

September



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.

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.



September



Registered Program Details

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 Let's Go to Butterfield Acres (254077 Rocky Ridge Rd NW): Saturday morning, September 29, 9:30-12:00; Come join our Dad's & children's Fall get together where we will visit the Butterfield Acres farm. Registration will begin September 10 at 10 am where you can call 587-392-2271 and leave a message with your name, children's name and age and your telephone number. After 10:00 am on September 10 you can also email your information to tracey@weconnectyou.ca We will meet on site for 9:30 am in the parking lot. Call 587-392-2280 for more information.

Just for Mom's: Saturday afternoon, September 29, 2:00-4:00; Come join us for a nice, fun afternoon for Mom's only. We will be discussing the fall return to routines and doing a fun activity. Registration will start Monday September 10, child care is provided, Call Tracey at 403-392-2271 to register. If you would like more information about this program please call 587-392-2270.

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.



October



Upcoming October Drop-in Programs

***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 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.



Upcoming October Registered Programs

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 4, 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.

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.

October



Upcoming October Registered Programs Cont.

Come Play with US! A carya program for parents and preschoolers (3-5 years) (unable to accommodate younger children): Thursday afternoons, 1:00-2:30 pm, October 11-November 22; Helping parents & caregivers build better relationships through attachment-based play. Parents and caregivers will have the opportunity to engage in spirited, playful and caring interaction with their children (ages 3-5). This facilitated play helps develop attachment between caregivers and their children.

Strengthen the connection and belonging between caregiver and child

Build strong families through responsive and empathic parenting

Enhance emotional health and self-esteem

You must be able to attend all seven sessions in order to participate. Younger children are not able to attend. To register, please call carya at 403-205-5244 or visit on line at caryacalgary.ca/events This program is a partnership between carya and Family Connections Parent Link.

Taming Toddler Tantrums (1-5 years): Monday evening, October 15, 6:30-8:30; 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.

Managing Fighting and Aggression (TP discussion workshop): Monday evening, October 29, 6:30-8:30 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 Oct 1.

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-Hallowe’en 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.

