

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.

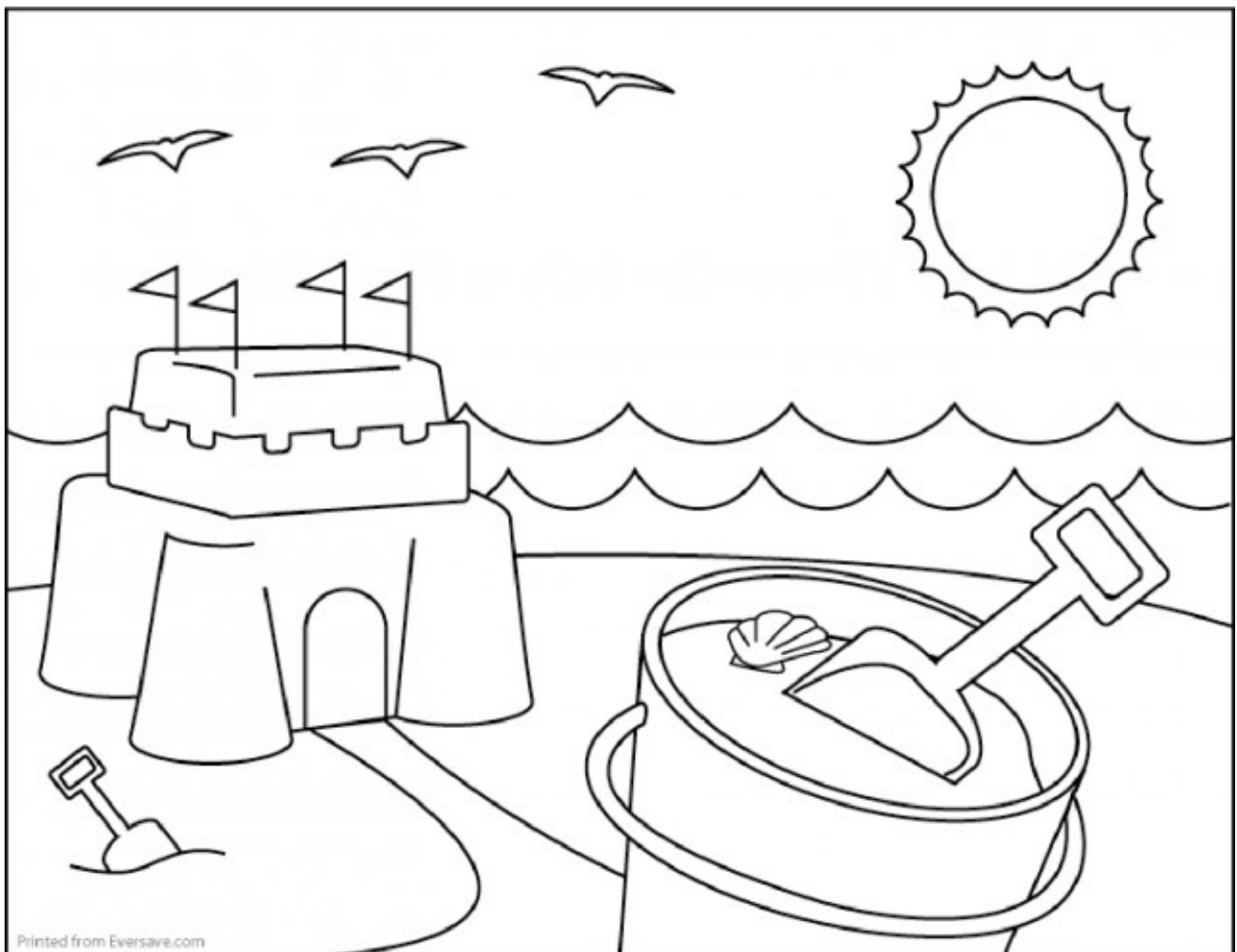
***Meet Me at the Park (July 2018):** Wednesday mornings, 10:00-12:00 pm; Come join us and visit 2 different parks in Panorama and Coventry area this summer. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome. We will be partnering with the Play Ambassadors program and Vivo. playambassadors@vivo.ca Call 587-392-2273 for more information.

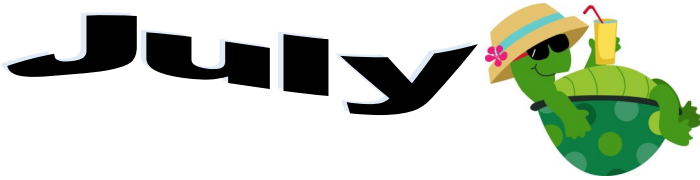
July Schedule

- July 4 10-12 pm Panorama Hills Park (400 Panamount Blvd. NE)
- July 11 10-12 pm Panorama Hills Park (400 Panamount Blvd. NE)
- July 18 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)
- July 25 10-12 pm Country Hills Community Gardens (135 Covepark Square NE)

Please note, if the weather is not ok we will not run Meet Me at the Park and will not offer an alternate program. You can call Tracey at 587-392-2271 the day of the program if you are not sure the program is running. Or check our Facebook page by logging in and searching Family Connections Parent Link Centre.

Summer Drop-In Play & Fun: Thursday mornings, in July and 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.





Registered Program Details

Summer Time Fun (story time for children 1-5 years): Tuesday mornings, 10:30-11:30; Come join us with the Judith Umbach Library where children and parents will share songs, rhymes and stories in this interactive circle program. To register call 587-392-2271 starting June 12 for both programs. This program runs at the Parent Link Centre in the Huntington Hills Community Centre.

Families can only register for one program only, choose either July or August and plan commit to attending all 3 sessions.

Tuesday July 10, 17 & 24 (10:30-11:30 am)

Tuesday August 7, 14, & 21 (10:30-11:30 am)

ESL Chat & Coffee Beginners+: Thursday evenings, July 5— August 30, 6:00-7:30; This is a registered program that runs for 7 weeks and is for people who can't speak English or know only a little of the language. Come learn English to help you to engage with the new society. You need to call Vivian for more information or to register for the program at 403-275-6666 ext. 2273. Please note there is no childcare for this program & no classes on July 26 & August 16.

Mealtime Struggles to Mealtime Success: Monday, morning, July 16, 10:00-12:00; 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 an Alberta Health Services dietitian, this class is for parents and caregivers with children 1—5 years of age. Call 587-392-2271 to register for the workshop and child care.

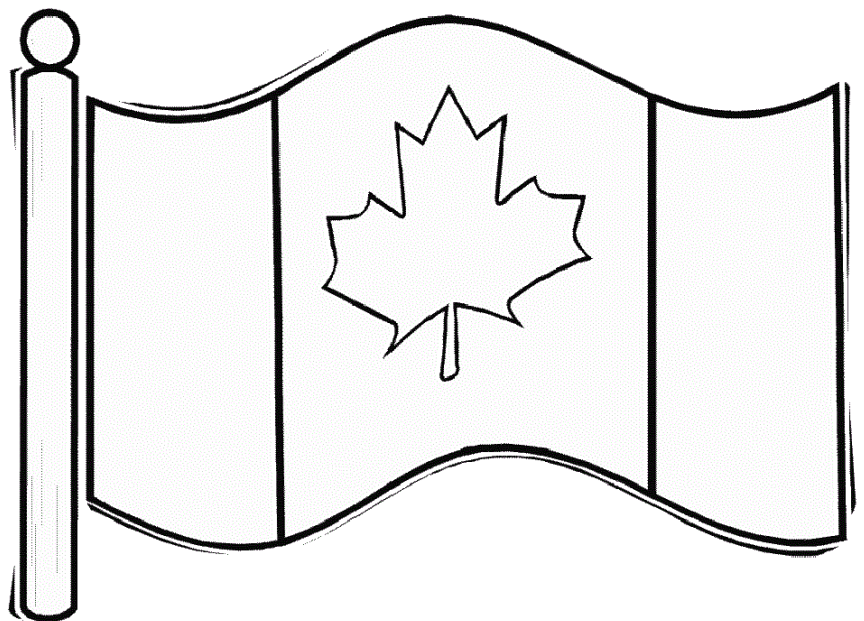
Cool Summer Play: Friday morning, July 20, 10:30-12:00 pm; Start your engines! Bring your riding toys, bikes and helmets and join us in the Huntington Hills arena. Strollers are welcomed. Look for other interactive activities and games. Call to sign up that you are attending at 587-392-2271 as of July 3.

***Field trip visit to Down Town Library and Olympic Plaza:** Friday morning, July 27, 10:30-12:30; Register and come and join us for this literacy adventure as we explore all that the Down Town Library has to offer. We will explore Fire engine 23, and learn not just about reading, but about our Community Hero's as well. We will then head over to Olympic plaza for a picnic lunch (please bring your lunch), and families will be welcome to stay, play and explore when the staff leave at 12:30. For more information or to register please contact Cassandra at 587-392-2268, Registration will take place between July 3 and 23

Parent Support (over the summer): Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak on the phone.



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August

Upcoming August Drop-in Programs

***Meet Me at the Park (August 2018):** Wednesday mornings, 10:30-12:00 pm; Come join us and visit 4 different parks in our community. Bring suntan lotion, hats, water and snacks and something to sit on. Older children are welcome to come. Call 587-392-2273 for more information.

August schedule

- August 1: Beddington Heights School 95 Bermuda Road. NW (Beddington)
- August 8: Huntington Hills Elementary School 820-64 Ave NW (Huntington Hills)
- August 15: Sandstone Park.99 Sandstone DR. NW (Sandstone)
- August 22: St. Henry Elementary School 7423-10 St. NW corner of 72 Ave. (Huntington Hills)

Please note, if the weather is not ok we will not run Meet Me at the Park and will not offer an alternate program. You can call Tracey at 587-392-2271 the day of the program if you are not sure the program is running. Or check our Facebook page by logging in and searching Family Connections Parent Link Centre.

Upcoming August Registered Programs

Let's Play with Yoga (for children 3-5 years): Wednesday afternoons, August 1, 8, 15 & 22, 1:30-2:30; Come and explore with your child some simple yoga poses and movement through stories, songs and activities. We will start and end the program with some relaxation and breathing exercises. Families need to commit to attending the 4 Wednesday's. There is limited space so call beginning July 9 at 10 am by calling (587) 392-2271.

Leave a message with your name and phone number and your child(s) name and age. Siblings welcome. Please bring a yoga mat or blanket and a water bottle. Doors open at 1:20 pm. Class starts at 1:30 pm which means that you are sitting on your mat and ready to play.

***Picnic in the Park (Confederation Park) North Entrance 905 30 Ave. NW:** Friday morning, August 10, 10:30-12:00; Come join us at Confederation Park. Bring your riding toys or bikes and helmets. Strollers are also welcomed. We will explore the park through an interactive walk and ride. Dress for outside play with hats, running shoes, sunscreen & water bottles. Bring a lunch for your family as we will have lunch together at noon Call 587-393-2271 to register as of July 16 if you would like to come.

Feeding Your Baby (at Parent Link): Monday morning, August 13, 10:00-12:00 pm; Are you getting ready for your baby to start solid foods? Then this class is for you! The 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 587-392-2271 to register.

***Field trip visit to Mobile Adventure Playground (City of Calgary program):** 2020 Chicoutimi Dr. N.W., parking lot located off 19 St. & Chicoutimi Dr. N.W. Friday morning, August 17 10:30 am-12 noon. "Adventure playgrounds offer a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build, demolish, assemble and change their environments as they desire." There is also a wading park in this area if you want to get wet. Dress for the weather. Call 587-393-2271 to register as of July 23 if you would like to come.