

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
<p>&lt;Legend&gt;</p> <p>Educational Workshops for Parents &amp; Caregivers <span style="color:blue">■</span></p> <p>Interactive Sessions for Kids &amp; Caregivers <span style="color:orange">■</span></p> <p>Parent Chats for Conversational Peer Support <span style="color:green">■</span></p>	<p>10:00 - 11:30 AM <a href="#">Exploring Play</a> (ages 0 – 6)</p> <p>2:00-3:30 PM <a href="#">Creating Emotional Safety</a> (ages 0 – 17)</p> <p>6:00 - 7:30 PM <a href="#">Parent Chat: Practicing and Modeling Assertiveness</a> (ages 0 – 17)</p>	<p>10:30 - 11:30 AM <a href="#">Exploring Play</a> (ages 0 – 6)</p> <p>2:30 – 3:30PM <a href="#">Kids Create</a> (ages 2 – 6) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Healthy Relationship for Teens</a> (ages 12 – 17)</p>	<p>2:00 – 3:30 PM <a href="#">Yoga &amp; Mindfulness at the Park</a> (ages 3 – 12) <i>*in-person*</i> Pearce Estate</p> <p>6:00 - 7:30 PM <a href="#">Building your Teen’s Self-Esteem</a> (ages 14 – 17)</p>	<p>10:30 – 11:15 AM <a href="#">Story and Rhyme</a> (ages 18m-6y) <i>*in-person*</i></p> <p>2:30-4:00 PM <a href="#">Resilience and Stress in Children</a> (ages 0 – 17) <i>*in-person*</i></p> <p>2:15 – 4:00 PM Plus, Playtime</p> <p>6:00 - 7:30 PM <a href="#">Parent Chat: Navigating Peer Relationships</a> (ages 0 – 17)</p>	<p>10:00 -11:30 AM <a href="#">Aligning Parenting Styles</a> (ages 0 – 17)</p> <p>2:00 – 3:30 PM <a href="#">Loose Parts Play</a> (ages 0 – 12) <i>*in-person*</i></p>	
10	11	12	13	14	15	16
	<p>2:00-3:30 PM <a href="#">Surviving Motherhood Together</a> (ages 0 – 17) <i>*in-person*</i></p> <p>1:45 – 3:30 PM Plus, Playtime</p>	<p>10:30 – 11:30 AM <a href="#">Tuned In - Level 2</a> (ages 12m – 24m) <i>*in-person*</i></p> <p>12:00 - 1:00 PM <a href="#">Bellies and Babies</a> (prenatal – 3m)</p> <p>2:30 – 3:30PM <a href="#">Movement for Busy Bodies</a> <i>*in-person*</i> (ages 2 – 6)</p> <p>5:00 - 6:00 PM <a href="#">What is LENA Start</a> (ages 0 – 4)</p>	<p>10:15 – 11:15 AM <a href="#">Tuned In - Foundations</a> (ages 0 – 12m) <i>*in-person*</i></p> <p>2:00 – 2:30 PM <a href="#">Fire Station Tour</a> (ages 4 – 17) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Building your Parental Toolbox</a> (ages 0 – 17)</p>	<p>10:00 – 11:30 AM <a href="#">Completing the Stress Cycle</a> (ages 0– 17)</p> <p>2:00-2:30 PM <a href="#">Story Time</a> (ages 0 – 6)</p> <p>6:00 - 7:30 PM <a href="#">Integrating STEAM at home</a> (ages 6-17)</p>	<p>10:00 -11:30 AM <a href="#">Sensory Play for Little Ones</a> (ages 0 – 12) <i>*in-person*</i></p> <p>2:00 – 3:30 PM <a href="#">Choosing Group Childcare</a> (ages 0 – 6)</p> <p>1:45 – 3:30 PM Plus, Playtime</p>	
17	18	19	20	21	22	23
	<p>2:00-3:30 PM <a href="#">Safety Talk</a> (ages 0 – 17) <i>*in-person*</i></p> <p>1:45 – 3:30 PM Plus, Playtime</p>	<p>2:00 – 3:00PM <a href="#">Kids Create</a> (ages 2 – 6) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Cyberbullying</a> (ages 7 – 17)</p>	<p>2:00 – 3:30 PM <a href="#">Beyond the Wild</a> (ages 3 – 12) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Parent Chat: Hard Conversations</a> (ages 0 – 17)</p>	<p>10:30 – 11:15 AM <a href="#">Story and Rhyme</a> (ages 18m-6y) <i>*in-person*</i></p> <p>2:00 – 3:30 PM <a href="#">Loose Parts Play</a> (ages 0 – 12) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Dad Chat: Modern Fatherhood</a> (ages 0 – 17)</p>	<p>10:00-11:30 AM <a href="#">Developmental Domains</a> (ages 0 – 12)</p> <p>2:30-4:00 PM <a href="#">PC: Learning Responsibility in the Home</a> (ages 0 – 17) <i>*in-person*</i></p> <p>2:15 – 4:00 PM Plus, Playtime</p>	<p>10:30 – 11:30 AM <a href="#">Yoga at the Park</a> <i>*in-person*</i> Riley Park (ages 18m-6y)</p>
24	25	26	27	28	29	30
	<p>2:00-3:30 PM <a href="#">Creating Mindful Routines</a> (ages 0 – 17) <i>*in-person*</i></p> <p>1:45 – 3:30 PM Plus, Playtime</p>	<p>2:30 – 3:30PM <a href="#">Movement for Busy Bodies</a> <i>*in-person*</i> (ages 2 – 6)</p> <p>6:00 - 7:30 PM <a href="#">Building Resilience Against Bullying</a> (ages 12 – 17)</p>	<p>2:00 – 3:30 PM <a href="#">Little Red Reading House</a> (ages 3 – 12) <i>*in-person*</i></p>	<p>10:00 – 11:30 AM <a href="#">Sensory Play for Little Ones</a> (ages 0 – 12) <i>*in-person*</i></p> <p>2:00-2:30 PM <a href="#">Story Time</a> (ages 0 – 6)</p> <p>5:00 - 6:30 PM <a href="#">PC: How We Survive the Teen Years</a> (ages 10 – 17)</p> <p>5:00 - 6:30 PM <a href="#">STEAM Night Out</a> (ages 10 – 17) <i>*both in-person*</i></p>	<p>10:30 AM - 12:00 PM <a href="#">Bubble, Bubble, Pop</a> <i>*in-person*</i> Thomson Family Park (ages 0 – 17)</p> <p>2:30-4:00 PM <a href="#">Early Brain Development</a> (ages 0 – 6)</p>	 <p>Scan the QR Code for our Website calendar</p>

## Workshops

- **Aligning Parenting Styles (ages 0 – 17):** This workshop will help parents/caregivers identify their own parenting style as well as the style of their co-parent/caregiver and will help participants find ways to align those parenting styles in ways that benefit children.
- **Building Resilience Against Bullying (ages 12-17):** This workshop will help parents and caregivers identify bullying behaviors, recognize the signs that their child is being bullied, and teach their children skills to stand up for themselves and others. This workshop will focus specifically on physical and verbal bullying and is geared to parents of preschool and elementary aged children
- **Building your Parental Toolbox (ages 0-17):** Being a parent requires us to have many skills and abilities that we did not even know we needed! Join us to learn about how to fill your parental toolbox with strategies for dealing with those challenging child and adolescent moments.
- **Building Your Teen’s Self-Esteem (ages 14+):** The adolescent years are a time when self-esteem can fluctuate wildly. This workshop will explore what self-esteem is, what impacts self-esteem, and how we can help our teens have a healthy sense of self and have confidence in themselves and their abilities.
- **Choosing Group Childcare (ages 0-6)** Starting your child in childcare can be hard for the whole family. In this session we will talk about childcare in Alberta. We will learn about different types of care, what to look for in quality care and how to prepare ourselves for the new start. Part one of two. Follow up is Preparing for Group Childcare
- **Creating Emotional Safety (ages 0 – 17):** This workshop will explore a variety of ways to create and foster an emotionally safe environment for families and support parents and caregivers to feel empowered to teach our little ones their entitled rights to a safe environment.
- **Creating Mindful Routines (ages 0-17):** This workshop is intended to support participants in creating routines that ensure structure, predictability and consistency for their families. Participants will learn about the benefits and barriers of routines, the role of mindfulness in establishing routines, as well as practical strategies for implementing routines.
- **Completing the Stress Cycle (ages 0-17):** Stressful situations impact our bodies and brains daily. We go into survival mode when facing threats, but our body does not always return to a sense of safety. Learning how to complete the stress cycle is important to our health. Come learn with us ways to complete this cycle and reduce burnout.
- **Cyberbullying (ages 7-17):** This workshop provides parents or caregivers with information about youth and cyberbullying. Together we will discuss ways to talk to your child about cyberbullying and strategies for developing resilient online children.
- **Developmental Domains (ages 0-12):** What are developmental domains and why do we talk about them so much? Join us as we explore developmental domains and what to look for and ways to support our children through their varying ages and unique development journey.
- **Early Brain Development (ages 0-6):** Are you new to brain science and child development? Do you have a little one, and want to better understand their brain development? This session is for you. We will be covering three developmental stages: infants, toddlers, and preschoolers. Come and learn about your child’s brain development during these crucial years and how you help your child’s brain grow strong and connected!
- **Exploring Play (ages 0-6):** We know play is children’s language, their learning method, their day-to-day life! But how do we do it?? In this session, parents and caregivers will explore different types of play and specific activities that they can try out with their little ones. We will explore how to change an activity idea into age-appropriate and developmentally appropriate play experiences for our children to enjoy
- **Healthy Relationship for Teens (ages 12-17):** What do healthy relationships look like for our teen children that are gaining independence and entering the world of dating? Join us for a discussion to guide parenting our teens.
- **Integrating STEAM at home (ages 6-17):** Science, Technology, Engineering, Art, and Math! STEM curriculum has been booming in schools, but we can teach STEAM at home with our children too. This workshop will explore different ways to introduce STEAM to our children and how we can support cognitive development
- **Preparing for Group Childcare (ages 0-6):** Starting at a new group childcare setting is a huge adjustment for everyone in the family. Join us in a discussion of ideas to help with this transition, manage expectations and practical tips. This session builds on Choosing Group Childcare.
- **Resilience and Stress in Children (ages 0 – 17):** Did you know your child can be also stressed just like any of us? During this session, we will explore different types of stresses children experience and how it affects their development, followed by a group discussion about strategies for developing resilient children
- **Safety Talk (ages 0-17):** Come join us for a session with a constable from the Calgary police. We will be learning about safety within our homes and community and how we can work to keep our children safer.
- **Self-care for Parents (ages 0 – 17):** This workshop will support parents (and caregivers) in learning strategies to attend the different domains of their health and wellness.
- **What is LENA Start (ages 0-4):** Talking with your baby is the best way to help their brain grow. Family Champion Program is launching the next LENA Start program in fall 2022. Join us for an information session as we introduce what LENA Start is and how we can increase children’s language development and so much more!

## Interactive Activities

- **Beyond the Wild (ages 3-12):** Join us for an exciting, hands-on presentation on Alberta wildlife and how to safely enjoy our natural environment with conservation biologist, Lisa Dahlseide.
- **Bubble, Bubble, Pop (ages 0-17):** Bubbles are fun for the children and adults of all ages. Come play with us as we explore bubbles in all different forms and find different ways to make things POP.
- **Distanced Play Time at the Park (ages 0-17):** Join us for an interactive gathering at Cliff Bungalow Park and Thomson Family Park for some distanced play and chat. Come for the whole time, or just for some. This casual meetup is a great way to get to know other families in our community!
- **Fire Station Tour (ages 4-17):** Have your children ever wondered what firefighters do all day? Join us at Station #16 (Highfield) for a tour of the fire station and learn more about what firefighters do. In case there is an emergency the firefighters be called away; we will need to vacate the station immediately so they can help our community.
- **Fueling Curiosity (ages 3-12):** Join us for an interactive, in-person session around S.T.E.A.M. activities! We will explore children's creativity by encouraging them to think critically, problem-solve, and indulge in Science, Technology, Engineering, Arts, and Mathematics.
- **Kids Create (ages 2- 6):** Join us in person as children explore different materials and learn new skills each week to spark their imagination and create something truly unique.
- **Little Red Reading House (ages 3-12):** Join us for an afternoon of exploring books and the magical world at Calgary Reads Little Red Reading House in Inglewood.
- **Loose Parts Play (ages 0- 6):** Fuel your child’s creativity and sense of exploration with us. We are exploring loose parts together which are open-ended materials that have unlimited possibilities. Then bring these ideas home with you for extended play at home.
- **Movements for Busy Bodies! (ages 2-6):** How do we promote active play? Invite your children to join you as we use materials from our home and learn how to move our bodies to stay active!
- **Sensory Play for Little Ones (Ages 0-6):** The first three years are a time of tremendous learning and brain development, and little ones learn primarily through their 5 senses. This interactive workshop will explore a variety of ways that parents can play with their infants and toddlers and engage their senses to promote attachment and build their brains.
- **STEAM night out (ages 10-17):** Calling all youth to come join us for a night of fun and games. A great opportunity to connect with other the same age and explore their creativity, critical thinking, problem solving with fun Science, Technology, Engineering, Arts and Mathematics activities. Parents welcome to join our separate parent chat or have some time to themselves.
- **Story and Rhyme (ages 18m-6y):** Join us for our in-person story and rhyme time. We will explore our favorite songs, rhymes, and stories together and you can bring new ideas home with you
- **Tuned In Foundations (ages 0-12m):** Babies will babble, bop, and bounce while enjoying music, movement, and early literacy activities. This Kindermusik group provides multisensory activities designed to stimulate every area of baby’s development, facilitate bonding, and launch a lifelong love of music. This group has limited spots and is a 4-week program. Please make sure you can make all sessions before registering.
- **Tuned In Level 2 (ages 12-24m):** touch on all domains of learning. The “active ingredient”—our music—makes all experiences joyful, appealing, and “sticky.” Instructive visuals and stories supplement the learning. This group has limited spots and is a 4-week program. Please make sure you can make all sessions before registering.

- **Yoga and Mindfulness at the Park (ages 3-12):** Come join us for an afternoon at Pearce Estates as we explore as a family our environment mindfully using all our senses. We will also learn together how to use movement and breathing to ground our bodies.
- **Yoga at the Park (ages 18m-6y):** Join us at Riley Park for an interactive, whole family activity centred on the meaningful connection between child and caregiver! For July's Family Activity, we'll explore mindfulness practices with our children through yoga!
- **Parent Chat Series:** Different topics for each session. Being a parent is super hard and we just can never talk enough about it! You're invited to our open discussion, inviting all parents and caregivers to chat around different topics around parenting and child development. Please see the details on our calendar on various topics.
  - **Topics in July:**
    - **Bellies & Babies (ages prenatal -3 months):** YW Family Champions and Birth and Babies are collaborating! Please join us for a casual chat group where you can meet with an Alberta Health Services childbirth educator and connect with other parents on the topics of pregnancy, labour, and birth, breastfeeding / feeding your baby, infant sleep, newborn care, transition to parenthood and early parenting.
    - **Dad Chat: Modern Fatherhood (ages 0-17):** Join us for an evening of community, honest conversation, and discussion about the reality of fatherhood in today's world. How can fathers challenge social norms of parenting and grow in their ability to connect meaningfully with their children. This session will highlight a father's role but is not limited for those who do not identify within a binary parent framework.
    - **Hard Conversations (ages 0 – 17):** Our little ones (and teenagers) are always curious, and we have some topics that are hard to talk about. This Parent Chat session will explore different strategies to talk about hard topics and ways we can support your child. This month we will focus on common topics of concern for parents of school-age children, including bullying, peer pressure, and diversity
    - **How We Survive the Teen Years (ages 10 – 17):** While your youth are enjoying games and fun together, join other parents in connecting about the joys, triumphs, and challenges of these teen years.
    - **Learning Responsibility in the Home (ages 0-17):** How old should my child be when they start to help? What is age-appropriate chores? How do we find balance in children being expected to pitch in while still enjoying their childhood? We will be talking about helping our children learn responsibility and sharing in chores around the home.
    - **Surviving Motherhood Together (ages 0 – 17):** Come join us for morning coffee time, with meaningful conversation and a safe place to be real with other moms. Whether you're looking for peer support or needing practical tips you are more than welcome to join our community! This session will highlight a mother's role but is not limited for those who do not identify within a binary parent framework.
    - **Navigating Peer Relationships (ages 0-17):** Peer relationships are one of the hardest things for children and parents. In this parent chat we will talk about ways that we can help our children learn and understand what makes a healthy peer relationship, gain skills to talk to our children about their peer relationships, and strategize with each other how to help your child manage the more challenging peer relationships.
    - **Practicing and Modeling Assertiveness (ages 0-17):** Join us for guided conversation about communication styles and what it means to both be assertive and teaching your children to be assertive too!
- **Story Time (ages 0-6 or as outlined):** Join us as we read aloud to the children and learn about the benefits of this fun and easy activity. Different stories will be featured each week.
- **Plus, Playtime (ages 0 – 17):** Register with us for our in-person workshops that offer Plus Playtime and your child will have the opportunity to engage in a variety of developmentally-appropriate play and learning activities with our facilitators while you are in your session.

To register for these FREE workshops:  
 Contact the YW Hub at [FamilyNetwork@ywcalgary.ca](mailto:FamilyNetwork@ywcalgary.ca) or call (403) 262.0497