





SUN MON TUE WED THU FRI SAT

					1 Story & Playtime Library Visits (RR) 10AM - 12PM	2
 <b>FAMILY SUPPORT</b>	1	5 Gym and Sing (RR) 9AM-11AM Parents Empowering Parents (RR) 10AM-12PM Cooking Group (RR) 4PM-6PM	6 Learn & Sing (RR) 10AM - 11:30PM  Be a Great Dad (RR) 6:30PM-8:30PM	7 Fun with Crafts (RR) 10AM-12PM Homework Club (RR) 4PM - 6PM	8 Story & Playtime (RR) 10AM-12PM	9 Family Fun at Carburn Park (RR) 10AM-12PM
10	11	12Gym and Sing 9AM - 11AM Listen and Talk to your kids (RR) 10AM-12PM Cooking Group (RR) 4PM-6PM	13 Learn & Sing (RR) 10AM - 11:30PM  Be a Great Dad (RR) 6:30PM-8:30PM	14 Valentine's Day Party (RR) 10:30AM-12PM  NO Homework Club	15 Story & Playtime (RR) 10AM-12PM	16
17	18 Family Day Centre Closed	19 Gym and Sing (RR) 9AM - 11AM Parents Empowering Parents (RR) 10AM-12PM  Cooking Group (RR) 4PM-6PM	20 Learn & Sing (RR) 10AM - 11:30PM  Be a Great Dad (RR) 6:30PM-8:30PM	21 Sensory Play (RR) 10AM-12PM Homework Club (RR) 4PM - 6PM	22	23
24	25	26 Gym and Sing (RR) 9AM - 11AM Healthy Parent/ Child Relationships (RR) 10AM-12PM Cooking Group (RR) 4PM-6PM	27 Learn & Sing (RR) 10AM - 11:30PM  Be a Great Dad (RR) 6:30PM-8:30PM	28 Fun with Crafts (RR) 10AM-12PM Homework Club (RR) 4PM - 6PM		

**PLEASE BRING INDOOR SHOES WHEN ATTENDING PROGRAMMING**

**HEART OF  
SOUTH CALGARY  
FAMILY CENTRE**

Serving families with  
children ages 0-18  
years.

**HOURS**

Mon: 8:30am-12:00pm  
 Tues: 8:30am-4:30pm  
 Weds: 8:30am-4:30pm  
 Thurs: 8:30am-4:30pm  
 Fri: 8:30am-4:30pm

**FIND US**

Millrise Station  
 2nd Floor  
 Suite #3217  
 150 Millrise  
 Boulevard SW

**RR: Registration  
 Required  
 DI: Drop In**

**INQUIRIES**

Main: 403-452-1124  
 HOSC@aspenfamily.org

## Program Description

### Children's Programs 0 - 5

- ⇒ **Gym and Sing:** Program runs January to February. For parents with children 18 months - 5 years. Play in the gym with your child, and listen to different kinds of music; move and follow instructions. Priority will be given to residents of Deer Run community. (No new registration)  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124      **Location: Deer Run Community Association 2223 146 Ave SE.**
- ⇒ **Story & Playtime Library Visits:** Program runs January to February. For parents with children 0-5 years. (No new registration)  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Story & Playtime:** 0-5 years, come play with your child and listen to stories and music.  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Valentines Day Party:** 2-5 years with a parents, we will be making Valentines Day Crafts.  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Sensory Play:** 0-5 years with a parent. Let your child explore the world with their senses.  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Family Fun at Carburn Park:** Ages 0-12 years with parent. Ice skating and nature walks. Hot chocolate and snacks provided (bring your own skates and helmets). We will check the weather a few days before to decide if we can have an outdoor event or if we meet at HOSC for indoor playtime instead.  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124      **Location: 67 Riverview Dr SE**
- ⇒ **Fun with Crafts :** Theme: Winter Activities. For parents with children 2 - 5 years. Craft time for children, accompanied with a parent.  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Learn & Sing:** Program runs January to February. For parents with children 0-17 months. In partnership with the Further Education Society, join us for a parenting discussions, learn new songs and rhymes with your child. (No new registration)  
REGISTRATION REQUIRED: Dorothy: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124

### Youth Programs

- ⇒ **Cooking Group:** Are you a youth living in Ogden? Do you want to learn how to cook? Make new friends? Join us at MO's Place!  
Location: 6901 20A Street SE  
REGISTRATION REQUIRED: Ram: [youth@secalgarycrc.ca](mailto:youth@secalgarycrc.ca)
- ⇒ **Home Work Club:** Join us and learn study skills, have fun and meet new people.  
**Location: 342 Deer Point Gardens SE.**  
REGISTRATION REQUIRED: Anna: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124

### Parent Programs

- ⇒ **Be a Great Dad:** Join other dads for a program delivered in an informal/conversation style. In partnership with Families Matter. Topics include: Positive Discipline, role modeling, quality time, masculinity, communication and why YOU are so important in your children's success in life.  
REGISTRATION REQUIRED: 403-205-5178 or go online [www.familiesmatter.ca](http://www.familiesmatter.ca)
- ⇒ **Parents Empowering Parents:** For parents and caregivers of children 0-12 years. An opportunity to be heard, share, learn and empower others.  
REGISTRATION REQUIRED: Uzma: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Healthy Parent/Child Relationships:** For parents and caregivers of children 0-12 years. This workshop will provide parents with strategies to engage their child to build a healthy bond.  
REGISTRATION REQUIRED: Uzma: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ **Listen and Talk to your kids:** For parents and caregivers of children 0-12 years. An opportunity to learn and practice communication skills.  
REGISTRATION REQUIRED: Uzma: [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124