



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.

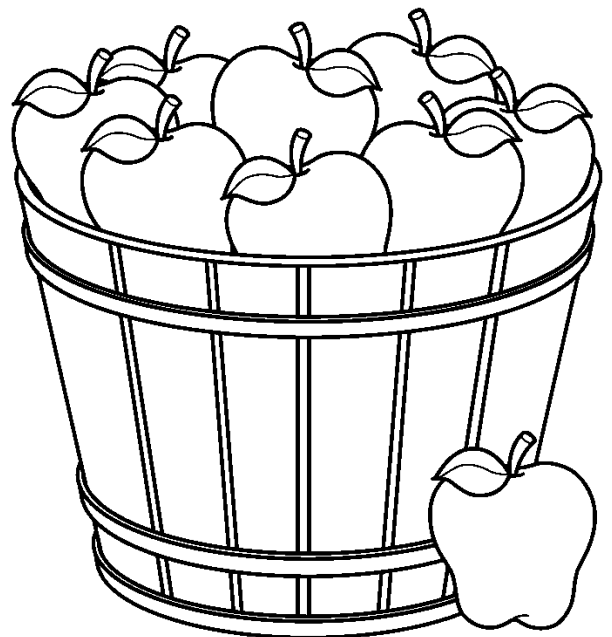
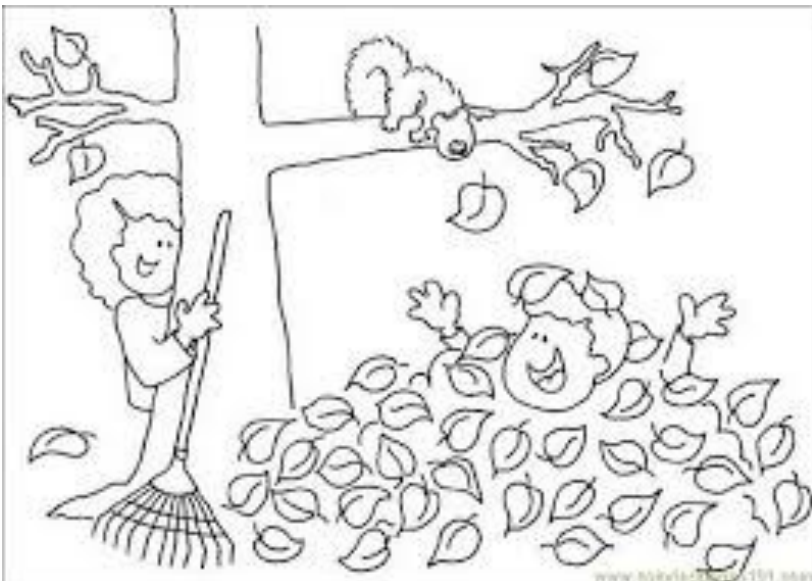
Baby and Me (under 12 months) Please note the change in Day!!!!: Wednesday afternoons, 1:30-3:00. Baby & Me has changed to a Wednesday afternoon and will start up September 6 at the Parent Link site at the Huntington location 520-78 Ave NW. Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests eg. Library, AHS nutrition or Speech & Language speakers.

Upcoming October Drop in Programs

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!! For more information call 403-275-6666 ext. 241.

***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.

Playtime Fun (Visit with Alberta Health Services Speech and Language): Tuesday morning, October 24, 10:00-11:30; During Tuesday morning playgroup; 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.





Registered Program Details

***Storytime at Vivo for children (1 to 5 years):** Thursday mornings, September 14, 21 & 28. 10:00-11:00 am (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 August 21. This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link. Vivo is located at 11950 Country Village Link N.E.

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years:

Monday evening, September 25, 6:30-8:30 pm; Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting August 28. For more information call 403-275-6666 ext. 274.

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.

Me and My Dad (1 year to 5 years old) "Let's go to the Zoo": Saturday, September 30, 10:00 am-1:00 pm; Come join us our Dad's ONLY (and children) trip to the Zoo. Please meet us at the front zoo entrance before 10 am where we will purchase tickets for families who do not have a zoo pass. Be on time. Please come if you have a pass. Snack will be provided and families will need to bring or buy lunch. Families can stay as long as they want.

Registration begins Monday, September 18th at 10am. (403) 275-6666 ext. 276. Please leave a message with your name, child's name and age, and your phone number and if you have a Zoo pass. We will call back to confirm. Spaces are limited so please commit. Call Sue for more information at 403-275-6666 ext. 235

Just for Mom's : Saturday afternoon, September 30, 2:00-4:00; Join us for a Just for Mom's workshop on budgeting tips and tricks, for getting back into the school routine. 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 starting September 11 please call Tracey at 403-275-6666 ext. 276.

Upcoming October Registered Programs

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.

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

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.