

December



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. December 11 will be the last Playtime Fun program for 2018. This program will start again on January 8.

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. December 11 will be the last Kid's Corner program for 2018. This program will start again on January 8.

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. December 12 will be the last Play & Songs program for 2018. This program will start again on January 9.

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. December 19 Christmas Babies Dress up your little one and bring a snack to share. The Library will be coming in for stories at 2:30 pm this will be the last Baby & Me program for 2018, Baby & Me will start again on January 9.

***Come Play with Me (at Vivo):** Thursday mornings, starting October 11-December 6, 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 visit our website www.weconnectyou.ca Vivo is located at 11950 Country Village Link NE, Calgary, AB T3K 6E3. This program will be ending December 6 with some special activities. Don't forget to come and join our final drop in play for the year.

*This program is being run through partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

Family Evening Fun: Thursday evenings, November 1-December 13, 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 fast 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 and puzzles (for different ages). Looking forward to seeing everyone at the program. For more information call Vivian at 587-392-2273. This program is ending on December 13. Watch for our registered Family Evening Fun Pajamas Play program starting in January.

December



Registered Program Details

Positive Parenting Program (Triple P Group) for children 3-11 years: Tuesday evening, December 4; For more information about the program call 587-392-2770.

Santa Claus is Coming to Town: Thursday morning, December 13, 10:00-11:30; Come enjoy a morning of Christmas activities and a surprise visit with Santa Claus. Santa will be here between 10:00 and 11:00 am. Bring your little one, a smile and a camera. This is a registered event (must sign up) for families who have been attending Parent Link programs. Registration starting November 26 at 10:00 am. (There is limited space) Call 587-392-2271 or email tracey@weconnectyou.ca. Please know that voicemails or emails received before the registration start time of 10:00am will not be completed.

Christmas Songs and Crafts: Tuesday afternoon, December 18, 1:30-2:30 or Wednesday morning, December 19, 10:30-11:30; Please join us as we celebrate the Christmas Season with Songs and Fingerplays. We will begin with a family song and rhyme time followed by a couple of Christmas Crafts for your child to take home and enjoy for the holiday. **Please note that you may only register in one of the programs. Craft activities best suited for 2+ but anyone is welcome.** These are registered programs with limited spaces (You must sign up ahead of time.) registration will start on December 3 at 10:00 am. To register telephone 587-392-2271 or email tracey@weconnectyou.ca. Please know that any voicemails or emails to register received before the registration start time of 10:00 am will not be completed.

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.



January

Upcoming January Drop-in Programs

***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. 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.

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.

Upcoming January Registered Programs

***Storytime at Vivo:** Thursday mornings, 10:00-11:00, January 10, 17 & 24. 10-11 AM; Come join us for this free Storytime with Parent Link staff 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. Vivo is located at 11950 Country Village Link NE, Calgary, AB T3K 6E3. Call 587-392-2271 to register starting November 26.

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

Family Evening Fun Pajamas Play: Thursday evenings, January 17, 24 & 31, 6:15-7:15; Come join us for our family Evening Fun Pajamas play, children can wear their pajamas. This a great opportunity for the whole family to come out and have fun playing. The first half hour the family can have fun playing together and the second half hour families can watch a movie with popcorn. Registration for this program will start on December 6, call 587-392-2271 to register.

Me & My Dad: Me and My Dad will be returning on Saturday, January 26, 10:00-11:30. Look for information about going on a field trip. Details will be identified and found in the January calendar and on our website www.weconnectyou.ca Call 587-392-2270 for more information.

Just for Mom's: Saturday afternoon, January 26, 2:00 – 4:00; Winter is in full force! As the days get shorter and the nights get colder, come join us for a fun afternoon. Join a fun group of Moms for great conversation and snacks in a relaxing setting. We will be chatting about ways to manage your money. We will also be making homemade soup and buns for everyone to take home. Childcare will be provided. To register call Tracey at 587-392-2271. Registrations will begin January 9.

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years: Monday evening, January 28, 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 January 8.

January

Upcoming January Registered Programs Continued

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

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?
- can commit to 4 Wednesday in a row? (and 3 follow-up weeks)

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

Call Tracey at 587-392-2271 to register for the free workshop and childcare, starting on December 10, 2018.

Moms Getting Healthy Together: Sunday mornings, January 20th to March 17th (this is an 8-week program with no class February 17) 10:30am to 11:30am; Are you a mom to children under the age of 5? Do you often think you'd like to make healthier choices for you and your family but aren't sure where to start or how to find the time? Spend an hour each Sunday morning for 8 weeks, getting to know some other moms with the same objectives. Each week we will have a short discussion on what it means to "fill your cup first", 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.

Must commit to all 8 weeks. To register please call 587-392-2271 or email tracey@weconnectyou.ca between January 4 and January 17

