



## Families Matter At a Glance Class Offerings

April 30, 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 online to [www.familiesmatter.ca](http://www.familiesmatter.ca) or call us at **403.205.5194** or **403.205.5180**.

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>April 7 – May 5, 2021 (Wednesdays)</b> Facilitated by L. Florence</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 – SOLD OUT</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 7 – May 5, 2021 (Wednesdays)</b> Facilitated by B. Henley</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 – SOLD OUT</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 9 – May 28, 2021 (Fridays)</b> Facilitated by L. Florence</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 – SOLD OUT</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 20 – May 18, 2021 (Tuesdays)</b> Facilitated by L. Florence</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 - SOLD OUT</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> Facilitated by L. Florence</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 - SOLD OUT</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> Facilitated by L. Florence</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>May 1 – May 15, 2021 (Saturdays)</b> Facilitated by G. Mullen</p> <ul style="list-style-type: none"> <li>9:30 am – 11:30 am</li> <li>Cost: \$ 175.00 per session</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>The Gingerbread Way – Level 1 Professional Development</u></b></p> <p>This program is ideal for Childhood Professionals, Day home care providers, Library Staff, Teachers Parents, and Caregivers</p> <p><b>Week One: Nursery Rhymes &amp; Child Development</b></p> <p><b>Week Two: Early Literacy and Books</b></p> <p><b>Week Three: Oral Storytelling Basics</b></p> <p>*Program is THREE Sessions not offered individually</p> <p><i>"The Gingerbread Way Program" workshops blend pedagogy and practice for those who work with young children, up to age 5, and their families. Through a variety of learning activities, such as breakout room exercises and group discussion, participants will:</i></p> <ul style="list-style-type: none"> <li><b>Enrich their planning skills</b> with a deeper understanding about rhymes, songs, and stories and how they support areas of child development.</li> <li><b>Learn oral storytelling and presentation strategies</b> to engage children during storytime and throughout the day.</li> <li><b>Select rhymes, songs, and stories</b> that appeal to children of different ages, cultural backgrounds, and abilities.</li> <li><b>Become familiar with resources</b> to grow their skill sets and reflective practices.</li> </ul> <p>Cost of Program \$175 per week (total investment in program \$525) *Program is THREE Sessions not offered individually</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 4 – May 13, 2021 (Tuesdays/Thursdays)</b> Facilitated by S. Vatne</p> <ul style="list-style-type: none"> <li>10:00 am – 11:30 am</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>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>This is the “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>May 6 – May 13, 2021 (Thursdays)</b> Facilitated by L. Florence</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 Booster for past graduates of COS Only! - SOLD OUT</u></b></p> <p>We will share your family’s experiences in Going Out and Coming In on the Circle.</p> <p>Has the awareness of Shark Music impacted your parenting? Let’s talk about how you are feeling bigger, stronger, wiser and kind.</p> <p>Bring all of your questions and experiences. Laughter and discovery guaranteed!</p> <p>*This class will be presented through an online ZOOM platform, accessible by computer or cell phone.</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 – June 24, 2021 (Thursdays)</b> Facilitated by B. Henley</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 – SOLD OUT</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>May 10, 2021 (Monday)</b> Facilitated by L. Florence</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>Parents – Stay Connected (An informal parenting conversation and connection group)</u></b></p> <p>Have you taken a parenting class and want to talk about how some of your learning in the class is meeting the reality of family? Do you sometimes wonder if you learned anything in your class (lol)!</p> <p>Do you feel a bit alone out there without your usual parent connections? Join Laurie Florence for a fun and supportive check in on parenting and sharing of stories.</p> <p>Regardless of what class you may have taken, we are here to listen, problem solve, laugh, and connect.</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>May 12 – May 26, 2021 (Wednesdays)</b> Facilitated by B. Henley</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>Spirited Child – Working with Temperament – SOLD OUT</u></b></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, growth and new routines, nine temperament traits, individual personality differences, and taking the power out of power struggles.</p>
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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>May 18 – May 27, 2021 (Tuesdays/Thursdays)</b> Facilitated by S. Vatne</p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>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. This is the “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. <b>For parents &amp; caregivers of children ages 2 to 7.</b> 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>June 1– June 10, 2021 (Tuesdays/Thursdays)</b> Facilitated by S. Vatne</p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>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>This is the “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>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 10, 2021 (Tuesdays/Thursdays)</b> Facilitated by S. Vatne</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>This is the “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>June 1 – June 29, 2021 (Tuesdays)</b> Facilitated by L. Florence</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 – July 21, 2021 (Wednesdays)</b> Facilitated by J. Wong</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>June 2, 2021 (Wednesday)</b> Facilitated by J. McInnis</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>Effective Communication</u></b></p> <p>In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation.</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, 2021 (Wednesday)</b> Facilitated by B. Henley</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>When Consequences Don't Work – SOLD OUT</u></b></p> <p>In this workshop we look at the difference between logical &amp; natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behavior that work at different ages.</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> Facilitated by L. Florence</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>June 2 – June 30, 2021 (Wednesdays)</b> Facilitated by L. Florence</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> Facilitated by L. Florence</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 9, 2021 (Wednesday)</b> Facilitated by B. Henley</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>Understanding your Child's Learning Styles</u></b></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 &amp; 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><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> Facilitated by L. Florence</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>Parents – Stay Connected (An informal parenting conversation and connection group)</u></b></p> <p>Have you taken a parenting class and want to talk about how some of your learning in the class is meeting the reality of family? Do you sometimes wonder if you learned anything in your class (lol)!</p> <p>Do you feel a bit alone out there without your usual parent connections? Join Laurie Florence for a fun and supportive check in on parenting and sharing of stories.</p> <p>Regardless of what class you may have taken, we are here to listen, problem solve, laugh, and connect.</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> Facilitated by L. Florence</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 15– June 24, 2021 (Tuesdays/Thursdays)</b> Facilitated by S. Vatne</p> <ul style="list-style-type: none"> <li>• 10:00 am – 11:30 am</li> <li>• No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>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>This is the “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>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 15– June 24, 2021 (Tuesdays/Thursdays)</b> Facilitated by S. Vatne</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>This is the “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>June 16, 2021 (Wednesday)</b> Facilitated by J. McInnis</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>Understanding your Child’s Temperament</u></b></p> <p>Discover the best ways of helping your child reach his/her potential, by matching your parenting methods with their individual temperament traits. In this workshop we discuss security, temperament traits, and individual personality differences.</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> Facilitated by L. Florence</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>June 23, 2021 (Wednesday)</b> Facilitated by J. McInnis</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>When Consequences Don't Work</u></b></p> <p>In this workshop we look at the difference between logical &amp; natural consequences, discuss why some consequences don't work and consider some positive re-enforcers to encourage acceptable behavior that work at different ages.</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 24, 2021 (Thursday)</b> Facilitated by L. Florence</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>Parents – Stay Connected (An informal parenting conversation and connection group)</u></b></p> <p>Have you taken a parenting class and want to talk about how some of your learning in the class is meeting the reality of family? Do you sometimes wonder if you learned anything in your class (lol)!</p> <p>Do you feel a bit alone out there without your usual parent connections? Join Laurie Florence for a fun and supportive check in on parenting and sharing of stories.</p> <p>Regardless of what class you may have taken, we are here to listen, problem solve, laugh, and connect.</p>

For more details or your questions, please contact us at (403) 205-5178 or (403) 205-5180 or check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)



## 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 or 403.205.5180.

<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- July 15, 2021 (Thursdays)</b> Facilitated by H. Dudley</p> <ul style="list-style-type: none"> <li>1:00 pm – 2:30 pm</li> <li>No Cost: Fully subsidized</li> </ul> <p>To register please go online to <a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a></p>	<p><b><u>LENA Start – SOLD OUT</u></b></p> <p>Calling all parents and caregivers of children aged 2 months – 32 months! LENA Start classes can help make a difference in your baby's life just through early talk and interaction!</p> <p>This program focuses on how parents can increase talk with their children through exploring topics such as: talking about food, songs and rhymes, math talk, being out and about and how talk impacts early brain development. Parents even use a "talk pedometer" and receive a report on their weekly progress!</p> <p>LENA Start families receive: 10 free children's books</p> <p>*This program is offered in partnership with Calgary Reads!</p> <p>*This class will be presented through an online ZOOM platform, accessible by computer or cell phone.</p>
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For more details or your questions, please contact us at (403)205-5178 or (403) 205-5180 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 or 403.205.5180.

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 (403) 205-5180 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 or 403 205 5180.*

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>April 6 – June 29, 2021 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>6:00 pm – 8:00 pm</li> <li>Cost: No fee</li> </ul> <p>To register please call 403-205-5194 or 403-205-5180.</p> <p><b>No childcare available</b></p>	<p><b><u>Prenatal Support Group</u></b></p> <p>Prenatal Support Group for expectant mothers experiencing anxiety or depression. Women helping women.</p> <ul style="list-style-type: none"> <li>Group meets once a week with a trained perinatal mental health facilitator who will lead support and discussion sessions.</li> <li>You will get support and your questions will be answered.</li> <li>We offer a non-judgmental space to have conversations about becoming a mother.</li> <li>Group support helps everyone heal together.</li> </ul> <p>You will be contacted by our supportive intake staff after you have registered.</p>

<p><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>May 12 – May 19, 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 or 403-205-5180.</p> <p><b>No childcare available</b></p>	<p><b><u>Postpartum Information and Support for Partners</u></b></p> <p>PPD affects the entire family. We invite the partners to join us for two nights 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 12 participants and facilitated by Jory &amp; Amanda McMillian, who have experienced PPD and will share how to effectively move through this. Join us for this free program with a light meal served each night.</p>
<p><b>Families Matter Midpark Family Centre</b> #101-239 Midpark Way SE</p>	<p><b>July 1 – September 30, 2021 (Thursdays)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</li> <li>• Cost: No fee</li> </ul> <p>To register please call 403-205-5194 or 403-205-5180.</p> <p><b>No childcare available</b></p>	<p><b><u>Postpartum Support Group</u></b></p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained professional who leads the discussion.</li> <li>• You will get support and your questions will be answered.</li> <li>• You will feel less confused about what’s happening.</li> </ul> <p>Group support helps everyone heal together</p>
<p><b>Families Matter Horizon Family Centre</b> #3404-25th St. NE</p>	<p><b>July 6 – September 28, 2021 (Tuesdays)</b></p> <ul style="list-style-type: none"> <li>• 6:00 pm – 8:00 pm</li> <li>• Cost: No fee</li> </ul> <p>To register please call 403-205-5194 or 403-205-5180.</p> <p><b>No childcare available</b></p>	<p><b><u>Prenatal Support Group</u></b></p> <p>Prenatal Support Group for expectant mothers experiencing anxiety or depression. Women helping women.</p> <ul style="list-style-type: none"> <li>• Group meets once a week with a trained perinatal mental health facilitator who will lead support and discussion sessions.</li> <li>• You will get support and your questions will be answered.</li> <li>• We offer a non-judgmental space to have conversations about becoming a mother.</li> <li>• Group support helps everyone heal together.</li> </ul> <p>You will be contacted by our supportive intake staff after you have registered.</p>

For more details or your questions, please contact us at (403) 205-5194 or (403) 205-5180 or check our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)