

May



Drop in Program Details

Important Reminder: When attending the Family Connections Parent Link Centre we ask that you bring a clean pair of shoes to change into. If we need to leave the building in a hurry, there will not be time to find and put on your shoes. In order to help keep our play area clean we will not allow wet, muddy/snowy shoes in the main room.

Playtime Fun: Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

Kid's Corner: Tuesday afternoons, 1:30-3:00; Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon program is a little quieter than the morning program.

Play & Songs: Wednesday mornings, 10:00-11:30; This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. We ask parents not to have conversations with one another during song time, please model sitting on the carpet, taking part in singing the songs, and or listening to the story quietly. Exposing your child to these song times is great for developing their attention span.

***Come Play with Me (Vivo):** Thursday mornings, April 12-May 24; Come join us for this, free drop in playgroup for parents and children (birth –5 years). For more information call 403-275-6666 ext. 2271 or check our website www.weconnectyou.ca Vivo is located at 11950 Country Village Link NE, Calgary, AB T3K 6E3. This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

***Play and Chat with Alberta Health Services Speech and Language Pathologist:** Thursday morning, May 10, 10:00-11:30 am Vivo location; Do you have questions about your baby, toddler or preschooler's speech and language skills? Just drop in during our regular play group and ask to speak with our contact.

Baby and Me (under 12 months): Wednesday afternoons, 1:30-3:00; Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests eg. Library, AHS nutrition speakers. Come and join us for Stories and Songs on May 30 at 2:30.

Spring into Gym (All Ages 1-5 years): Friday mornings, 10:00-11:30, April 13-June 1; Please join us for this active drop-in play program for children 1-5 years old (children need to be walking). Activities will involve exploring and developing physical and social skills with other children and adults in a gym setting. Children and adults must wear indoor non-marking running shoes. (NO socks or bare feet) NO Shoes NO PLAY!! Families need to arrive and sign in between 10:00 and 10:30 am to participate in the gym program. Please come early. For more information call 403-275-6666 ext. 2272. Please note that there is not Spring into Gym on May 4.

Get Outside and Play: May 25-June 1; Come join our weekly programs and be prepared to go outside and play even if it rains. We will be playing outside (all or part of the programs will be outside). Look for a poster which will include further details. Call 403-275-6666 ext. 2272 for more information.

Get Outside and Play Week happens every spring and is about celebrating outdoor play. Check for further details at Alberta Council for Environmental Education <http://www.abcee.org/families> for a variety of possible activities in Calgary area.

May



Registered Program Details

Family Evening Fun with ready materials to Colour: Thursday evenings, May 3 & 10, 6:00-7:00; This program is best suited for children 3 to 6 years of age. The parents will play with their children for half an hour and after cleaning up the children will colour ready materials with their parents and will take it home. Siblings are welcome to attend, activities suited for younger children will be available. You may only register for one evening, call Tracey at 403-275-6666 Ext.2271. For more information call Vivian at 403-275-6666 Ext.2273.

Understanding Children's Emotions & Anger: Monday evening, May 7, 6:30-8:30; Join us for an evening of learning regarding children's strong emotions and anger. We will discuss causes and concerns and learn ways to teach children how to regulate emotions and better ways to express these strong feelings. Call 403-275-6666 ext.2271 to register and for childcare.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with Families Matter & Family Connections Parent Link.

Spring Circle Time For ages 1-5 years (children who are walking): Thursday mornings April 12th – May 17th 10:00-11:00 am; Join us for this is a Six-Week Interactive Story Time where we will have fun with language through songs, rhymes and books. The second half we will explore puzzles, toys and educational games. **This program is now full.**

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years: Monday evening, May 28, 6:30-8:30 pm; Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 403-275-6666 ext. 2271 to register for the workshop and free childcare starting May 1. For more information call 403-275-6666 ext. 2268.

Storytime at Vivo for children (1 to 5 years): Thursday mornings, May 31, June 7 & 14 10-11 am (Families need to commit to all 3 dates to register and live in the Vivo area.) Families need to sign up to be involved with this program 11950 Country Village Link NE, Calgary; Come join us for this free Storytime with the Country Hills Public Library where children and parents will share songs rhymes and stories in this interactive circle program. We will be located outside the Library in the Vivo Administration area. Call 403-275-6666 ext. 2271 to register starting May 2.

This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link.

June



Upcoming June Drop-in Programs

Spring into Gym: The last day for this program will be June 1.

Family Evening Fun: Thursday evenings, June 21 & 28, 6:00-7:15; This is an evening program for the whole family to come out and have some fun playing with your children and chat with other families. We have warm large beautiful space full of toys, puzzles and dress up. Looking forward to seeing everyone at this program. For more information call Vivian at: 403-275-6666 Ext.2273.

Upcoming June Registered Programs

Me & My Dad (for 1-5 years old) Barbeque Roundup; Saturday morning, June 2, 10:30 am-12:00 noon; Come join us for our Dad's ONLY playtime. We will be playing outside if weather permits. To register call Tracey at 403-275-6666 ext. 2271 starting May 15. Call Sue for more information at 403-275-6666 ext. 2270.

Just For Mom's; What is Self Care: Saturday afternoon, June 2, 2:00 – 4:00 pm; We hear the term Self-Care all the time, but what does it actually mean. Join our staff and a group of other Mom's as we explore the topic of Self Care. We will have a surprise activity as well for all of the Mom's who attend. We will offer childcare and a safe fun environment for conversation and activities. Call Cassandra for more information 403-275-6666 ext. 2268. To register call Tracey at 403-275-6666 ext. 2271 starting May 11.

Pot-Luck Dinner and play group: Thursday evening, June 14, 6:00-8:00 (Dinner 6:00-7:00 and play group 7:00-8:00) Join us for a Pot-Luck Dinner and play group in honor of Father's Day. Please note, this is an event for children ages 0 – 6, and we welcome all members of your family, Siblings, Moms, Dads, Grandparents, etc. Call Tracey at 403-275-6666 ext. 2271, between May 21 and June 11, to sign up. Please let her know how many will be attending, and what type of dish you will be bringing, a salad, side dish, main dish or desert. The Parent Link Program will provide lasagne.

Summer Magic Dance Party: Friday evening, June 22, 6:30-8:00 pm; Come join us for an evening of dancing and fun as we welcome Summer. We will have a DJ, family friendly activities, and light snacks will be served. This is a registered event, and registration will run May 25th – June 15th. Call 403-275-6666 ext. 2271. This program is for families who have attended programs through the centre in the past 6 months. This event is being put on through partnership with North Central Family Support and the Building Strong Families Lone Parenting programs.

Little Kids and Big Feelings (for pre-school to school age children): Thursday evening, June 7, 6:15-8:30 pm; Guiding our children through their big feelings, responding to tantrums, and managing difficult behaviors can challenge all parents. Come hear about the Brain-body connection that helps children develop the skills of emotion regulation. Understand more about why children lose control of their emotions, what it means to 'flip your lid', and the role of parents in helping kids with feelings. Learn skills you can teach your children, and use yourself, to help your child manage big feelings. We will use a combination of videos, discussion, and practice. Call 403-275-6666 ext.2271 to register for the workshop and for childcare.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & Early Childhood and Perinatal Mental Health and the Family Connections Parent Link.