

# June



## 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. Last **Playtime Fun** program will be June 26, watch for this program to return in September.

**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.

**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 the **Baby & Me Roundup on Wednesday, June 20**. The Library will be here for story time at 2:30 pm. Bring a snack to share if you would like to. This is our last group until the September. Families are welcomed to join our Tuesday afternoon summer program

**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: 587-392-2273.

**\*Get Outside and Play at Confederation Park:** Friday morning, June 1, 10:00-11:30 am; North Entrance 905 30 Ave NW. Bring your riding toys or bikes and helmets. Strollers are also welcomed. Be prepared to be outside and to play even if it rains. Dress for outside play with hats, boots, raingear, sunscreen & water bottles. You may want to bring a lunch. Let's Go to Confederation Park call to sign up that you are attending at 587-392-2271. For more information call 587-392-2270

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.

# June



## Registered Program Details

**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 587-392-2271 to register.

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

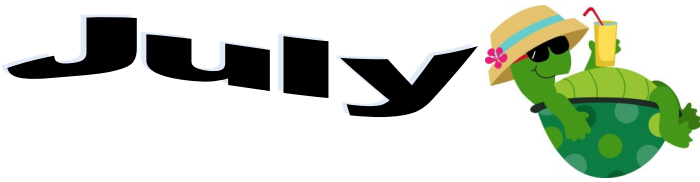
**Me & My Dad (for 1-5 years old) Barbeque Roundup;** Saturday morning, June 2, 10:30 am-12:00 noon; Come join us for our Dad's ONLY playtime. We will be playing outside if weather permits. To register call Tracey at 587-392-2271 starting May 15. Call Sue for more information at 587-392-2270.

**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 587-392-2268. To register call Tracey at 587-392-2271 starting May 11.

**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. 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.

**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 587-392-2271, 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 actives, and light snacks will be served. This is a registered event, and registration will run May 25<sup>th</sup> – June 15<sup>th</sup>. Call 587-392-2271. 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.



## Upcoming July Drop-in Programs

Watch for the following drop-in programs to start in July

**\*Meet Me at the Park (July 2018):** Wednesday mornings, 10:00-12:00 pm; Come join us and visit 2 different parks in Panorama and Coventry area this summer. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome. We will be partnering with the Play Ambassadors program and Vivo. [playambassadors@vivo.ca](mailto:playambassadors@vivo.ca) Call 587-392-2273 for more information.

July Schedule

- July 4 10-12 pm Panorama Hills Park (400 Panamount Blvd. NE)
- July 11 10-12 pm Panorama Hills Park (400 Panamount Blvd. NE)
- July 18 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)
- July 25 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)

**Summer Drop-In Play & Fun:** Thursday mornings, 10:00-11:30

## Upcoming July Registered Programs

**Summer Time Fun (story time for children 1-5 years):** Tuesday mornings, 10:30-11:30; Come join us with the Judith Umbach Library where children and parents will share songs, rhymes and stories in this interactive circle program. To register call 587-392-2271 starting June 12 for both programs  
Families can only register for one program only, choose either July or August and plan commit to attending all 3 sessions.

Tuesday July 10, 17 & 24 (10:30-11:30 am)

Tuesday August 7, 14, & 21 (10:30-11:30 am)

**Mealtime Struggles to Mealtime Success:** Monday, morning, July 16, 10:00-12:00; Do you have questions about your child's eating? Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles. Taught by an Alberta Health Services dietitian, this class is for parents and caregivers with children 1—5 years of age. Call 587-392-2271 to register for the workshop and child care.

**Cool Summer Play:** Friday morning, July 20, 10:30-12:00 pm; Start your engines! Bring your riding toys, bikes and helmets and join us in the Huntington Hills arena. Strollers are welcomed. Look for other interactive activities and games. Call to sign up that you are attending at 587-392-2271 as of July 3.

**Parent Support (over the summer):** 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.