

April



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.

***Come Play with Me (Vivo):** Thursday mornings, April 12-May 24; Come join us for this, new, 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. Join us for Storytime with the Judith Umbach Library on April 25.

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. For more information call Vivian at: -403-275-6666 Ext.242

Spring into Gym (All Ages 1-5 years): Friday mornings, 10:00-11:30, April 13-June 1; 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. Please note that there is not Spring into Gym on May 4.

April



Registered Program Details

***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 ext. 276 to register for the workshop and childcare as of March 12.

Spring Circle Time For ages 1-5 years (children who are walking): Thursday mornings April 12th – May 17th 10:00-11:00 am; Join us for this is a Six-Week Interactive Story Time where we will have fun with language through songs, rhymes and books. The second half we will explore puzzles, toys and educational games. Register beginning March 15th by calling (403) 275-6666 ext. 276

Come Play with Us! A carya program for parents and preschoolers: Thursday afternoons, 1:30-3:00 pm, April 12-May 24 (with April 12 as a meet & greet); 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

** (need to be able to commit to ALL 6 sessions and the mandatory Meet and Greet on April 12th) **

To register, please call carya at 403-205-5244 starting Now. (caryacalgary.ca)

This program is a partnership between Family Connections Parent Link and carya (caryacalgary.ca)

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.

Me & My Dad; Let's go to the "Hide N Seek Indoor Playground" (best suited for children 1-5 years): Saturday morning, April 28, 9:15-11:30 am; 49 Aero Drive NE
<http://www.hideandseekcalgary.com/hnscalgary/>

Families need to be already involved in the Me & My Dad program."

Come join our Dad's & children's trip to "Hide N Seek Playground". We will meet at the front entrance at 9:30 AM to purchase tickets. You can bring your own water bottle, but you need to purchase food and drinks on site. Please wear socks, No shoes or bare feet and No strollers. To register call starting April 3 at 403-275-6666 ext. 276.

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 support your family with a budget. We will be having a presenter who will be discussing Meal plans, grocery store savings etc. We will offer childcare and a safe fun environment for conversation and activities. Our activity for this group will be photo-coasters, so please bring 4 photos printed on regular paper, or a USB with the pictures to be printed off. Call Cassandra for more information 403-275-6666 ext. 274. To register call Tracey at 403-275-6666 ext. 276 starting April 5th.

May



Upcoming May Drop-in Programs

Spring into Gym: No program on Friday, May 4.

***Play and Chat with Alberta Health Services Speech and Language Pathologist:** Thursday morning, May 10, 10:00-11:30 am Vivo 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.

Upcoming May Registered Programs

Understanding Children's Emotions & Anger: Monday evening, May 7, 6:30-8:30; Join us for an evening of learning regarding children's strong emotions and anger. We will discuss causes and concerns and learn ways to teach children how to regulate emotions and better ways to express these strong feelings. Call 403-275-6666 ext.276 to register 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.

Me and My Dad (1-5 year olds) Barbeque Roundup; Saturday morning May 26, 10:30 am-12:00 noon; Come join us for our Dad's ONLY playtime. We will be playing outside if weather permits. To register call Tracey at 403-275-6666 ext, 276 starting May 1. Call Sue for more information at 403-275-6666 ext. 235.

Just for Mom's What is Self Care?: Saturday afternoon, May 26, 2:00 – 4:00 pm; We hear the term Self-Care all the time, but what does it actually mean. Join our staff and a group of other Mom's as we explore the topic of Self Care. We will have a surprise activity as well for all of the Mom's who attend. 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 May 4th.

Dealing with Disobedience (Triple P Parenting discussion workshop) for children 3-11 years: Monday evening, May 28, 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 May 1.

Storytime at Vivo for children (1 to 5 years): Thursday mornings, May 31, June 7 & 14 10-11 am (Families need to commit to all 3 dates to register and live in the Vivo area.) Families need to sign up to be involved with this program 11950 Country Village Link NE, Calgary; 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 #276 to register starting May 2. This program is a partnership between Northern Hills Community Association, Vivo, Country Hills Public Library and Family Connections Parent Link.