



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.

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) Please note the change in Day!!!!: 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. October 25 "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:** 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 *This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

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.





Registered Program Details

ESL Computer Class for Beginners: Thursday evenings, September 14-October 26, 6:00-7:30 pm. For more information call 403-275-6666 ext. 242. This program is now full.

Positive Parenting Program (Triple P Group) for children 3-11 years: Tuesday evening, October 10-December 5 (8 weeks) 6:30-8:30 pm

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 Tracey at 403-275-6666 ext. 276 to register for the free workshop and childcare starting September 11. For more information about the program call Sue 403-275-6666 ext. 235

Triple P Parenting Seminars (3 to 11 years): Saturday, October 14, 10:00-3:30; 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 Tracey at 403-275-6666 ext. 276 to register for the workshop and free childcare starting September 5. Seminars are an introduction to the Positive Parenting program.

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.

Ages: 1-2.5 years (12-30 months) When program starts.

Registration begins Thursday, September 28th at 10am. (403) 275-6666 ext. 276.

Please leave a message with your name, child's name and age, and your phone number so we will call back to confirm. Spaces are limited so please commit to all 4 weeks.

Fall Story and Craft: Friday morning, October 20, 10:00-11:00 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 403-275-6666 ext. 276 as of September 29 to register.

Fall Harvest: Saturday morning, October 21, 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 403-275-6666 ext. 276 Starting September 28.

Sibling Rivalry: Monday evening, October 23, 6:15-8:30; Is it really possible to reduce the rivalry between our children? This workshop covers reducing anger between siblings, encouraging cooperation and support, looking at the role we play as parents, and when and how to intervene consciously. Call 403-275-6666 ext. 276 to register for this workshop and child care.

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.

Me and My Dad (1 year to 5 years old) "Let's Dress Up & Play": Saturday morning, October 28, 10:00-11:30 am; 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 Sue for more information at 403-275-6666 ext. 235. To register call Tracey at 403-275-6666 ext. 276 starting October 2.

Just for Mom's : Saturday afternoon, October 28, 2:00-4:00; We invite you to join us for this fun and informative group. We will be looking at budgeting for life, and discussing ways to save money. Come join other Moms for great conversation, snacks, and a fun activity in a relaxing setting. **Childcare will be provided.** For more information call Cassandra at 403-275-6666 ext. 274. To register please call Tracey at 403-275-6666 ext. 276. Registrations will take place between October 2 until October 23, 2017. Hope to see you there!

Managing Fighting and Aggression (Triple P Parenting discussion workshop) for children 3-11 years: Monday evening, October 30, 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? Call Cassandra for more program information 403-275-6666 ext. 274. Please call to register and for childcare starting Sept. 25 403-275-6666 ext. 276



Upcoming November Drop in Programs

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

Thursday morning, November 9, 10:00-11:30; Vivo Location
Tuesday morning, November 14, 10:00-11:30; Huntington location
During morning play group.

Do you have questions about your baby, toddler or preschooler speech and language skills? Just drop in and ask to speak with our contact.

Baby & Me:

November 8, Nutrition with Alberta Health Services dietitian

November 29, Storytime with Parent Link 2:30-3:00 pm

Upcoming November Registered Programs

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.

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.

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.

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.

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.