



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 in the Park: Wednesday mornings, 10:30-12:00; Come join us and visit a different park throughout the summer. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome. Call Vivian at 403-275-6666 ext. 242 for more information.

- **August 2:** Huntington Hills Elementary School 820-64 Ave NW (Huntington Hills) (bus # 2, 4 or 5). The Recreation Coordinators will be on site to do activities with elementary school aged children, 6 years and older.
- **August 9:** Beddington Heights School 95 Bermuda Road. NW (Beddington) (bus # 146).
- **August 16:** Panorama 134 Panatella Hills N.W. (bus # 301, 421, 420, 114 & 86) The Recreation Coordinators will be on site to do activities with elementary school aged children, 6 years and older.
- **August 23:** St Henry Elementary School 7423 10 St. NW (Huntington Hills) (bus # 2).

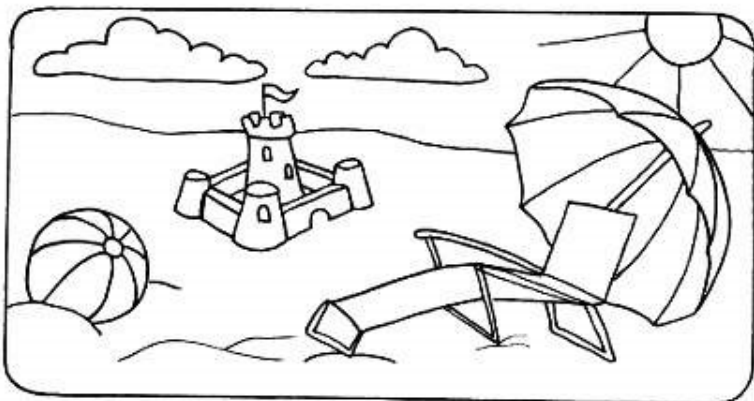
Please note: if the weather is not OK we will not have an alternative program. You can call Tracey at 403-275-6666 ext. 276 the day of if you are not sure the program is running or check our Facebook page. Log on Facebook and search Family Connections Parent Link Centre

Summer Drop-In Play & Fun: Thursday mornings, in 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. We will end our program with a short song time.. Please note this program will not run on Aug. 31st. (No drop in programs last week of August)

Upcoming September Drop in Program Change

Baby and Me (under 12 months) Please note the change in Day!!!!: Wednesday afternoon, 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.





Registered Program Details

Super Summer Storytime with Judith Umbach Library: Tuesday mornings, August 8, 15, 23 & 29, 10:30-11:30
Come join us with the Calgary Public Library where children and parents will share songs, rhymes and stories in this interactive circle program. To register call 403-275-6666 ext. 276 there are very limited spaces are still available. Families need to plan to attend all 4 sessions.

Family Evening Fun with Ready Materials to Colour: Thursday evenings, August 24 & 31, 6:30-7:30; This program is best suited for children age 2.5 -6 years. The first 20 minutes the kids will play, the last 40 minutes the kids will colour with their family. Siblings are welcome if you have someone to help them. For more information contact Vivian at 403-275-6666 ext. 241. To register for this program please contact Tracey at 403-275-6666 ext. 276. Please register for one time only (Your choice).

August 24 color your fun bag

August 31 color your mug

***Picnic in the Park (At Rotatory Park):** Friday morning, August 11, 10:30-12:00; Meet us at Rotary Park 617 1 St. N.E.), we will be having a day at the park. Please bring your suntan lotion, hats, water, snacks and something to sit on. Older children are welcome. The Recreation Coordinators will be on site to do activities with elementary school aged children, 6 years and older. Rotary Park is located on the hill north of Memorial Drive and east of Centre Street in Calgary's northeast and contains an off-leash area, accessible playground and spray park. For more information please call Amina at 403-275-6666 ext. 241 Registration for the program is between July 20 and August 9, please call Tracey to register at 403-275-6666 ext. 276.

Let's Noodle Do (For parents of children 3-5 years): Wednesday afternoon, August 16, 1:30-2:30; Come and join us for this interactive group where we will introduce you to some games and activities that build trust, boost imagination, and gives parents tools to help their children's brain development. Registration for this program will start on July 26. To register for this program please call Tracey at 403-275-6666 ext. 276.

Feeding My Baby: Monday morning, August 21, 10:00-12:00 noon; 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.

Parent Support (Over the Summer): Come speak with me about parenting issues or concerns regarding children. Please call 403-275-6666 ext. 235 to set up a time to meet or speak on the phone.

Upcoming September Registered Programs

***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. 235.

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 10:00 am where we will purchase tickets for families who do not have a zoo pass. Please come if you have a pass. To register call Tracey at 403-275-6666 ext. 276 starting September 8. We have limited space. 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.