

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>CIVIC HOLIDAY</b>	2	3	4	5	6
<p>&lt;Legend&gt;</p> <p>Educational Workshops for Parents &amp; Caregivers</p> <p>Interactive Sessions for Kids &amp; Caregivers</p> <p>Parent Chats for Conversational Peer Support</p>		<p>2:00 – 3:00PM <a href="#">Kids Create</a> (ages 2 – 6) <i>*in-person*</i></p> <p>6:00-730 PM <a href="#">Mental Health and Teens</a> (ages 12-17)</p>	<p>10:00 AM -12:00 PM <a href="#">Mobile Adventure Playground</a> Manchester Insect Playground (ages 2-12) <i>*in-person*</i></p> <p>2:00 – 3:30 PM <a href="#">What is Empathy?</a> (ages 0-6) <i>*in person*</i></p> <p>1:45 – 3:30 PM Plus Playtime</p> <p>5:00-6:00 PM <a href="#">What is Lena Start?</a> (ages 0-4)</p>	<p>10:00 – 11:30 AM <a href="#">Story and Rhyme</a> (ages 0 – 2) <i>*in-person*</i></p> <p>2:00-3:30 PM <a href="#">Consequences: What Works</a> (ages 0-17)</p> <p>5:00-6:30 PM <a href="#">PC: Teaching Children Personal Boundaries and Consent</a> (ages 0-9)</p>	<p>10:00 -11:30 AM <a href="#">Loose Parts Play</a> (ages 0 – 12) <i>*in-person*</i></p> <p>2:30 – 4:00 PM <a href="#">Bubble, Bubble, POP!</a> (ages 0-12) <i>*in-person*</i></p>	
7	8	9	10	11	12	13
	<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>2:00 – 3:00 PM <a href="#">Tuned In Foundations</a> (ages 0 – 12m) <i>*in-person*</i></p> <p>2:00 – 3:00PM <a href="#">Movement for Busy Bodies</a> (ages 2 – 6) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Communicating with your Teen</a> (ages 10-17)</p>	<p>10:30 AM – 12:00 PM <a href="#">Little Red Reading House</a> (ages 0 – 6) <i>*in-person*</i></p> <p>2:00 – 3:00 PM <a href="#">Fire Safety for Kids</a> (ages 4-10) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Resilience: Exploring Childhood Experiences</a> (ages 0-17)</p>	<p>10:00 – 11:30 AM <a href="#">Sensory Play for Little Ones</a> (ages 0-6) <i>*in-person*</i></p> <p>2:00-2:30 PM <a href="#">Story Time</a> (ages 0-6)</p> <p>6:00 - 7:30 PM <a href="#">Decoding the Teenage Brain</a> (ages 12-17)</p>	<p>10:00 -11:30 AM <a href="#">Parent Chat: Parent Guilt</a> (ages 0-17)</p> <p>2:00 – 3:30 PM <a href="#">Reading at the Park with the Little Red Reading Van</a> (ages 0-12) <i>*in-person*</i></p> <p>Pearce Estate Park</p>	<p>10:00 -11:30 AM <a href="#">Messy Art in the Park</a> (ages 3-12) <i>*in-person*</i></p> <p>Rotary Park</p>
14	15	16	17	18	19	20
	<p>2:00-3:30 PM <a href="#">Managing Parental Anxiety</a> (ages 0-17)</p> <p>1:45-3:30 PM Plus Playtime</p>	<p>10:00-11:30 AM <a href="#">Understanding Challenging Behavior- Back to School</a> (ages 5-17)</p> <p>2:00 – 3:00 PM <a href="#">Kids Create</a> (ages 2-6) <i>*in-person*</i></p>	<p>10:00 – 11:30 AM <a href="#">Navigating School Options</a> (ages 4-17) <i>*in-person*</i></p> <p>9:45 – 11:30 AM Plus Playtime</p> <p>2:00 – 3:30 PM <a href="#">Bubble, Bubble, Pop!</a> (ages 0-12) <i>*in-person*</i></p> <p>East Village Park</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="#">Preparing for Group Childcare</a> (ages 0-6)</p> <p>2:00-2:45 PM <a href="#">Story and Rhyme</a> (ages 18m – 6) <i>*in-person*</i></p>	<p>10:00-11:30 AM <a href="#">Loose Parts Play</a> (ages 0-12) <i>*in-person*</i></p> <p>12:00 - 1:00 PM <a href="#">Bellies and Babies</a> (prenatal – 3m)</p> <p>2:00-3:30 PM <a href="#">Healthy Coping Strategies</a> (ages 0-17)</p>	
21	22	23	24	25	26	27
	<p>2:00-3:30 PM <a href="#">Anxiety and Kids Back to School</a> (ages 5-17) <i>*in-person*</i></p> <p>1:45-3:30 PM Plus Playtime</p>	<p>10:00 -11:30 AM <a href="#">Routines and Expectations for Back to School</a> (ages 5-17)</p> <p>2:00 – 3:00 PM <a href="#">Movement for Busy Bodies</a> (ages 2 – 6) <i>*in-person*</i></p>	<p>10:00 – 11:30 AM <a href="#">Packing a Healthy Lunch</a> (ages 0-17) <i>*in-person*</i></p> <p>9:45 – 11:30 AM Plus Playtime</p> <p>2:00 – 3:30 PM <a href="#">Little Red Reading House</a> (ages 6-17) <i>*in-person*</i></p>	<p>10:00 – 11:30 AM <a href="#">Sensory Play for Little Ones</a> (ages 0-6) <i>*in-person*</i></p> <p>2:00-2:30 PM <a href="#">Story Time</a> (ages 0 – 6)</p>	<p>10:00-11:30 AM <a href="#">STEAM for Little Ones</a> (ages 0-8) <i>*in-person*</i></p> <p>9:45 – 11:30 AM Plus Playtime</p> <p>2:00-3:30 PM <a href="#">Guide to a Positive School Year</a> (ages 5-17)</p>	

			<p>6:00 - 7:30 PM  <a href="#">STEAM Night Out</a>  (ages 10-17)  <i>*in-person*</i></p> <p><a href="#">How We Survive the Teen Years</a>  (ages 10-17)  <i>*in-person*</i></p>	
28	29	30	31	 Scan the QR Code for our Website Calendar
	<p>2:00-3:30 PM  <a href="#">School Pressure</a>  (ages 5-17)  <i>*in-person*</i>  1:45-3:30  Plus Playtime</p>	<p>10:00 -11:30 AM  <a href="#">Healthy Boundaries</a>  (ages 0-17)</p> <p>2:00-3:00 PM  <a href="#">Kids Create</a>  (ages 2-6)  <i>*in-person*</i></p> <p>6:00-7:30 PM  <a href="#">Parent Chat: Intentional Parenting</a>  (ages 0-17)</p>	<p>10:00-11:00 AM  <a href="#">Energy Efficient Future</a>  (ages 3-17)</p> <p>2:00-3:30 PM  <a href="#">Play Bins at the Park</a>  (ages 0-12)  <i>*in-person*</i>  Buckmaster Park</p>	

### Workshops

- **Anxiety and Kids: Back to School (ages 5-17):** This workshop will provide parents with information about anxiety in children and youth with a focus on back to school anxiety. Learn information about the difference between anxiety versus other uncomfortable emotions and how you can support your child with their emotions surrounding the return to school.
- **Decoding the Teenage Brain (ages 12-17):** Ever wonder what your teenager is thinking? Or why they are behaving in such a way? Come join us to learn about teenage brain development and investigate together!
- **Communicating with Your Teen (ages 10-17):** Keeping the lines of communication open with our teenagers can be challenging. Join us to learn how maintain, open, healthy communication with your teen, and to balance maintaining connection with increasing independence.
- **Consequences: What works? (ages 0-17):** What is a consequence, and does it work for our children? Have you tried "time out" or "consequences" but weren't successful? In this session, we will explore different types of consequences that are age and developmentally appropriate, and we will explore when, where, and how, we can give consequences to our children.
- **Guide to a Positive School Year (ages 5-17):** Whether your child is just starting preschool or finishing up high school, we all want our children to thrive in school, and we don't like to see them struggle. In this session we will talk about working with your child's teacher, navigating IPP's and ensuring your child gets the support they need, as well as discuss tips for helping your child to have a positive school experience.
- **Healthy Coping Strategies (ages 0-17):** All families experience stress at times. In this session we will learn more about healthy and unhealthy coping strategies for parents, children, and teens, that we use when we are stressed, upset, scared, or feeling out of control.
- **Healthy Boundaries (ages 0-17):** The ability to set healthy boundaries is a skill that adults and children alike can benefit from. Healthy boundaries allow us to ask for what we need and set limits in a way that is respectful of ourselves and others in our life. This session will focus on identifying, strategizing and practicing setting healthy boundaries.
- **Managing Parental Anxiety (ages 0-17):** Sending your kids off to school or childcare for the first time, or back after a summer off can be tough, and parents might experience as much anxiety around this transition as their children do. This workshop will define parental anxiety, discuss how it manifests in our lives, and share some strategies for managing our anxiety to allow us to be more present for our children.
- **Mental Health and Teens (ages 10-17):** We all want to see our teenagers get through their adolescent years healthy and happy. In this session, we will talk about common mental health challenges in adolescence, how to recognize when your teen is struggling, and how to help your teen stay mentally healthy.
- **Navigating School Options (ages 4-17):** Do you have a child who will be entering school for the first time this year, moving up to the next phase in school, or are you new to the city? Then this workshop is for you! We will explore all the different educational options in Calgary, and discuss things to consider when choosing a school for your child, and how to navigate the education system.
- **Packing a Healthy Lunch (ages 0-17):** Back to School season is right around the corner and that means we are back to packing lunches. Lunch-packing can be very stressful. Finding a fine balance of light, packable lunch that captures all the essential nutrients our little ones need! In this session, we will explore the basics of packing a healthy lunch and promote healthy eating even at school, camps, and so much more!
- **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.
- **Routines & Expectations for Back to School (Ages 5-17):** The upcoming school year can leave us all wishing summer wasn't so short. Planning ahead and being proactive with our routines can help you, your child and your family thrive in any season. This session will provide caregivers with a framework of understanding the importance of routines and expectations, how to implement them and how to use them to grow more connected with your child.
- **Resilience: Exploring Childhood Experiences (ages 0-17):** This workshop provides parents or caregivers with information about the Adverse Childhood Experiences (ACEs) research and we discuss strategies for developing resilient children.
- **School Pressures: B2S (ages 5 – 17):** The start of a new school year can bring uncertainty and pressure for both children and caregivers alike. This session will explore the most common factors of school pressure and how we can support our children as we embrace the new school year.
- **S.T.E.A.M. for Little Ones (ages 0 – 8):** Science, Technology, Engineering, Art, and Math! STEM curriculum has been booming in schools, but did you know we can teach STEAM to our little ones as well? This workshop will explore different ways to introduce STEAM to our children during the early years and how we can support cognitive development
- **What is Empathy? (ages 0-17):** Learn how to use empathy and connecting words to build a strong attachment with your child. These skills truly are the life-long key of being emotionally healthy. The whole family will benefit!
- **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

- **Bubble, Bubble, Pop (ages 0-12):** 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.
- **Energy Efficient Future (ages 3-17):** Are your children more involved with housework? Are they learning varieties of responsibilities at home? Join us for an hour-long interactive session where you will learn with your children the impacts of home energy use, water consumption, and how our energy use impacts our planet. We will explore ways to build motivation and confidence through developmentally appropriate responsibilities.

- **Fire Safety (ages 4-10):** Join us with your children for a fun session with the Calgary Fire Department to learn how to keep ourselves safe in case of a fire. Topics covered will include Hot vs Not Hot Items, Tools and Toys, Close Before You Doze, Smoke Alarm Awareness, Home Escape Plans and What to do In Case of Fire, and Calling 9-1-1.
- **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 0-3) and (ages 6-17):** 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.
- **Messy Art in the Park (ages 3-12):** Join us at Rotary Park to explore some messy outdoor art activities. We will explore using nature materials in art, as well as use some novel tools for creating our artwork. Come dressed to get messy!
- **Mobile Adventure Playground (ages 2-12):** Join us at Manchester Insect Playground to enjoy the City of Calgary's Mobile Adventure Park. Mobile Adventure Parks are a program that use loose parts and natural materials to inspire active and creative outdoor play and connect people to nature. This setting inspires creative, imaginative, nature-based and self-directed play that is crucial to cognitive, emotional and social development.
- **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!
- **Reading in the Park (ages 0-12):** Let's take our reading outside! We will be joined by the Little Red Reading Van, where your children can choose a book and enjoy the great outdoors while they lose themselves in their stories.
- **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 0-6):** 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.
- **Play Bins at the Park (ages 0-12):** Join us at Buckmaster Park in Bankview to explore the City of Calgary play bins. These bins have been placed in parks throughout the city to encourage creative play and exploration.
- **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 August**
    - **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, labor 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.
    - **How We Survive the Teen Years (ages 10 – 17):** While your youth are enjoy games and fun together, join other parents in connecting about the joys, triumphs and challenges of these teen years.
    - **Intentional Parenting (ages 0 – 17):** Whether you have one child, or too many to count, it can be tough to engage with your child intentionally when it feels like there's not enough time in your day. We want our kids to feel known, loved, and valued... but where do you even begin? This session will cover some basic tools for creating meaningful connection, conversation, and time with your child- no matter how big or little.
    - **Surviving Motherhood Together (ages 0 – 17):** Come join us for 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.
    - **Parent Guilt (ages 0 – 17):** As a parent we have all kinds of real and perceived expectations, some that we are able to meet and others that we can't or won't, which can bring us all kinds of parental guilt. In this parent chat, we are going to talk about those places where we feel guilt and learn strategies for managing it.
    - **Teaching Children Personal Boundaries and Consent (ages 0 – 9):** This parent chat will support parents and caregivers in understanding consent and how to help children build and practice expressing consent. This extends to supporting and practicing children's right to knowledge, privacy, and safety at a young age
- **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 – 12):** 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