



FEBRUARY 2019

MON TUE WED THU FRI SAT

				1 School's Out All Day 10-4 PM	2
4 Knit and Chat 10 AM The Art of Friendship 1-3 PM *RR	5 Triple P 1-3 PM *RR	6 Talk To Your Kids 10-11 AM Fit & Fun 1:30-2:30 PM	7 Life Skills Program 10 AM -12 PM *RR Hanging Out Overload 4-6 PM	8	9 Legal Clinic 10 AM-12 PM *RR
11 Knit and Chat 10 AM CRA Presentation 10-11:30 AM *RR The Art of Friendship 1-3 PM *RR	12 Triple P 1-3 PM *RR Mobile Market 4:00 PM	13 Fit & Fun 1:30-2:30 PM	14 Life Skills Program 10 AM-12 PM Hanging Out Overload 4-6 PM	15 School's Out All Day 10-4 PM	16
18 CLOSED HAPPY FAMILY DAY	19 Triple P 1-3 PM *RR Discovering Me 4:30-6 PM *RR	20 Fantastic Family Fair & Skate Night 6-8 PM	21 Life Skills Program 10 AM-12 PM *RR Hanging Out Overload 4-6 PM	22	23
25 Knit and Chat 10 AM The Art of Friendship 1-3 PM *RR	26 Mobile Market 4:00 PM Discovering Me 4:30-6 PM *RR	27 Talk to Your Kids 10-11 AM Fit & Fun 1:30-2:30 PM Mom's Night Out 6-8 PM	28 Alex Dental 9:30-3:00 PM Life Skills Program 10 AM-12 PM*RR Hanging Out Overload 4-6 PM		

Heart of the Northeast Family Centre

HOTNE

Serving the communities of:
Whitehorn, Rundle, Temple, Monterey Park, Vista Heights and Pineridge.

Hours

MON 9-12 and 4-8 PM*
We are closed Monday afternoon but opened in the evening for programming.

TUE 9:00 AM—5:00 PM

WED 9:00 AM—5:00 PM

THU 9:00 AM—5:00 PM

FRI 9:00— 5:00 PM

Closed daily from 12:00 -1:00

FIND US

Located in Village Square Leisure Centre

2623– 56th St NE
Calgary, AB T1Y 6E7

Contact Us at
403-293-5467
hotne@aspenfamily.org

HOTNE

Aims to deliver timely, cost-free, effective, and confidential services tailored to each family's needs.

Families are active participants in setting goals and making decisions about their futures.

WHAT IS HAPPENING...

The Community Mobile Market by Leftover foundation and City of Calgary provides low cost food and produce items to everyone! The market is located inside Village Square Leisure Centre in the living room space . every other Tuesday at 4:00pm.

School's Out All Day Feb 1 & 15, 10-4 pm

Village Square Library 2623 56 St NE
Kid's corner.

Drop in to the Library anytime on your PD Day for games, crafts, and other fun activities.



THIS MONTH

The Art of Friendship Mondays 1-3 pm, Jan 7-Feb 25: Inside Village Square Leisure Centre 2623 56 St NE community room. The Community Art of Friendship Group will help you with how to build self-confidence, laugh more and reduce loneliness. This is a 8 week group. Space is limited. For more information or to register: **phone: 403 297 1402**
website: www.recoverycollegecalgary.ca

Triple P Tuesdays, 1-3 pm, Feb 5, 12, & 19: Join Parent Link Centre for this parenting group, some topics that will be covered are: How do I take control back in a positive way? What's the best way to get more of the positive behaviors?
To register 403-293-5467 ext 23 or 403-689-1403.

Knit and Chat every Monday at 10 am: Drop in at Village Square Leisure Centre 2623-56 ST NE in the Living room space.

Discovering Me: Feb 19-March 26 every Tuesdays 4:30-6 pm: Inside Parent Link Centre Village Square 2623-56St NE This is a 6 week program where girls are encouraged to explore their identity and celebrate differences.
Must register 403-293-5467 or mmackay@aspenfamily.org

Theme Legal Feb 9 , 10 am-12 pm: At Heart of the NE family centre inside Village Square 2623 56 st NE In need of free legal consultation? Come access Aspen free Legal Clinic with an experienced Attorney of Law. Limited spots available. Available every first Saturday each month (except statutory holidays).
To register contact hotne@aspenfamily.org or 403 - 472 - 0360

CRA Presentation Feb 11, 10-11:30 am: Inside Village Square Leisure Centre 2623 56 St NE community room. Come to an information session to find out about benefit and credit payments you could get from the Canada Revenue Agency if you do your taxes every year. Nicole Frandsen, from the Canada Revenue Agency, will share information on the Canada Child Benefit, Disability Tax Credit, GST/HST Credit, Working Income Tax Benefit, when you should apply for benefits, and will answer any questions you might have. **To register 403-390-2140 or hotne@aspenfamily.org**

Hanging Out Overload every Wednesdays 4-6 pm: At 1000 voices inside Genesis centre 7555 Falconridge Blvd NE Come hang out and play some cool math games, board games, arts and crafts and much more!

Talk To Your Kids! Wednesdays 10-11 am: At the Parent Link Centre inside Village Square 2623 56 St NE. This workshop is aimed to provide parents with tools to strengthen their relationship with their child(ren) ages 0-18 years. Please join us in exploring the importance of communication with your children and what can be done to establish a strong bond between a parent and a child/youth. **To register 403-472-0407 or hotne@aspenfamily.org**

Life Skills Program Thursdays , 10 am –12 pm: Inside Village Square Leisure Centre 2623 56 St NE community room. Do you need help with cover letters, resumes, job interview preparation. Join us for an interactive learning class.
To register 403-472-0360 or hotne@aspenfamily.org

Fantastic Family Fair & Skate Night Feb 20, 6-8 pm: Village Square Leisure Centre 2623 56 St NE Fun for the whole family! Free admission includes fun games and activities. Bring your skates & helmet for a free skate. This event is in partnership with Hand in Hand Parent Link Centre and Village Square Leisure Centre.

ALEX Bus: 9:30-3:30 pm Feb 28, 9:30-3 pm: Free screening, cleaning and referral for children and youth ages 6-23 years.
To register. 403-293-5467 ex 26 or hotne@aspenfamily.org

Moms Night Out Feb 27 (every last Wednesday of the month, 6-8 pm Parent Link Centre Village Square 2623-56St NE Join other Moms at the Centre for some activities just for you! For Further Information or
To register at 403-293-5467 ext. 32 or 403-689-1403