

August

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.

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.

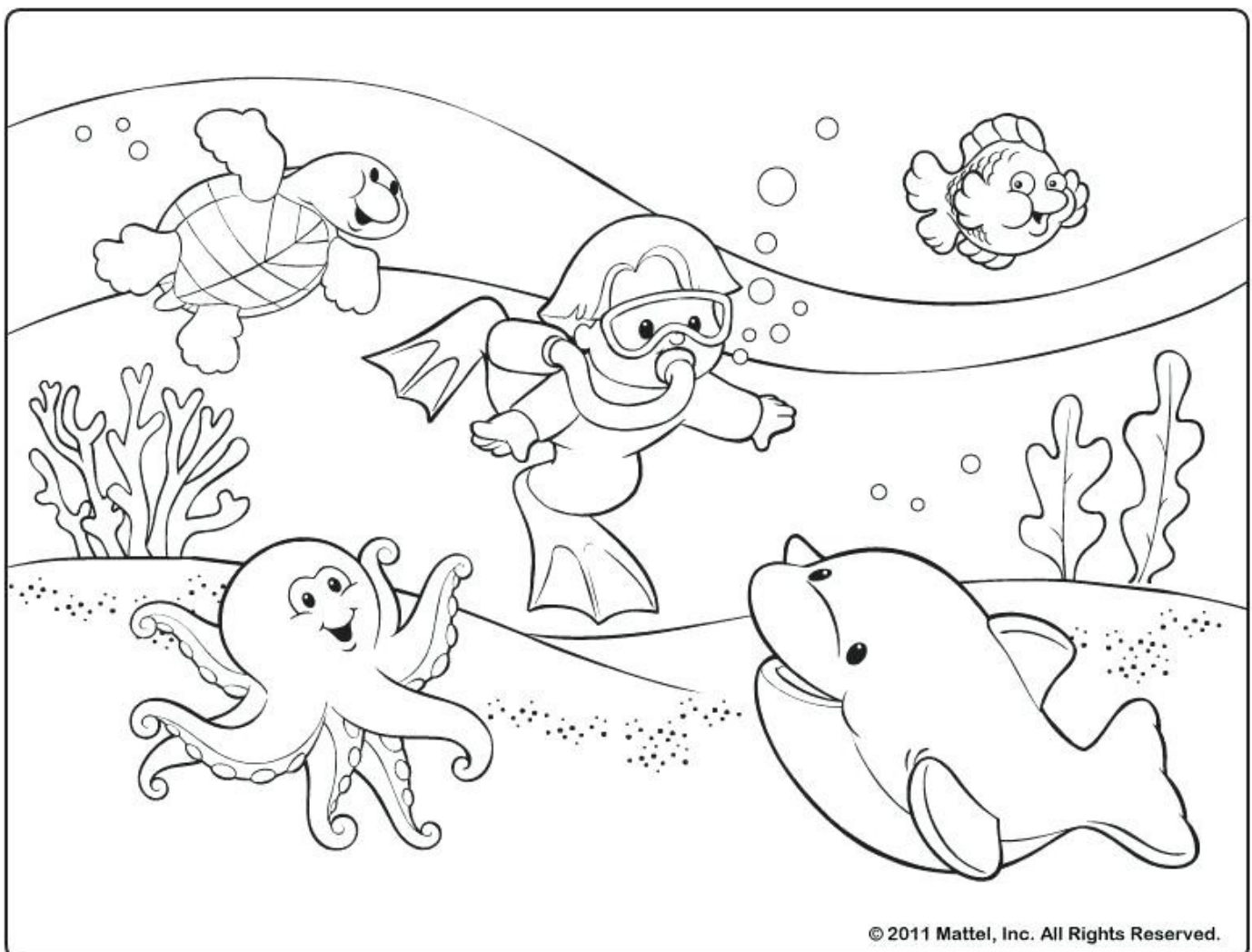
***Meet Me at the Park:** Wednesday mornings, 10:30-12:00 pm; Come join us and visit 4 different parks in our community. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome to come. Call 587-392-2273 for more information.

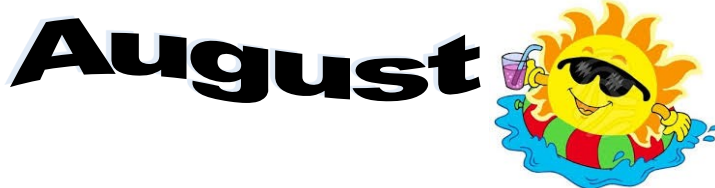
August schedule

- August 1: Beddington Heights School 95 Bermuda Road. NW (Beddington)
- August 8: Huntington Hills Elementary School 820-64 Ave NW (Huntington Hills)
- August 15: Sandstone Park.99 Sandstone DR. NW (Sandstone)
- August 22: St. Henry Elementary School 7423-10 St. NW corner of 72 Ave. (Huntington Hills)

Please note, if the weather is not ok we will not run Meet Me at the Park and will not offer an alternate program. You can call Tracey at 587-392-2271 the day of the program if you are not sure the program is running. Or check our Facebook page by logging in and searching Family Connections Parent Link Centre.

Summer Drop-In Play & Fun: Thursday mornings, in July and August, 10:00-11:30; Join us in the Parent Link room this program is suitable for all ages 6yrs. and under. We will have fun with some summer and open-ended crafts, water table play, and make room for some of our special games and puzzles as well as our regular toys.





Registered Program Details

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. **This program runs at the Parent Link Centre in the Huntington Hills Community Centre.**

Families need to commit to attending all 3 sessions.

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

ESL Chat & Coffee Beginners+: Thursday evenings, July 5— August 30, 6:00-7:30; This is a registered program that runs for 7 weeks and is for people who can't speak English or know only a little of the language. Come learn English to help you to engage with the new society. You need to call Vivian for more information or to register for the program at 403-275-6666 ext. 2273. **Please note there is no childcare for this program & no classes on August 16.**

Let's Play with Yoga (for children 3-5 years): Wednesday afternoons, August 1, 8, 15 & 22, 1:30-2:30; Come and explore with your child some simple yoga poses and movement through stories, songs and activities. We will start and end the program with some relaxation and breathing exercises. Families need to commit to attending the 4 Wednesday's. There is limited space so call beginning July 9 at 10 am by calling (587) 392-2271.

Leave a message with your name and phone number and your child(s) name and age. Siblings welcome. Please bring a yoga mat or blanket and a water bottle. Doors open at 1:20 pm. Class starts at 1:30 pm which means that you are sitting on your mat and ready to play.

***Picnic in the Park (Confederation Park) North Entrance 905 30 Ave. NW:** Friday morning, August 10, 10:30-12:30; Come join us at Confederation Park. Bring your riding toys or bikes and helmets. Strollers are also welcomed. We will explore the park through an interactive walk and ride. Dress for outside play with hats, running shoes, sunscreen & water bottles. Bring a lunch for your family as we will have lunch together at noon Call 587-393-2271 to register as of July 16 if you would like to come.

Feeding Your Baby (at Parent Link): Monday morning, August 13, 10:00-12:00 pm; 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.

***Field trip visit to Mobile Adventure Playground (City of Calgary program):** 2020 Chicoutimi Dr. N.W., parking lot located off 19 St. & Chicoutimi Dr. N.W. Friday morning, August 17 10:30 am-12 noon. "Adventure playgrounds offer a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build, demolish, assemble and change their environments as they desire." There is also a wading park in this area if you want to get wet. Dress for the weather. Call 587-393-2271 to register as of July 23 if you would like to come.

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.

September



Upcoming September Drop-in Programs

Playtime Fun: Returns on Tuesday mornings starting September 4, 10:00-11:30

Play & Songs: Returns on Wednesday mornings starting September 5, 10:00-11:30

Baby and Me (under 12 months): Wednesday afternoon, 1:30-3:00; Baby & Me will start up Sept 5 at the Parent Link site at the Huntington location 520-78 Ave NW. 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.

Upcoming September Registered Programs

Family Evening Fun Pajamas Play: Thursday evenings, September 6, 13, 20 & 27, 6:30-7:30; Come join us for this four week evening program for the whole family. We will watch a movie and have popcorn. To register for this program call Tracey at 587-392-2271 starting August 1. For more information call Vivian at 587-392-2273.

***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

(Families need to commit to all 3 dates to register and live in the Vivo area.)

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. Call 587-392-2271 to register starting August 23.

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

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years: Monday evening, September 24, 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 August 28.

Me & My Dad: This program will be returning Saturday morning, September 29. Look for upcoming details. If you would like more information about this program please call 587-392-2270.

Just for Mom's: This program will be returning Saturday afternoon, September 29. Look for more details to come. If you would like more information about this program please call 587-392-2270.

October



Upcoming October Drop-in Programs

***Come Play with Me (at Vivo):** Returns Thursday mornings starting October 11, 10:00-11:30

Gym Time: Returns Friday mornings starting October 5, 10:00-11:30

Upcoming October Registered Programs

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 and Raising Resilient Children. Lunch will be provided. Call 587-392-2271 to register for the workshop and free childcare between September 14-September 24.

Positive Parenting Program (Triple P Group) for children 3-11 years: Tuesday evening, October 16-December 4 (8weeks), 6:30-8:30; 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.