

# 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/caregivers 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/caregivers 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/caregivers 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.

**Baby and Me (under 12 months):** Wednesday afternoon, 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. The Library will be joining us February 27, 2:30-3:00 pm.

**\*Come Play with Me (Vivo):** Thursday mornings, January 31-March 21, 10:00-11:30; Come join us for this, free drop in playgroup for parents/caregivers and children (birth –5 years). Children are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources. For information call 587-392-2271 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 being run through partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

**Family Evening Fun:** Thursday evening, February 7-28th, 6:15-7:15; this is an evening program for the whole family to come out and have some fun playing and chatting with other families. To help you put the kids in bed faster after the program we will provide a healthy special snack, and everyone can wear their pajamas. We have a warm beautiful space full of toys, puzzles (for different ages). looking forward to seeing everyone at the program. For more information call Vivian at 587-392-2273. **No program on February 14th.**

**Let's Play in the Gym (All Ages 1-5 years):** Friday mornings, January 11-March 8, **10:30-12:00 noon;** 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. Siblings are welcome. **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 10:30 and 11:00 am** to participate in the gym program. Please come early. For more information call 587-392-2271. **NO Let's Play in the Gym on February 15.**

**Mommy 2 Be Group:** Friday mornings, 10:00-12:00; Please join our Mommy2Be group. All moms to be are welcome! Different topics, guest speakers, meet and chat with other Moms2be. Please know that this group is for moms only children are not able to attend. If you would like more please call 587-392-2268.

**Family Day Skate (FREE):** Friday afternoon, February 15, 12:30-2:00 pm Huntington Hills Community Centre 520 78 Ave. NW; Come join the Huntington Hills Community Association and Family Connections Parent Link, and 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 to participate 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 587-392-2272.

# February



## Registered Program Details

**Positive Parenting Program (Triple P Group) for children 3-11 years:** Tuesday evenings, January 29 – March 19, 2019, 6:30pm – 8:30pm

For more information about the program call Casandra 587-392-2268

**Parent Child Mother Goose for infants (must not turn 1 yr. before April 2019):** Thursday afternoons, February 7<sup>th</sup> to April 11<sup>th</sup>, 1:30-2:30 (10 weeks); Come socialize, laugh, and learn in this 10-week interactive program for you and your baby. The Mother Goose program uses songs, rhymes and stories which teaches language skills in a loving and interactive way. The focus will be on learning through repetition. No siblings please. We ask that you be committed to the 10 weeks, as this is a popular program. **This Program is now FULL.**

**Ready, Set Go Potty Training for Parents:** Friday morning, February 8, 10:00- 11:30 am; Are you ready Parents to start Toilet training? Come share ideas and challenges with other parents while gathering information on toilet training. To register call 587-392-2271 starting January 14. Workshop and children will be the in Parent Link area at the same time.

**Family Day Storytime with Judith Umbach Library:** Thursday morning, February 14, 10:00-11:00 am Top Floor 520 78 Ave NW; Come join us for stories and songs with the Library. Please call 587-392-2271 to register starting January 24. This program is for children 5 and under.

**Me & MY Dad, “Trains, Planes & Cars”:** Saturday morning, February 23, 10:00-11:30 am Dad’s ONLY (and children) activity for children 1-5 years; Come join our 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. Call Sue for more information at 587-392-2270. To register call 587-392-2271 starting February 4.

**Just for Mom’s Beating the Winter Blues:** Saturday afternoon, February 23, 2019, 2:00 – 4:00 pm; Winter is in full force! As the days get shorter and the nights get colder, even the best of us can get a little down. Come join other Moms for great conversation and snacks in a relaxing setting. We will be chatting about ways to stay happy and active, and beat the winter blues in the colder months, we will also be doing a fun activity. Childcare will be provided. To register call Tracey at 587-392-2271. Registrations will begin January 28.

**Managing Fighting and Aggression (children 3-11 years) Triple P Discussion workshop:** Monday evening, February 25, 6:30-8:30 pm; 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 587-392-2271 to register and for childcare starting January 28.

**Moms Getting Healthy Together:** Sunday mornings, January 27<sup>th</sup> to March 24<sup>th</sup> (this is an 8-week program with no class February 17) 10:30am to 11:30am; Learn how to reduce stress and make healthier choices. The last 30 minutes will be a workout that you can easily replicate at home with limited time, space, and equipment! So pack up your yoga mat, your runners and bring the kids for some independent play (you will have to monitor your children during this hour), while you learn about making yourself a priority without the dreaded “mom guilt”. **\*\*Babes in carriers are welcome\*\*** Brought to you by Jessica Pegg, Personal Trainer and Certified Health, Wellness, and Life Coach. Please call Tracey at 587-392-2271 to register.

**Parent Support:** Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak on the phone.

# March



## Please Note:

The Parent Link Centre will not be running programs the last week of March.

## Upcoming March Registered Programs

**Feeding My Baby:** Monday morning, March 4, 10:00-12:00 noon; Are you getting ready for your baby to start solid foods? Then this class is for you! The AHS dietitian will answer your questions about what to feed first, textures, and other topics related to feeding your baby in the first 12 months. Babies are welcome. Call 587-392-2271 to register.

**Digital Dangers with Constable Carter Duchesney, CPS:** Thursday evening, March 7, 6:30-8:30 pm 520-78 Ave NW, Top Floor, in the Parent Link location; With the rapid growth of technology and innovative new methods for communication, it has become an increasing challenge for parents and professionals to implement preventative strategies and effective intervention methods. In this session learn about cyberbullying and the law, dangers of social media, digital safety, sexting and internet luring and netiquette.

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, Calgary Police Service & Family Connections Parent Link. Call 587-392-2271 to register for this workshop. There is NO Childcare for this workshop.

**Developing Good Bedtime Routines (children 1 year and older) Triple P Discussion workshop:** Friday morning, March 8, 10:00-12:00 pm; Learn how to teach your child to stay in bed and manage other bedtime challenges for young children. Call 587-392-2271 to register for this workshop starting February 11.

**Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years:** Monday evening, March 18, 6:30-8:30 pm; Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 587-392-2271 to register for the workshop and free childcare starting February 19.

**Me & MY Dad, Playtime in the Gym (Best suited for children 1-5 years):** Saturday morning, March 16, 10:00-11:30 am; Come join our 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 in the gym and enjoying physical activities. Call Sue for more information at 587-392-2270. To register call 587-392-2271 starting February 15.