

**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.

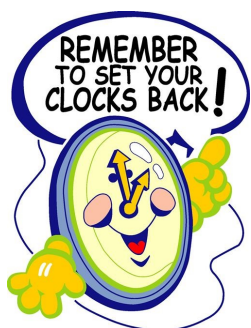
**Baby and Me (under 12 months):** Wednesday afternoons, 1:30-3:00; Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests eg. Library, AHS nutrition speakers. November 8, Nutrition with Alberta Health Services dietitian. November 29, Storytime with Parent Link 2:30-3:00 pm

**\*Come Play with Me:** Thursday mornings 10:00-11:30, October 5-November 23; This program is at Vivo located at 11950 Country Village Link NE; Come join us for this free drop in playgroup for parents and children (birth – 5), located outside the Panther physiotherapy site, on the East side of the building at Vivo. There is lots of parking available outside the East entrance, at the back of the building. The space is on the upper floor and can be reached by taking the stairs or the elevator. For information call 403-275-6666 ext. 276 or check website [www.weconnectyou.ca](http://www.weconnectyou.ca) \*This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

**Play and Chat with Alberta Health Services Speech and Language Pathologist:** Thursday morning, November 9 at Vivo, Tuesday morning, November 14 at Huntington Hills, 10:00-11:30; Do you have questions about your baby, toddler, or preschooler's speech and language skills? Just drop in and ask to speak with our contact.

**Family Evening Fun:** Thursday evening, 6:00-7:30, November 2-30. The whole family are welcome with their Children from Birth-6 years old. It is good time for the children to play with toys and with other children. Come play with your children and engaged with other families. If you have any question or more information call Vivian at 403-275-6666 Ext.242

**Busy Toddlers in the Gym (for children 1-3 years old):** Friday mornings, October 6-November 24 10:00-11:30 am; Please join us for this active drop-in play program for toddlers (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 10:00 and 10:30 am to participate in the gym program. Please come early. For more information call 403-275-6666 ext. 241.



Daylight saving time ends  
Sunday November 5. Turn  
clocks back 1 hour before  
bed on Saturday, November  
4, 2017.





## Registered Program Details

**Positive Parenting Program (Triple P Group) for children 3-11 years:** Tuesday evening, October 10-December 5 (8 weeks) 6:30-8:30 pm This program is now full. For more information about the program call Sue 403-275-6666 ext. 235

**Tickle, Giggle, Jump!:** Thursday mornings, October 19-November 9, 10:30-11:15; This is a 4 week song, rhyme and story time just for toddlers. We will enjoy some interactive songs with lots of movement. It is also a time to expose your child to simple stories in a group setting. We will end with some quiet book sharing time with your child. This program is now full.

**Mealtime Struggles to Mealtime Success:** Monday evening, November 6, 6:30-8:30 pm; 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 403-275-6666 ext. 276 to register for the workshop and childcare.

**Developing Good Bedtime Routines (1 year and older) (TP discussion workshop):** Friday morning, November 10, 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 403-275-6666 ext. 276 to register (workshop & Childcare) starting October 20.

**Hassel Free Shopping with Children (Just in Time for the Holidays) (TP discussion workshop):**

Friday morning, November 17, 10:00-12:00 (noon); Do you feel that you don't want to or can't take your child shopping? Would you like to learn some positive parenting strategies while teaching your child to behave responsibly on a shopping trip? Please call 403-275-6666 ext. 276 to register for workshop and childcare starting October 27.

**Me & My Dad "Game Day with Dad":** Saturday morning, November 18, 10:00-11:30 am; Dad's ONLY (and children) activity for children 1-5 years. Come explore our game Day event where we will play simple board games, circle games, miniature hockey and more (in the Parent Link area). Call Sue for more information at 403-275-6666 ext. 235. To register call Tracey at 403-275-6666 ext. 276 starting November 3.

**Just for Mom's; Topic Mastering the Holidays:** Saturday afternoon, November 18, 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 2017 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 403-275-6666 ext. 274. To register call Tracey at 403-275-6666 ext. 276 starting November 1.

**Understand and Resolving Power Struggles Respectfully:** Monday evening, November 20, 6:15-8:30 pm; This class explores the common causes of power struggles, and strategies to reduce the frequency and intensity of them. Please call 403-275-6666 ext. 276 to register and for childcare.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) Alberta Health Services in partnership with Family Connections Parent Link & Families Matter Society.

**Dealing with Disobedience (TP discussion workshop):** Monday evening, November 27, 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 November 6. For more information, call 403-275-6666 ext. 274.

**Storytime at Vivo for children (1 to 5 years):** Thursday morning, November 30, December 7 & 14. 10:00-11:00; 11950 Country Village Link N.E. (Families need to commit to all 3 dates to register and live in the Vivo area) 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 403-275-6666 ext. 276 to register starting November 1. For further information on our programs check our website at [www.weconnectyou.ca](http://www.weconnectyou.ca).

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

# December



## Upcoming December Drop-in Programs

**Baby & Me “Christmas Babies”:** Come join us for a Christmas celebration with the Calgary Library and bring a snack to share.

Last Dates for December Drop-in programs

Playtime Fun: December 19

Kid's Corner: December 12

Play & Songs: December 13

Baby & Me: December 13

## Upcoming December Registered Programs

**Christmas Magic: Friday evening,** December 1, 6:30-8:00pm; Please come join us for A Magical Christmas . 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 14 at 10:00 and will be closed on November 28 at 4:00. Call Tracey at 403-275-6666 ext. 276 for more information, or to register.

**Santa Claus is Coming to Town: Friday morning,** December 15, 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 camera. This is a registered event (must sign up) starting November 27 at 10:00 a.m. (There is limited space) Call 403-275-6666 ext. 276.

**Christmas Songs and Craft:** (Best suited for ages 2.5 and older), Tuesday afternoon, December 19<sup>th</sup> 1:30 – 2:15 or Wednesday morning, December 20<sup>th</sup> 10:30- 11:15 (Please choose only one program time). Help us celebrate the Christmas season with songs and fingerplays about this wonderful time of year. After the songs your child can create an art project to take home.

Please register starting November 21, at 10:00 am by calling (403) 275-6666 ext. 276

Please leave a message with your name, your child's name and age, a phone number so we can call back to confirm registration, and which date you are registering for. You may only register for one date.

