















Program descriptions are on the back of this calendar!

Calgary Hand in Hand Parent Link Centre
Drop in/Regular Programs

Please Note that our office is closed from 12:00 PM - 1:00 PM everyday for lunch.

January 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 		<p>2</p> <p>Creative Kids 10:00 AM-11:00 AM</p> <p>Hop, Skip & Jump 11:00 AM- 11:45 AM</p> <p>Play, Learn & Connect 2:00 PM - 3:00 PM</p>	<p>3</p> <p>Play, Learn & Connect 10:00 AM -11:00 AM</p> <p>Obstacle course 11:00 AM - 12:00 PM</p> <p>Painting Madness 2:00 PM -3:00 PM</p>	<p>4</p> <p>Baby & Me 10:00 AM - 11:00 AM</p> <p>Dress up fun 11:00 AM-12:00 PM</p> <p>Crafty Kids 2:00 PM -3: 00 PM</p>	
<p>7</p> <p>Magic Carpet Ride <i>Must Register</i> 10:00 AM -12:00 PM</p> <p>Centre Closed in the Afternoon</p>	<p>8</p> <p>Rhymes & Songs 10:00 AM -11:00 AM</p> <p>Build with Cups! 11:00 AM-11:45 AM</p> <p>Ages & Stages <i>Painting with Sponges</i> 1:30 PM - 2: 30 PM</p>	<p>9</p> <p>Creative Kids 10:00 AM-11:30 AM</p> <p>Fun with Science 2:00 PM - 3:00 PM</p> <p>Sensory Activities 3:00 PM -4:00 PM</p>	<p>10</p> <p>Jungle Gym <i>Please Register</i> 9:00 AM -10:45 AM</p> <p>My Explor Hands 2:00 PM -3:00 PM</p> <p>Winter Collage 3:00 PM -4:00 PM</p> 	<p>11</p> <p>ASQ Day Activities 10:00 AM -11:30 AM</p> <p>Lego time 1:30 PM - 2:30 PM</p> <p>Little Artists 3:00 PM- 3:45 PM</p> 	<p>12</p> <p>TELUS Sparks Field Trip <i>Meet at 10:00 AM</i> <i>Must Register</i></p> 
<p>14</p> <p>Magic Carpet Ride <i>Must Register</i> 10:00 AM -12:00 PM</p> <p>Centre Closed in the Afternoon</p>	<p>15</p> <p>News paper Collage 10:00 AM- 11:00 AM</p> <p>Sensory Play <i>Sticker Art</i> 2:00 PM -3:00PM</p> <p>Free Play 3:00 PM -4:00 PM</p>	<p>16</p> <p>Talk to Your Kids! 10:00 AM -11:30 AM</p> <p>Fun with Science 2:00 PM - 3:30 PM</p> <p>Sensory Activities 5:30 PM -7:30 PM</p>	<p>17</p> <p>Jungle Gym <i>Please Register</i> 9:00 AM- 10:45 AM</p> <p>Busy Hands 1:30 PM - 2:30 PM</p> <p>Collage Art 3:00 PM -4:00 PM</p>	<p>18</p> <p>Crochet & Creativity 10:00 AM - 11:30 AM</p> <p>Fun Play 2:00 PM - 3:00 PM</p> <p>Puzzle Time 3:00 PM -4:00 PM</p>	 <p>So much of our children's behaviour is a mirror of our own behaviour.</p> <p><small>Triple P--Positive Parenting Program</small></p>

Mon	Tue	Wed	Thu	Fri	Sat
<p>21</p> <p><u>Magic Carpet Ride</u> Must Register 10:00 AM -12:00 PM</p> <p><u>Centre Closed in the Afternoon</u></p>	<p>22</p> <p><u>Fun With Felt</u> 10:00 AM - 11:00 AM <u>Story Time</u> <i>Provided By The Library</i> 11:00 AM-11:30 AM</p> <p><u>Centre Closed in the Afternoon</u></p>	<p>23</p> <p><u>Talk to Your Kids!</u> 10:00 AM -11:30 AM</p> <p><u>Fun With Science</u> 2:00 PM - 3:00 PM <u>Busy Builders</u> 3:00 PM - 4:00 PM</p>	<p>24</p> 	<p>25</p> <p><u>Shaving Cream Painting</u> 10:00 AM -11:30 AM</p> <p><u>Movie Day</u> Snacks will be provided 2:00 PM-3:30 PM</p> 	<p>26</p>  <p><u>Fun With Dad</u> 10:00 AM -12:00 PM</p>
<p>28</p> <p><u>Magic Carpet Ride</u> Must Register 10:00 AM -12:00 PM</p> <p><u>Centre Closed in the Afternoon</u></p>	<p>29</p> <p><u>Creative Moms</u> 10:00 AM -11:00 AM <u>Exploring Textures</u> 11:00 AM-11:45 AM</p> <p><u>Everything Puzzle</u> 1:30 PM - 2:30 PM <u>My book & Me</u> 3:00 PM-4:00 PM</p>	<p>30</p> <p><u>Talk to Your Kids!</u> 10:00 AM -11:30 AM <u>Outdoor Adventures</u> <i>Snow walk</i> 2:00 PM -3:45 PM</p> <p><i>Moms' Night Out</i></p> <p>6:00 PM - 8:00 PM</p>	<p>31</p> <p><u>Straw painting</u> 10:00 AM - 12:00 PM</p> <p><u>Parent Café</u> <i>Parenting Tip Sheets</i> 2:00 PM - 3:00 PM <u>Play, Learn & Connect</u> 3:00 PM - 4:00 PM</p>	<p>For Further Information or to Register: Call Patience, Naima, Yazmin or Shelina at 403-293-5467 ext. 32 , 23 or 403-689 -1403 Email: PLCCalgary2@aspenfamily.org</p>   	

Located in Village Square Leisure Centre!

2623-56 Street NE Calgary, AB T1Y 6E7

Creative Kids: Arts and crafts activities for children 6 months - 5 years. Please come prepared to get messy! Drop in program.

Baby and Me: Join us for discussions around your baby's development which will include guest speakers, songs and tons of fun!

Mom's Night Out! (No children please) Come & get a break from the everyday challenges. Hang out, get pampered, have some food & relax! This is an evening for moms, grandmothers, nannies, aunties & Day homes providers.

Obstacle Course: A super fun drop in program that focuses on gross motor skills. Come Skip, jump, and hoola hoop with us!

Talk to Your Kids!: This workshop is facilitated by HOTNE Family Center in collaboration with Calgary Hand in Hand Parent Link Centre. It consists of 3 sessions to provide parents with tools to strengthen their relationship with their children ages 0-18 years. The sessions will focus on open discussions on struggles parents face communicating with their child/youth. 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.

Sensory Activities: Children will experience learning through the different senses, a fun hands on learning experience.

Parent Café: Parenting Tip Sheets: Come to an informal session to talk about the Triple P Tip sheets topics include: Toilet Training, Fighting and Aggression, Being a Parent, Sharing, Hurting others and many more.

Exploring Textures: Inspire your child's young mind to discover just plain textures.

Puffy Paint: Come and enjoy this activity with puffy paint,, and learn different ways of painting, using shaving cream, paint and more.

Fun With Felt: Join us for some fun with felt and learn how to make your own story time box!

Magic Carpet Ride: Join us for a fun program in which parents learn how to support learning at home, and children develop their readiness skills; Let's play, read & tell stories, sing & rhyme together—literacy is a family affair. **Please Register**

TELUS Spark Field Trip: Meet a PLC staff at the TELUS Spark location for a fun family experience.

