

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.

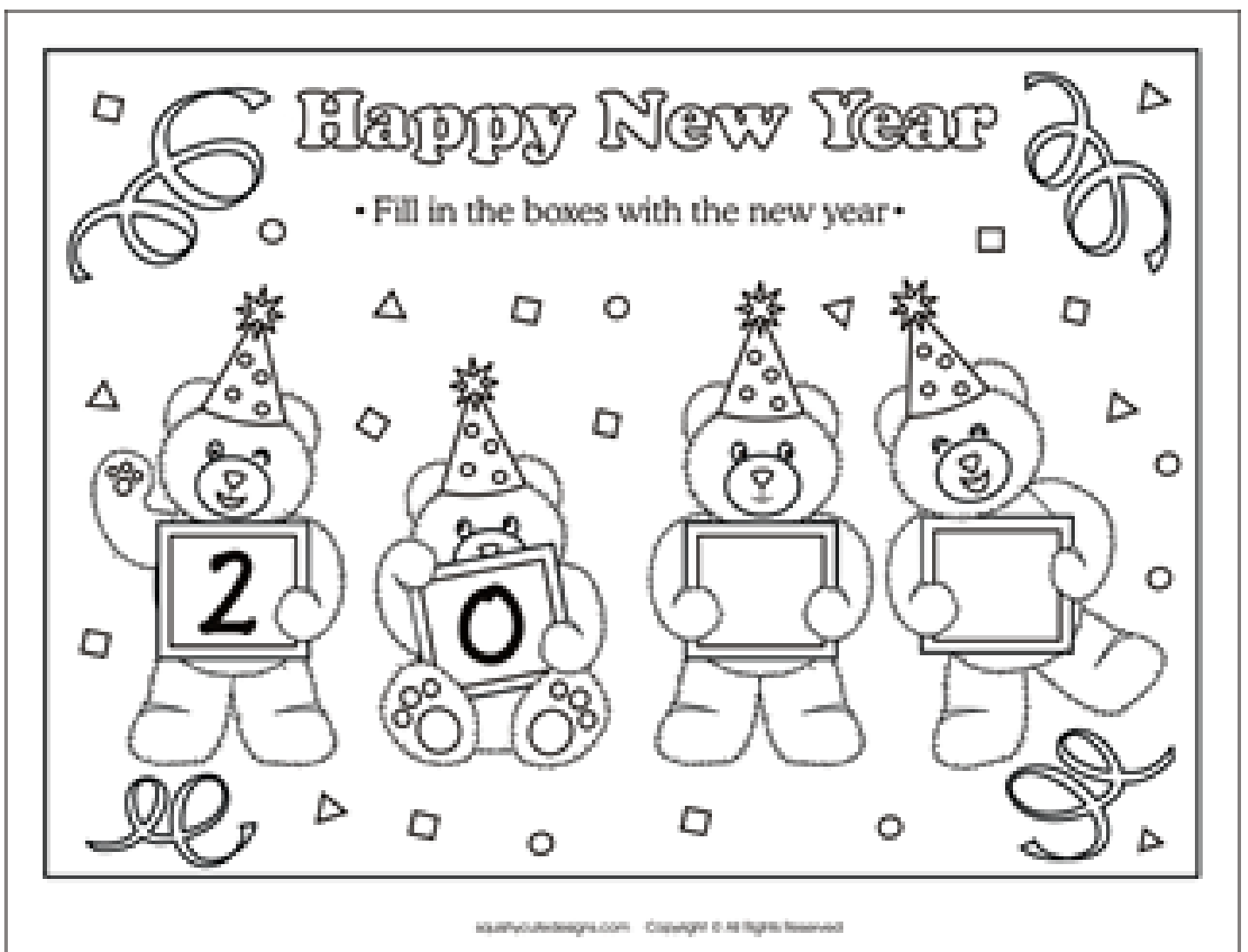
Playtime Fun: Tuesday mornings, 10:00-11:30; Please Join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

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): 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.

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. Siblings are welcome. 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 there is no program on February 16.





Registered Program Details

***Happy New Year Storytime at Vivo (for children 1 to 5 years):** Thursday mornings, January 11, 18 & 25, 10:00-11:00; Come join us for this free Storytime with Parent Link Centre staff 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 December 4 (Families need to commit to all 3 dates to register and live in the Vivo area.). If you have attended the Storytime at Vivo program that ran in November and December you may telephone and request to be placed on the waiting list for this program. We are wanting to share the experience of this program with as many different families as we can.

Vivo is located at 11950 Country Village Link N.E.

For further information on our programs check our website at www.weconnectyou.ca.

This program is a partnership between Northern Hills Community Association, Vivo and Family Connections Parent Link

Storytime at Huntington for children (1 to 5 years): Thursday mornings, January 11, 18 & 25, 10:00-11:00; Come join us for this New Year Storytime with Parent Link staff where children and parents will share songs, rhymes, and stories in this interactive circle program. We will be located at the Huntington Hills location 520 78 Ave. N.W. Call 403-275-6666 ext. 276 to register starting December 6. (Families need to commit to all 3 dates to register.)

Family Evening Fun Pajamas Play: Thursday evenings, January 11, 18 & 25, 6:30-7:30; Come join us for our family Evening Fun Pajamas play, the whole family can wear their pajamas. It is an evening program for the whole family to come out and have some fun Playing with your children. We will end the program watching a teachable movie with popcorn. Play time 6:30-7:00, popcorn & video 7:00-7:30.

To register call Tracey at 403-275-6666 ext. 276, starting December 5. For more information call Vivian at 403-275-6666 ext. 242.

Me & MY Dad “Trains, Planes & Cars”: Dad’s ONLY (and children) activity for children 1-5 years, Saturday morning, January 27, 10:00-11:30; Come join our 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. Call Sue for more information at 403-275-6666 ext. 235. To register call Tracey at 403-275-6666 ext. 276 starting January 10.

Just For Mom’s: Saturday afternoon, January 27, 2018, 2:00 – 4:00pm; Winter is in full force! As the days get shorter and the nights get colder, even the best of us can get a little down. Come join other Moms for great conversation and snacks in a relaxing setting. We will be chatting about ways to stay happy and active in the colder months. Childcare will be provided. To register call Tracey at 403-275-6666 ext. 276. Registrations will begin January 8, 2018.

Dealing with Disobedience (TP discussion workshop): Monday evening, January 29, 6:30-8:30; 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 starting January 8. For more information, call 403-275-6666 ext. 235.

Positive Parenting Program (Triple P Group) for children 3-11 years: Tuesday evenings, January 30-March 20 (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 403-275-6666 ext. 276 to register for the free workshop and childcare starting December 4. For more information about the program call 403-275-6666 ext. 274.

February



Upcoming February Drop-in Programs

***Come Play with Me (Vivo):** Thursday mornings, February 1-March 22 (no program on February 15); 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.

Upcoming February Registered Programs

Family Evening Fun Pajamas Play: Thursday evenings, February 8, 15 & 22, 6:30-7:30; Come join us for our family Evening Fun Pajamas play, the whole family can wear their pajamas. It is an evening program for the whole family to come out and have some fun Playing with your children. We will end the program watching a teachable movie with popcorn. Play time 6:30-7:00, popcorn & video 7:00-7:30
To register call Tracey at 403-275-6666 ext. 276, starting December 5. For more information call Vivian at 403-275-6666 ext. 242. If you attended the January program you are unable to register for the February program.

Triple P Seminars; The Power of Positive Parenting (3-11 years): Monday evening, February 5, 6:30-8:30 pm; Parents will be introduced to an understanding of the basics of the positive parenting program. In this seminar parents will be able to identify and use positive discipline and identify parenting tools to use within their families. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting January 15.
Seminars are an introduction to understanding the basics of positive parenting program (Triple P). You maybe 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, February 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 starting January 19.

Triple P Seminars; Raising Confident, Competent Children (3-11 years): Monday evening, February 12, 6:30-8:30 pm;
This seminar shows how to use positive parenting principals to teach children important values and skills, including encouraging respect, cooperation, getting on with others, learning to be independent, learning to develop healthy self esteem and learning to become good problem solvers. Call 403-275-6666 ext. 276 to register for the workshop and free childcare starting January 16.

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
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.