

# February



## 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, February 1-March 22 (no program on February 15); Come join us for this, new, free drop in playgroup for parents and children (birth – 5 years). For information call 403-275-6666 ext. 276 or check website [www.weconnectyou.ca](http://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.

**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. Join us on February 14 when we will have story time with the Calgary Public Library. Please bring a snack to share for Valentine's day fun.

**Let's Play in the Gym (All Ages 1-5 years):** Friday mornings, 10:00-11:30, January 26-March 23; 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. 241. Please note there is no program on February 16.

**Family Day Skate:** Friday afternoon, February 16, 12:30-2:00 pm; Come join the Huntington Hills Community Association and Family Connections Parent Link, North Central Family Support Program for a Family Day Skate. All children 17 and under must have a buckled helmet and skates to be on the ice participating in this Free event. It is recommended that everyone, children and adults wear helmets (hockey or biking) when on the ice. Please wear mittens and proper footwear, preferably skates. Skate with care and respect (no racing) and No hockey sticks. For more information, call 403-275-6666 ext. 242

# February



## Registered Program Details

**Triple P Seminars; The Power of Positive Parenting (3-11 years):** Monday evening, February 5, 6:30-8:30 pm; Parents will be introduced to an understanding of the basics of the positive parenting program. In this seminar parents will be able to identify and use positive discipline and identify parenting tools to use within their families. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting January 15.

Seminars are an introduction to understanding the basics of positive parenting program (Triple P). You maybe interested in looking at more information and detail through the Discussion workshops, 1:1 contact or group programs.

**Positive Parenting Program (Triple P Group) for children 3-11 years:** Tuesday evenings, January 30-March 20 (8 weeks), 6:30-8:30 pm

Do you feel like you:

- often struggle with your child's behavior?
- could use more strategies to use in difficult situations?

would like to share ideas with other parents?

Call 403-275-6666 ext. 276 to register for the free workshop and childcare starting December 4. For more information about the program call 403-275-6666 ext. 274.

**Family Evening Fun Pajamas Play:** Thursday evenings, February 8, 15, & 22, 6:30-7:30; Come join us for our family Evening Fun Pajamas play, the whole family can wear their pajamas. It is an evening program for the whole family to come out and have some fun Playing with your children. We will end the program watching a teachable movie with popcorn. Play time 6:30-7:00, popcorn & video 7:00-7:30. To register call Tracey at 403-275-6666 ext. 276, for more information call Vivian at 403-275-6666 ext. 242.

**Ready, Set Go! Potty Training for Parents:** Friday morning, February 9, 10:00-11:30; Are you ready Parents to start Toilet training? Come share ideas and challenges with other parents while gathering information on toilet training. To register (workshop and childcare in Parent Link site at the same time) call 403-275-6666 ext. 276 starting January 19.

**Triple P Seminars; Raising Confident, Competent Children (3-11 years):** Monday evening, February 12, 6:30-8:30 pm; This seminar shows how to use positive parenting principals to teach children important values and skills, including encouraging respect, cooperation, getting on with others, learning to be independent, learning to develop healthy self esteem and learning to become good problem solvers. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting January 16.

**Family Day Storytime with Judith Umbach Library:** Friday morning, February 16, 10:00-11:00 am At Huntington Hills location 520 78 Ave NW; Come join us for stories and songs with the Library. Please call 403-275-6666 ext. 276 to register starting January 26. This program is for children 1 to 5 years old.

**\*Vivo Family Day Storytime with Country Hills Library:** Thursday morning, February 15, 10:00-11:00 Am; Come join us for stories and songs with the Library. Please call 403-275-6666 ext. 276 to register starting January 25. This program is for children 5 and under. Please choose one story time that is closer to where you live.

**Me & MY Dad "Let's Build Something with My Dad":** Saturday morning, February 24, 10:00-11:30 am; Dad's ONLY (and children) activity for children 1-5 years Come join our new Me and My Dad program. Dad's and children 1 year (able to walk and run) and older will be able to participate in variety of activities while meeting other dads. We will be playing with giant building blocks, work on a Lego town and much more. Call Sue for more information at 403-275-6666 ext. 235. To register call Tracey at 403-275-6666 ext. 276 starting February 2.

**Just For Mom's:** Saturday afternoon, February 24, 2018, 2:00 – 4:00pm pm; Most of us wonder about losing a few pounds, and what are the safest and best ways to go about it. Come join other Moms for great conversation and snacks in a relaxing setting, where we will talk about health and fitness. Childcare will be provided. To register call Tracey at 403-275-6666 ext. 276. Registrations will begin February 2, 2018. For more information contact Cassandra 403-275-6666 ext. 274

**Managing Fighting and Aggression (TP discussion workshop):** Monday evening, February 26, 6:30-8:30; Do you feel like your child can be aggressive and destructive and you would like to learn how to prevent problems, communicate, share and take turns and problem solve? Please call 403-275-6666 ext. 276 to register and for childcare starting February 5.

**Baby Circle Time (for children 12 months and under):** Thursday mornings February 22<sup>nd</sup> – March 15<sup>th</sup> 10:30- 11:30.; The focus of this 4 week program will be on learning rhymes and songs that you can share together with your child. The second half of the program will include some book sharing with your baby and casual group interaction. Space is limited. Parents need to commit to all 4 weeks. Registration begins on January 29 at 10:00 am . Please call Tracey at (403) 275-6666 ext. 276 (if you call or email before 10:00 your registration will not be completed). Leave a message with your name, your child's name and age and a phone number so we can call back to confirm registration. Please note that your child must be 12 months or under at the time the program starts.

# March



## Upcoming March Drop-in Programs

**Play and Chat with Alberta Health Services Speech and Language Pathologist:** Tuesday morning, March 6, 10:00-11:30 am Huntington location; Do you have questions about your baby, toddler or preschooler speech and language skills? Just drop in during our regular play group and ask to speak with our contact.

## Upcoming March Registered Programs

**Developing Good Bedtime Routines (TP discussion workshop) children 1 year and older:** Friday morning, March 2, 10:00-12:00; Learn how to teach your child to stay in bed and manage other bedtime challenges for young children. Call Tracey at 403-275-6666 ext. 276 to register (workshop & Childcare) starting February 9.

**Triple P Seminars (3-11 year olds); “Raising RESILIENT CHILDREN”:** Monday evening, March 5, 6:30-8:30 pm; This seminar deals with how to help children recognize and accept feelings, express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful events. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting February 12 .

Seminars are an introduction to understanding the basics of positive parenting program (Triple P). You may be interested in looking at more information and detail through the Discussion workshops, 1:1 contact or group programs.

**Dealing with Disobedience (TP discussion workshop):** Monday evening, March 19, 6:30-8:30 pm; Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience with children 3-11 years old Call Tracey at 403-275-6666 ext. 276 to register for the workshop and free childcare starting Feb 20. For more information, call 403-275-6666 ext. 235.