 – February 18, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> 6:30 pm – 8:00 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 to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child’s point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on “Kids Have Stress Too” and “Stress Lessons” programs by “Strong Minds, Strong Kids Psychology Canada” to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 2 to 7.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p> |
| <p>ONLINE via ZOOM</p> <p>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>February 10, 2021 (Wednesday)</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>Understanding your Child’s Learning Styles</u></p> <p>“I know every child is different—but where is the instruction booklet?” In this workshop we look at learning styles and how they affect the various facets of a child’s life such as: learning new material, handling a new experience, motivation & rewards. We also look at learning styles and help parents identify their own and one of their children’s preferred mode of learning and develop ideas that can be implemented.</p> |
| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>February 18 – April 29, 2021 (Mondays/Thursdays)</p> <ul style="list-style-type: none"> 6:00 pm – 8:00 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>ONLINE via ZOOM</p> <p>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>February 18, 2021 (Thursday)</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>Siblings without Rivalry</u></p> <p>We all want harmony and to reduce rivalry between our children. This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.</p> |
| <p>ONLINE via ZOOM</p> <p>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>February 18 - April 1 (Thursdays)</p> <ul style="list-style-type: none"> 9:00 am – 12:00 pm Cost: \$400 <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> |

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| <p>ONLINE via ZOOM</p> <p>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>February 18 – March 18, 2021 (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>How to Talk So Kids Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join us for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 7-12 years old.</p> |
| <p>ONLINE via ZOOM</p> <p>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>February 22 – March 22, 2021 (Mondays)</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 - Private</u></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old. This class is a private offering for twins and triplets.</p> |
| <p>ONLINE via ZOOM</p> <p>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>February 25, 2021 (Thursday)</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>Challenging Behaviors in Young Children</u></p> <p>Is your child hitting, biting, kicking, or has other behaviors that are challenging? Ideas and tools to help parents take control and stop the aggression. For parents of children ages 1-4.</p> |
| <p>ONLINE via ZOOM</p> <p>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>March 2 – March 23, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:00 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 to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child's point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on "Kids Have Stress Too" and "Stress Lessons" programs by "Strong Minds, Strong Kids Psychology Canada" to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 7 to 12.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p> |
| <p>ONLINE via ZOOM</p> <p>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>March 2 – March 16, 2021 (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>ONLINE via ZOOM</p> <p>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>March 4, 2021 (Thursday)</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>Picky Eating</u></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. For parents of children ages 1-5.</p> |

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| <p>ONLINE via ZOOM</p> <p>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>March 9 – April 6, 2021 (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 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>ONLINE via ZOOM</p> <p>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>March 9 – April 27, 2021 (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>ONLINE via ZOOM</p> <p>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>March 10 – April 7, 2021 (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>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>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>March 11 – April 29, 2021 (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>Circle of Security Parenting for Dads</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>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>March 11 – April 29, 2021 (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>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>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>March 11, 2021 (Thursday)</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>Understanding Your Child’s Feelings</u></p> <p>Fun ways to teach children what feelings are and how to express them. For parents of children ages 1-4.</p> |

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| <p>ONLINE via ZOOM</p> <p>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>March 18, 2021 (Thursday)</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>Discipline vs Punishment</u></p> <p>Positive discipline techniques to help guide parents away from punishment. For parents of children ages 1-5.</p> |
| <p>ONLINE via ZOOM</p> <p>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>March 23 – April 1, 2021 (Tuesdays/Thursdays)</p> <ul style="list-style-type: none"> • 6:30 pm – 8:00 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 to help their children learn to cope with stress and understand and better to express their feelings. We will learn about stress from your child’s point of view as well as your own stress response and coping skills. The 4th class is about self care to support you.</p> <p>Based on “Kids Have Stress Too” and "Stress Lessons” programs by “Strong Minds, Strong Kids Psychology Canada” to nurture resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life.</p> <p>For parents & caregivers of children ages 2 to 7.</p> <p>These classes are being presented through an online ZOOM platform, accessible by computer or cell phone. Space is limited to 16 participants.</p> |
| <p>ONLINE via ZOOM</p> <p>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>March 24, 2021 (Wednesday)</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>Avoiding Power Struggles</u></p> <p>The more early prevention, the less intervention. In this workshop we discuss modern issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behavior. For parents of children ages 3 – 9.</p> |
| <p>ONLINE via ZOOM</p> <p>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>March 31, 2021 (Wednesday)</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>Time in vs Time Out</u></p> <p>Guiding children through self-regulation. (Tame the tantrums!). Techniques to teach children how to calm when big emotions overwhelm them. For parents of children ages 1-5.</p> |
| <p>ONLINE via ZOOM</p> <p>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>April 1 – April 29, 2021 (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>How to Talk so Teens Will Listen</u></p> <p>These are important years for deepening the trust between you and your teenager. Ideal for parents of children ages 12 - 17 years old. In this class we will explore how to:</p> <ul style="list-style-type: none"> • Creating a space where you can listen and respond helpfully to your teenager’s concerns. • Express your own strong feelings without being hurtful. • Take action and clarify expectations without resorting to threats and punishments. • Encourage your teen to take responsibility and be thoughtful about their choices. • Work out problems together. • Talk about sex, drugs and more without preaching. |

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| <p>ONLINE via ZOOM</p> <p>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>April 1, 2021 (Thursday)</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>Respectful Parenting</u></p> <p>Parenting is tough! Let's talk about your self respect, self image and self esteem. You are doing a better job than you think! Time to talk and share together. This class supports all parents.</p> |
| <p>ONLINE via ZOOM</p> <p>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>April 2 – May 21, 2021 (Fridays)</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>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>April 7 – May 5, 2021 (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 Kids Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join us for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 7-12 years old.</p> |
| <p>ONLINE via ZOOM</p> <p>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>April 7 – May 5, 2021 (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>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>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>April 8, 2021 (Thursday)</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>Avoiding Power Struggles</u></p> <p>The more early prevention, the less intervention. In this workshop we discuss modern issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behavior. For parents of children ages 3 – 9.</p> |
| <p>ONLINE via ZOOM</p> <p>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>April 15, 2021 (Thursday)</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>Potty Talk!</u></p> <p>Toilet learning tips to make this milestone stress free for you and your child. For parents of children 2-4.</p> |

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| <p>ONLINE via ZOOM</p> <p>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>April 15, 2021 (Thursday)</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>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>ONLINE via ZOOM</p> <p>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>April 20 – May 18, 2021 (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>How to Talk So Little Kids Will Listen</u></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence 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>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>April 20 – May 18, 2021 (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</u></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence 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>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>April 21 – May 19, 2021 (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>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>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>April 22, 2021 (Thursday)</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>Time in vs Time Out</u></p> <p>Guiding children through self-regulation. (Tame the tantrums!). Techniques to teach children how to calm when big emotions overwhelm them. For parents of children ages 1-5.</p> |
| <p>ONLINE via ZOOM</p> <p>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>April 22, 2021 (Thursday)</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>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, dads only, information session.</p> |

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| <p>ONLINE via ZOOM</p> <p>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>April 29, 2021 (Thursday)</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>Sleep Strategies</u></p> <p>Ideas and tips to help your child be a better sleeper. From bedtime to morning. This class supports parents of children ages 1-5.</p> |
| <p>ONLINE via ZOOM</p> <p>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>May 6 – June 24, 2021 (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>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>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>May 6, 2021 (Thursday)</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>Siblings without Rivalry</u></p> <p>We all want harmony and to reduce rivalry between our children. This class discusses how to reduce anger between siblings, encouraging cooperation and problem solving, and understanding the role we play as parents, and when and how to intervene.</p> |
| <p>ONLINE via ZOOM</p> <p>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>May 13, 2021 (Thursday)</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>Challenging Behaviors in Young Children</u></p> <p>Is your child hitting, biting, kicking, or has other behaviors that are challenging? Ideas and tools to help parents take control and stop the aggression. For parents of children ages 1-4.</p> |
| <p>ONLINE via ZOOM</p> <p>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>May 20, 2021 (Thursday)</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>Picky Eating</u></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. For parents of children ages 1-5.</p> |
| <p>ONLINE via ZOOM</p> <p>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>June 1 – June 29, 2021 (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>How to Talk So Little Kids Will Listen</u></p> <p>How do you respond to the toddler who won't brush his teeth? The preschooler who pinches the baby? The child who throws everything she can reach? It's hard to be a little kid. It's hard to be an adult responsible for that little kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join Laurie Florence for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 2 - 7 years old.</p> |

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| <p>ONLINE via ZOOM</p> <p>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>June 2 – June 30, 2021 (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 Kids Will Listen</u></p> <p>It's hard to be a kid. It's hard to be an adult responsible for that kid. And it's really hard to think about effective communication when the toast is burning, the baby is crying and you're exhausted. Help is on the way. Join us for this five week program to navigate and thrive in these important years. Ideal for parents of children ages 7-12 years old.</p> |
| <p>ONLINE via ZOOM</p> <p>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>June 2 – June 30, 2021 (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>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>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>June 3, 2021 (Thursday)</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>Understanding Your Child's Feelings</u></p> <p>Fun ways to teach children what feelings are and how to express them. For parents of children ages 1-4.</p> |
| <p>ONLINE via ZOOM</p> <p>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>June 10, 2021 (Thursday)</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>Discipline vs Punishment</u></p> <p>Positive discipline techniques to help guide parents away from punishment. For parents of children ages 1-5.</p> |
| <p>ONLINE via ZOOM</p> <p>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>June 17, 2021 (Thursday)</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>Intentional Parenting</u></p> <p>Does life seem "too busy" or you "lack time" to be a better parent? We all have "quick fix" techniques we use in parenting that are only short-term teaching. Let's talk long term. We will discuss planning and prioritizing where to put our efforts to raise positive, productive children. This class supports all parents.</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 or call us at 403.205.5194.

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| <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>January 20 – February 10, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> • 9:30 am – 10:30 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>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>January 22 – February 19, 2021 (Fridays)</p> <ul style="list-style-type: none"> • 9:30 am – 10:30 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>January 22 – February 19, 2021 (Fridays)</p> <ul style="list-style-type: none"> • 2:00 pm – 3:00 pm • 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> |

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| <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>January 26 – February 16, 2021 (Tuesdays)</p> <ul style="list-style-type: none"> • 10:30 am – 11:30 am • 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 3 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>January 27 – February 17, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> • 1:00 pm – 2:00 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 3 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>January 28 – February 18, 2021 (Thursdays)</p> <ul style="list-style-type: none"> • 9:30 am – 10:30 am • 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 3 weeks long for children ages 3-5 and their caregiver.</p> |
| <p>Families Matter Midpark Family Centre #101-239 Midpark Way SE</p> | <p>February 6 - February 27, 2021 (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>February 23 – March 16, 2021 (Tuesdays)</p> <ul style="list-style-type: none"> • 10:30 am – 11:30 am • 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 3 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>February 24 – March 17, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> • 9:30 am – 10:30 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> |

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| <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>February 26 – March 26, 2021 (Fridays)</p> <ul style="list-style-type: none"> • 9:30 am – 10:30 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>February 26 – March 26, 2021 (Fridays)</p> <ul style="list-style-type: none"> • 2:00 pm – 3:00 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p> | <p><u>Parent Child Mother Goose (3-5)</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 3 - 5 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>March 3 – March 24, 2021 (Wednesdays)</p> <ul style="list-style-type: none"> • 1:00 pm – 2:00 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 3 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>March 4 – March 25, 2021 (Thursdays)</p> <ul style="list-style-type: none"> • 9:30 am – 10:30 am • 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 3 weeks long for children ages 3-5 and their caregiver.</p> |
| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>March 6 - March 27, 2021 (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>April 3 - April 24, 2021 (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> |

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| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>May 8 - May 29, 2021 (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>June 5 - June 26, 2021 (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 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 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 |
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| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>January 27, 2021 (Wednesday)</p> <ul style="list-style-type: none"> • 4:00 pm – 5:30 pm • No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p> | <p><u>Youth Cooking Class</u></p> <p>Families Matter is collaborating with NSTEP for your child or youth to have an interactive FUN way of preparing food. NSTEP is looking forward to working in the kitchen with the children teaching them food preparation skills. HEALTHY FOOD TASTES GREAT! **This is a parent drop-off program; signed waivers will be required. For children ages 8-14yrs Following government restrictions, if in-person programs are not permitted then the sessions will be moved to an online platform. All social distancing and sanitation requirements will be followed.</p> <p>Some of the skills learning will include:</p> <ul style="list-style-type: none"> • Knife safety – how to safely use knives in preparing food • Food safety – how to store food, prevent food from going bad • Brain food – learning why healthy eating and activity build better brains • CAYG: Clean as you go – a tidy kitchen is a safe kitchen! <p>Each participant will be sent home with a grocery bag of ingredients so they can practice what they learned at home!</p> <p>NSTEP is a registered charity with a mission to educate and motivate children/youth to EAT better, WALK more and LIVE longer.</p> |

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| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>February 3, 2021 (Wednesday)</p> <ul style="list-style-type: none"> 4:00 pm – 5:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p> | <p>Youth Cooking Class</p> <p>Families Matter is collaborating with NSTEP for your child or youth to have an interactive FUN way of preparing food. NSTEP is looking forward to working in the kitchen with the children teaching them food preparation skills. HEALTHY FOOD TASTES GREAT! **This is a parent drop-off program; signed waivers will be required. For children ages 8-14yrs Following government restrictions, if in-person programs are not permitted then the sessions will be moved to an online platform. All social distancing and sanitation requirements will be followed.</p> <p>Some of the skills learning will include:</p> <ul style="list-style-type: none"> Knife safety – how to safely use knives in preparing food Food safety – how to store food, prevent food from going bad Brain food – learning why healthy eating and activity build better brains CAYG: Clean as you go – a tidy kitchen is a safe kitchen! <p>Each participant will be sent home with a grocery bag of ingredients so they can practice what they learned at home!</p> <p>NSTEP is a registered charity with a mission to educate and motivate children/youth to EAT better, WALK more and LIVE longer.</p> |
| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>February 10, 2021 (Wednesday)</p> <ul style="list-style-type: none"> 4:00 pm – 5:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p> | <p>Youth Cooking Class</p> <p>Families Matter is collaborating with NSTEP for your child or youth to have an interactive FUN way of preparing food. NSTEP is looking forward to working in the kitchen with the children teaching them food preparation skills. HEALTHY FOOD TASTES GREAT! **This is a parent drop-off program; signed waivers will be required. For children ages 8-14yrs Following government restrictions, if in-person programs are not permitted then the sessions will be moved to an online platform. All social distancing and sanitation requirements will be followed.</p> <p>Some of the skills learning will include:</p> <ul style="list-style-type: none"> Knife safety – how to safely use knives in preparing food Food safety – how to store food, prevent food from going bad Brain food – learning why healthy eating and activity build better brains CAYG: Clean as you go – a tidy kitchen is a safe kitchen! <p>Each participant will be sent home with a grocery bag of ingredients so they can practice what they learned at home!</p> <p>NSTEP is a registered charity with a mission to educate and motivate children/youth to EAT better, WALK more and LIVE longer.</p> |
| <p>Families Matter Horizon Family Centre #3404-25th St. NE</p> | <p>February 17, 2021 (Wednesday)</p> <ul style="list-style-type: none"> 4:00 pm – 5:30 pm No Cost: Fully subsidized <p>To register please go online to www.familiesmatter.ca</p> | <p>Youth Cooking Class</p> <p>Families Matter is collaborating with NSTEP for your child or youth to have an interactive FUN way of preparing food. NSTEP is looking forward to working in the kitchen with the children teaching them food preparation skills. HEALTHY FOOD TASTES GREAT! **This is a parent drop-off program; signed waivers will be required. For children ages 8-14yrs Following government restrictions, if in-person programs are not permitted then the sessions will be moved to an online platform. All social distancing and sanitation requirements will be followed.</p> <p>Some of the skills learning will include:</p> <ul style="list-style-type: none"> Knife safety – how to safely use knives in preparing food Food safety – how to store food, prevent food from going bad Brain food – learning why healthy eating and activity build better brains CAYG: Clean as you go – a tidy kitchen is a safe kitchen! <p>Each participant will be sent home with a grocery bag of ingredients so they can practice what they learned at home!</p> <p>NSTEP is a registered charity with a mission to educate and motivate children/youth to EAT better, WALK more and LIVE longer.</p> |



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>ONLINE via ZOOM</p> <p>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>February 17 – February 24, 2021 (Wednesdays)</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 partner's to join us for two nights in order 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 10 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.</p> |