

October



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.

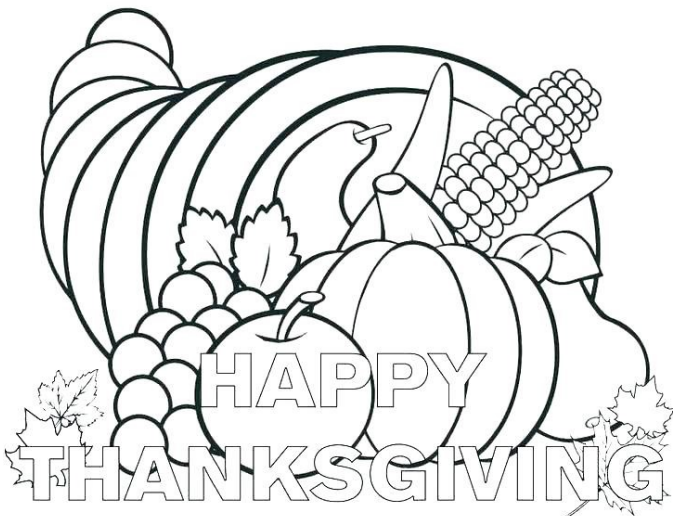
Play & Songs: Wednesday mornings, 10:00-11:30; This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. 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. Wednesday, October 31st is Halloween. You are welcome to come dressed in costume (no scary or violent costumes please) or Fall colors if you wish. We will have a Halloween theme for art and story.

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. October 24 "Halloween Babies" Dress up your little one and bring a snack to share. The Library will be coming in for stories at 2:30 pm

***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 check website www.weconnectyou.ca

*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, starting October 5-November 23, 10:00-11:30; 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 Indoor 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 587-392-2271.



October



Registered Program Details

***Storytime at Vivo for children (1 to 5 years):** Thursday mornings, September 20, 27 & October 4, 10:00-11:00; Families need to sign up to be involved with this program 11950 Country Village Link NE, Calgary

Toddler Songs and Exploration: Thursday mornings, October 4-November 8, 10:30-11:30; A six-week Toddler program for children ages 18 to 36 months (at time of program start) An interactive song and rhyme program for toddlers and caregivers. We will learn some songs and rhymes to do together at home as well as introduce lots of movement. The second half of the program will involve exploration of different materials such as blocks, puzzles, art activities, and sensory play. Come dressed to play and have fun! To register starting on September 13 call 587-392-2271. Spaces are limited.

Family Evening Fun with ready materials to colour for 3-6 year olds: Thursday evenings, October 11, 18 & 25, 6:00-7:00; Please register for one time only (Your choice). The first 30 minutes the kids will play, the last 30 minutes the kids will colour with their family. The siblings are welcome if you have someone to help them. Contact Tracey at 587-392-2271 to register starting September 4. For more information contact Vivian at 587-392-2273.

Triple P Parenting Seminars (3 to 11 years): Saturday, October 13, 10:00-3:00; Come join us for a set of 3 seminars on parenting which will focus on understanding development and managing behavior in a constructive and caring way. Seminar topics are The Power of Positive Parenting, Raising Confident, Competent children, Raising Resilient Children. Lunch will be provided. Call 587-392-2271 to register for the workshop and free childcare between September 12-October 4. For more information please call 587-392-2268.

Taming Toddler Tantrums (1-5 years): Monday evening, October 15, 6:15-8:30; Ever wondered how to break through a toddler meltdown? This presentation will help you gain an understanding of toddler emotions and how to tame the tantrums that go with it. You will also learn techniques and tips on how to prevent them, how you can handle these strong emotions and also teach toddlers better ways to express them. Call 587-392-2271 to register to sign up 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.

Positive Parenting Program (Triple P Group) for children 3-11 years: Tuesday evening, October 16-December 4 (8weeks), 6:15-8:30; 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 587-392-2271 to register for the free workshop and childcare starting Sept 15. For more information about the program call 587-392-2770.

Fall Story and Craft: Friday morning, October 19, 10:30-11:30 am; Come join the Calgary Public Library to share stories and songs followed by crafts. Children can dress in Fall colors (red, orange, yellow, browns) or simple costumes (nothing scary or violent please.) Families need to choose one of our Fall/Harvest programs. Call 587-392-2271 starting September 24 to register.

Fall Harvest: Saturday morning, October 20, 10:00-11:30; Come join us for a fun morning of play, crafts, and songs or stories. Families can dress in Fall colours (red, orange, yellow, browns) or simple costumes (nothing scary or violent please). Families need to choose one of our Fall/Harvest programs. To register call Tracey at 587-392-2271 starting September 27.

Me & My Dad "Let's Dress Up & Play": Saturday morning, October 27, 10:00-11:30; Come join us our Dad's ONLY (and children) activity. Dad's and children 1 years (able to walk and run) and older will be able to participate in some pre-Halloween fun activities (in the Parent Link area) and meet other dads. Call for more information at 587-392-2270. To register call 587-392-2271 starting October 1.

Just for Mom's: Saturday afternoon, October 27, 2:00-4:00; Feeling stressed? Overwhelmed? Anxious? Come learn how to live more in the moment, reduce your stress levels, fight off illness and improve your overall quality of life. Please wear comfortable clothing and bring an open mind. Come join us for a nice, afternoon for Mom's only. Where our topic will be mindfulness. We will spend the first hour in discussion the last hour, doing a fun activity. Registration will start Tuesday, October 9, child care is provided, Please call Cassandra at 587-392-2268 if you would like more information about this program or to register.

Managing Fighting and Aggression (children 3-11 years) Triple P Discussion workshop: Monday evening, October 29, 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 October 1.

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.

November Lest We Forget

Upcoming November Drop-in Programs

Baby & Me:

November 14 Nutrition with AHS dietitian

November 28 Storytime 2:30-3:00 pm (during the last half hour of Baby & Me)

Play and Chat with Alberta Health Services Speech and Language Pathologist:

November 6, Tuesday morning, 10:00-11:30 am Huntington location; during Playtime Fun

*November 15, Thursday morning, 10:00-11:30 am Vivo location; during Come Play with Me

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 November Registered Programs

Mealtime Struggles to Mealtime Success: Monday evening, November 5, 6:30-6:30; 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 a AHS 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 childcare as of October 23.

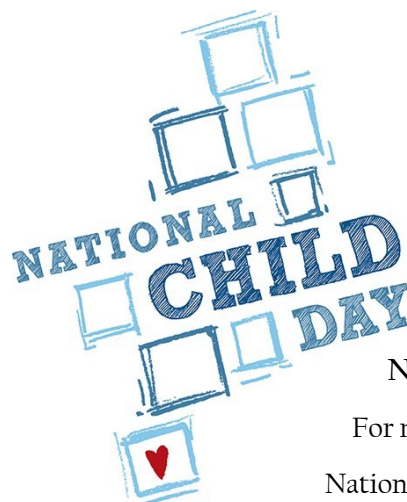
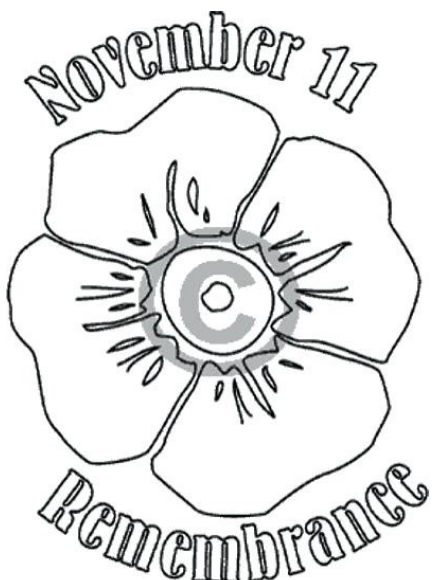
Me and My Dad; Game Day with Dad: Saturday morning, November 17, 10:00-11:30; Dad's ONLY (and children) activity for children 1-5 years; Come explore our Game Day event where we will play simple board games, miniature hockey and more (in the Parent Link area). Call for more information at 587-392-2271. To register call 587-392-2770 starting October 26.

Just for Mom's; Mastering the Holidays: Saturday afternoon, November 17, 2:00-4:00; Join our staff and a group of other Mom's as we have a chat on different ways to manage and enjoy the Holiday season. This will be our last Just for Mom's for the 2018 year. Watch for us to return in January. 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 October 29.

Developing Good Bedtime Routines (Triple P Parenting discussion workshop) (for 1 year and older): Friday morning, November 9, 10:00-12:00 noon; Learn how to teach your child to stay in bed and manage other bedtime challenges for young children. Call Tracey at 587-392-2271 to register (workshop & Childcare) starting October 12.

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years: Tuesday evening, November 27, 6:15-8:30 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 587-392-2271 to register for the workshop and free childcare starting November 1.

Musical Christmas: Friday evening, November 30, 6:30-8:00pm.; Keep an eye out for more information on our website about our Musical Christmas Event. This registered group will have pizza for dinner, and some after dinner entertainment. This program is for families who have attended programs through the centre in the past 6 months and is best suited for families with children under the age of 6. Registration for this program will start November 1 at 10:00am and will be closed on November 26 at 4:00. Call Cassandra at 587-392-2268 for more information, and Tracey at 587-392-2271 to register.



November 20, 2018

For more information about
National Child Day you can visit
<https://nationalchildday.ca/>