



## Families Matter At a Glance Class Offerings

January 8, 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](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>January 26 – February 4, 2021 (Tuesdays/Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:00 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>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></b></p> <p>These classes will give parents the tools &amp; 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><b>For parents &amp; caregivers of children ages 7 to 12.</b></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><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 28, 2021 (Thursday)</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>Potty Talk!</u></b></p> <p>Toilet learning tips to make this milestone stress free for you and your child.</p> <p><b>For parents of children 2-4.</b></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 3 – March 24, 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 4 – March 25, 2021 (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>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 4 – March 4, 2021 (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 for Dads</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>Families Matter Horizon Family Centre #3404-25th St. NE</b></p>	<p><b>February 9 – March 23, 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>Be a Great Dad</u></b></p> <p>A program for Dads only, led by a male facilitator. The program focuses on building your confidence by offering you a chance to learn and try out effective strategies for communication, positive discipline, and role-modeling as well as fostering self-esteem. The program will help you create positive experiences for you and your child. Come learn with other dads who share their experiences of struggle and joy along the journey.</p> <p>*Certificate upon completion</p>
<p><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 11, 2021 (Thursday)</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>Sleep Strategies</u></b></p> <p>Ideas and tips to help your child be a better sleeper. From bedtime to morning. <b>This class supports parents of children ages 1-5.</b></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 9 – February 18, 2021 (Tuesdays/Thursdays)</b></p> <ul style="list-style-type: none"> <li>6:30 pm – 8:00 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>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></b></p> <p>These classes will give parents the tools &amp; 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><b>For parents &amp; caregivers of children ages 2 to 7.</b></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><b>Families Matter Horizon Family Centre #3404-25th St. NE</b></p>	<p><b>February 18 – April 29, 2021 (Mondays/Thursdays)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00 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>Caring Dads</u></b></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><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, 2021 (Thursday)</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>Siblings without Rivalry</u></b></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><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>February 18 – March 18, 2021 (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>How to Talk So Kids Will Listen</u></b></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. <b>Ideal for parents of children ages 7-12 years old.</b></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 22 – March 22, 2021 (Mondays)</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 - Private</u></b></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. <b>Ideal for parents of children ages 2 - 7 years old.</b> This class is a private offering for twins and triplets.</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 23 – April 27, 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>Positive Discipline in Everyday Parenting – Evening Program (Online Class)</u></b></p> <p>This is a 10-week program.</p> <p>Positive Discipline in Everyday Parenting (PDEP) is an approach to parenting that teaches children and guides their behavior, while respecting their rights to healthy development, protection from violence and participation in their learning. PDEP can be used from birth onward into adulthood. It's based on research in children's healthy development, effective parenting, and founded on child rights principles. PDEP is not permissive parenting and isn't about punishment. It's about long-term solutions that develop children's own self-discipline and their lifelong skills. PDEP is about teaching non-violence, empathy, self-respect, human rights and respect for others.</p> <p>*This class will be presented through an online ZOOM platform, accessible by computer, smartphone/cellphone, or tablet.</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 25, 2021 (Thursday)</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>Challenging Behaviors in Young Children</u></b></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. <b>For parents of children ages 1-4.</b></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 2 – March 11, 2021 (Tuesdays/Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:00 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>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></b></p> <p>These classes will give parents the tools &amp; 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><b>For parents &amp; caregivers of children ages 7 to 12.</b></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>
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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>March 4, 2021 (Thursday)</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>Picky Eating</u></b></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. <b>For parents of children ages 1-5.</b></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 9 – April 27, 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>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>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>
<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 11 – April 29, 2021 (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>Circle of Security Parenting for Dads</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>
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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>March 18, 2021 (Thursday)</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>Discipline vs Punishment</u></b></p> <p>Positive discipline techniques to help guide parents away from punishment. <b>For parents of children ages 1-5.</b></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 23 – April 1, 2021 (Tuesdays/Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:30 pm – 8:00 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>Helping Your Child Learn to Recognize and Manage Their Stress and Emotions</u></b></p> <p>These classes will give parents the tools &amp; 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><b>For parents &amp; caregivers of children ages 2 to 7.</b></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>
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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>March 25, 2021 (Thursday)</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>Intentional Parenting</u></b></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>
<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 31, 2021 (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>Time in vs Time Out</u></b></p> <p>Guiding children through self-regulation. (Tame the tantrums!). Techniques to teach children how to calm when big emotions overwhelm them. <b>For parents of children ages 1-5.</b></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>April 1 – April 29, 2021 (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>How to Talk so Teens Will Listen</u></b></p> <p>These are important years for deepening the trust between you and your teenager. <b>Ideal for parents of children ages 12 - 17 years old.</b> In this class we will explore how to:</p> <ul style="list-style-type: none"> <li>• Creating a space where you can listen and respond helpfully to your teenager’s concerns.</li> <li>• Express your own strong feelings without being hurtful.</li> <li>• Take action and clarify expectations without resorting to threats and punishments.</li> <li>• Encourage your teen to take responsibility and be thoughtful about their choices.</li> <li>• Work out problems together.</li> <li>• Talk about sex, drugs and more without preaching.</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>April 1, 2021 (Thursday)</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>Respectful Parenting</u></b></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><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>April 2 – May 21, 2021 (Fridays)</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>April 7 – May 5, 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>How to Talk So Kids Will Listen</u></b></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. <b>Ideal for parents of children ages 7-12 years old.</b></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>April 8, 2021 (Thursday)</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>Avoiding Power Struggles</u></b></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. <b>For parents of children ages 3 – 9.</b></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>April 15, 2021 (Thursday)</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>Potty Talk!</u></b></p> <p>Toilet learning tips to make this milestone stress free for you and your child. <b>For parents of children 2-4.</b></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>April 15, 2021 (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>April 20 – May 18, 2021 (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</u></b></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. <b>Ideal for parents of children ages 2 - 7 years old.</b></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>April 20 – May 18, 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</u></b></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. <b>Ideal for parents of children ages 2 - 7 years old.</b></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>April 21 – May 19, 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>April 22, 2021 (Thursday)</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>Time in vs Time Out</u></b></p> <p>Guiding children through self-regulation. (Tame the tantrums!). Techniques to teach children how to calm when big emotions overwhelm them. <b>For parents of children ages 1-5.</b></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>April 22, 2021 (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>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 this, 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>April 29, 2021 (Thursday)</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>Sleep Strategies</u></b></p> <p>Ideas and tips to help your child be a better sleeper. From bedtime to morning. <b>This class supports parents of children ages 1-5.</b></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>May 6, 2021 (Thursday)</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>Siblings without Rivalry</u></b></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><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>May 13, 2021 (Thursday)</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>Challenging Behaviors in Young Children</u></b></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. <b>For parents of children ages 1-4.</b></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>May 20, 2021 (Thursday)</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>Picky Eating</u></b></p> <p>How to handle picky eaters and create a stress-free mealtime for both parent and child. <b>For parents of children ages 1-5.</b></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>June 1 – June 29, 2021 (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</u></b></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. <b>Ideal for parents of children ages 2 - 7 years old.</b></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>June 2 – June 29, 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>How to Talk So Kids Will Listen</u></b></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. <b>Ideal for parents of children ages 7-12 years old.</b></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>June 2 – June 30, 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>June 3, 2021 (Thursday)</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>Understanding Your Child’s Feelings</u></b></p> <p>Fun ways to teach children what feelings are and how to express them. <b>For parents of children ages 1-4.</b></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>June 10, 2021 (Thursday)</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>Discipline vs Punishment</u></b></p> <p>Positive discipline techniques to help guide parents away from punishment. <b>For parents of children ages 1-5.</b></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>June 17, 2021 (Thursday)</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>Intentional Parenting</u></b></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](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>February 6 - February 27, 2021 (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 Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>March 6 - March 27, 2021 (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>April 3 - April 24, 2021 (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 Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>May 8 - May 29, 2021 (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</b>  <b>Midpark Family Centre</b>  #101-239 Midpark Way SE</p>	<p><b>June 5 - June 26, 2021 (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>
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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
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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>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 17 – February 24, 2021 (Wednesdays)</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 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 &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this. Join us for this free program.</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)