

March



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.

Play and Chat with Alberta Health Services Speech and Language Pathologist: Tuesday morning, March 6, 10:00-11:30 am Huntington location; 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.

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.

***Come Play with Me (Vivo):** Thursday mornings, February 1-March 22; Come join us for this, free drop in playgroup for parents and children (birth –5 years). For information call 403-275-6666 ext. 276 or check website www.weconnectyou.ca Vivo is located at 11950 Country Village Link NE, Calgary, AB T3K 6E3 This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

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. March 7 Feeding my Baby 1:30 pm (note date change). March 14 story time 2:30-3:00 pm

Family Evening Fun: Thursday evenings, March 1 – April 26, 6:00-7:15; This is an evening program for the whole family to come out and have some fun playing with your children and chat with other families. We have warm large beautiful space full of toys, puzzles and dress up. Looking forward to seeing everyone at this program. Please not there is no program on March 29th. For more information call Vivian at: -403-275-6666 Ext.242

Let's Play in the Gym (All Ages 1-5 years): Friday mornings, 10:00-11:30, January 26-March 23; 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. 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.

March



Registered Program Details

Developing Good Bedtime Routines (TP discussion workshop) children 1 year and older: Friday morning, March 2, 10:00-12:00; 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).

Triple P Seminars (3-11 year olds); “Raising Resilient Children”: Monday evening, March 5, 6:30-8:30 pm; This seminar deals with how to help children recognize and accept feelings, express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful events. Call 403-275-6666 ext. 276 to register for the workshop and free childcare.

Seminars are an introduction to understanding the basics of positive parenting program (Triple P). You may be interested in looking at more information and detail through the Discussion workshops, 1:1 contact or group programs.

Ready, Set Go! Potty Training for Parents: Friday morning, March 9, 10:00-11:30; Are you ready Parents to start Toilet training? Come share ideas and challenges with other parents while gathering information on toilet training. To register (workshop and childcare in Parent Link site at the same time) call 403-275-6666 ext. 276.

Feeding your Baby: Monday afternoon, March 12, 1:00-3:00; Are you getting ready for your baby to start solid foods? Then this class is for you! A 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 403-275-6666 ext. 276 to register.

Dealing with Disobedience (TP discussion workshop): Monday evening, March 19, 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. For more information, call 403-275-6666 ext. 274.

Me & My Dad; Let’s Play in the Gym (best suited for children 1-5 years): Saturday morning, March 17, 10:00-11:30 am; Come join our new Me and My Dad program. Dad’s and children 1 year (able to walk and run) and older will be able to participate in variety of activities while meeting other dads. We will be playing in the NEW gym and enjoying physical activities. Call Sue for more information at 403-275-6666 ext. 235. To register call Tracey at 403-275-6666 ext. 276 starting February 16.

Just For Mom’s; Maintaining Healthy Relationships: Saturday afternoon, March 17, 2:00 – 4:00 pm; Join our staff and a group of other Mom’s as we have a chat on different ways to have and keep healthy relationships with those people who are in our day to day life. 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 February 26.

carya’s Brain Awareness Week Presents “Strengthening Families, Strengthening Brains, Strengthening Relationships”: Tuesday evening, March 13, 6:30-8:30 pm; To register for this FREE workshop and childcare call 403-205-5254. Whether you are a parent, teacher, child care worker, or caregiver of a child between the ages of 0 and 11, this presentation is for you! Information will be presented in a fun and interactive way as we explore the wonderful brain and the key role relationships play in brain development. Tips and ideas will be shared to equip you with ways to handle tantrums, anxiety, and other childhood challenges, in order to strengthen our families and strengthen our brains.

This program is a partnership between Family Connections Parent Link and carya.

Baby Circle Time (for children 12 months and under): Thursday mornings February 22nd – March 15th 10:30- 11:30.; The focus of this 4 week program will be on learning rhymes and songs that you can share together with your child. The second half of the program will include some book sharing with your baby and casual group interaction. Space is limited. Parents need to commit to all 4 weeks. Registration begins on January 29 at 10:00 am . Please call Tracey at (403) 275-6666 ext. 276 (if you call or email before 10:00 your registration will not be completed). Leave a message with your name, your child’s name and age and a phone number so we can call back to confirm registration. Please note that your child must be 12 months or under at the time the program starts.

April



Upcoming April Drop-in Programs

***Come Play with Me (Vivo):** Thursday mornings, April 12-May 24; Come join us for this, new, free drop in play-group for parents and children (birth –5 years). For information call 403-275-6666 ext. 276 or check website www.weconnectyou.ca Vivo is located at 11950 Country Village Link NE, Calgary, AB T3K 6E3 This program is a partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

Spring into Gym (All Ages 1-5 years): Friday mornings, 10:00-11:30, April 13-May 25; 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. 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.

Upcoming April Registered Programs

Me and My Dad; Let's go on a field trip! (best suited for children 1-5 years): Saturday morning, April 28, 10:00-1:00 More information to follow, watch for a poster.

Just for Mom's; Looking after yourself: Saturday afternoon,, April 28, 2:00 – 4:00 pm; Join our staff and a group of other Mom's as we have a chat on different ways to stay healthy and active. This is the second session on taking care of yourself, and we will be having discussion based off questions from other mom's. 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 April 5th.

***Let's Chat at Vivo:** Thursday morning, April 5, 10:00-11:00 am; Come meet other families and children as we will share stories and songs. Information will be shared about parenting, Talk box (speech and Language) and Ages & Stages (developmental growth). Call 403-275-6666 ext. 276 to register starting March 1.

Mealtime Struggles to Mealtime Success: Monday evening, April 9, 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 #276 to register for the workshop and childcare as of March 12.

Managing Fighting and Aggression (TP discussion workshop): Monday evening, April 23, 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 403-275-6666 ext. 276 to register and for childcare starting April 2.

Theraplay Group: Come Play with US! (parents and preschoolers): Thursday April 19-May 24 (with April 12 as a meet & greet) 1:30-3:00 pm **Need to be able to commit to ALL 6 sessions and the mandatory Meet and Greet on April 12th.** This program is about helping parents & caregivers build better relationships through attachment based play. Theraplay is free for parents/caregivers and their child ages 3-5 years. The goals of Group Theraplay are to build strong family ties and emotional health. To register for this program and childcare call 403-205-5254 starting Now. This program is a partnership between family Connections Parent Link and carya (caryacalgary.ca)