

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<p>&lt;Legend&gt;</p> <p><span style="display:inline-block; width:15px; height:15px; background-color:lightblue; border:1px solid black;"></span> Educational Workshops for Parents &amp; Caregivers</p> <p><span style="display:inline-block; width:15px; height:15px; background-color:yellow; border:1px solid black;"></span> Interactive Sessions for Kids &amp; Caregivers</p> <p><span style="display:inline-block; width:15px; height:15px; background-color:lightgreen; border:1px solid black;"></span> Parent Chats for Conversational Peer Support</p>				<p>10:15 – 11:00 AM <a href="#">Story and Rhyme</a> (ages 0 – 2) <i>*in-person*</i></p> <p>2:00 PM– 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="#">Healthy Relationships for Teens</a> (ages 14 – 17)</p>	<p>10:00 AM - 11:30 AM <a href="#">Children’s Grief &amp; Disappointment</a> (ages 0 – 17)</p> <p>2:00 - 3:30 PM <a href="#">Parent Chat: Practicing Self-Compassion</a> (ages 0 – 17)</p> <p>2:15 – 3:30 PM <i>Plus Playtime</i></p>	
4	5 <b>Labour Day</b>	6	7	8	9	10
		<p>10:30 – 11:30 AM <a href="#">What is LENA Start?</a> (ages 0 – 4)</p> <p>2:00 – 3:00 PM <a href="#">Movement for Busy Bodies</a> (ages 2 – 6) <i>*in-person*</i></p> <p>6:00 - 7:30 PM <a href="#">Emotionally Safe and Enriching Environments</a> (ages 0 – 17)</p>	<p>10:00 – 11:30 AM <a href="#">Sensory Play for Little Ones</a> <i>*in-person*</i> (ages 0 – 6)</p> <p>2:00 – 3:30 PM <a href="#">Co-parenting with Multi-Generations</a> (ages 0 – 17) <i>*in-person*</i></p> <p>1:45 – 3:30 PM <i>Plus Playtime</i></p> <p>5:30 - 7:00 PM <a href="#">Choosing Group Childcare</a> (ages 0 – 6)</p>	<p>10:15 – 11:00 AM <a href="#">Tuned In Foundations</a> (ages 0 – 12m) <i>*in-person*</i></p> <p>10:00 – 10:30 AM <a href="#">Story Time</a> (ages 0 – 6)</p> <p>2:00 – 3:30 PM <a href="#">Wonders of Loose Parts</a> (ages 0 – 12) <i>*in-person*</i></p> <p>2:15 – 3:30 PM <i>Plus Playtime</i></p>	<p>10:00 AM - 11:30 AM <a href="#">Busy Bodies</a> (ages 0 – 6) <i>*in-person*</i></p> <p>9:45 – 11:30 AM <i>Plus Playtime</i></p> <p>1:30-3:30 PM <a href="#">Videogame Use &amp; Abuse</a> (ages 0 – 17)</p>	
11	12	13	14	15	16	17
	<p>2:00-3:30 PM <a href="#">Brain Architecture Game</a> (ages 0 – 8) <i>*in-person*</i></p> <p>1:45 – 3:30 PM <i>Plus, Playtime</i></p>	<p>10:00 – 11:30 AM <a href="#">Infant Feeding Series: Nutrition &amp; Getting Ready to Start Solids</a> (ages 0 – 6m)</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="#">Sibling Relationships</a> (ages 5 – 17)</p>	<p>10:00-11:30 AM <a href="#">What is Attachment?</a> (ages 0 – 6) <i>*in-person*</i></p> <p>9:45 -11:30 AM <i>Plus Playtime</i></p> <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 <i>Plus, Playtime</i></p>		<p>10:00 -11:30 AM <a href="#">Loose Parts Play</a> (ages 0 – 12) <i>*in-person*</i></p> <p>2:30 – 3:30 PM <a href="#">What is LENA Start?</a> (ages 0 – 4)</p>	
118	19	20	21	22	23	24
	<p>2:00-3:30 PM <a href="#">Early Brain Development</a> (ages 0 – 6) <i>*in-person*</i></p> <p>1:45 – 3:30 PM <i>Plus Playtime</i></p>	<p>10:00 – 11:30 AM <a href="#">Infant Feeding Series: Introducing Solids</a> (ages 6 – 12m)</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="#">Mental Health and Teens</a> (ages 12-17)</p>	<p>10:00-11:30 AM <a href="#">LENA Start</a> (ages 0 – 4)</p> <p>9:45 -11:30 AM <i>Plus Play Time</i></p> <p>2:00 – 3:30 PM <a href="#">Sensory Play for Little Ones</a> <i>*in-person*</i> (ages 0 – 6)</p> <p>6:00 - 7:30 PM <a href="#">Parent Chat: Parenting in a Gendered World</a> (ages 0 – 17)</p>		<p>10:00 – 11:30 AM <a href="#">COVID 19 Vaccination for Children</a> (ages 0 – 6)</p> <p>1:30-3:30 PM <a href="#">Parenting Styles</a> (ages 0 – 17)</p>	<p>10:00 – 11:30 AM <a href="#">Playtime with Dad</a> (ages 0 – 17) <i>*in-person*</i></p>

25	26	27	28	29	30 <i>National Truth and Reconciliation Day</i>	31
		<p>10:00 – 11:00 AM <a href="#">Kids Create</a> (ages 2 – 6) <i>*in-person*</i></p> <p>10:00 – 11:30 AM <a href="#">Infant Feeding Series: Creating Healthy Eating Habits for a Lifetime</a> (ages 6 mos &amp; up)</p> <p>1:30 – 3:00 PM <a href="#">Making Sleep Happen</a> (ages 3 mos – 6 yrs)</p> <p>5:00 - 7:00 PM <a href="#">My Tween &amp; Me</a> (ages 7 – 12) <i>*in-person*</i></p>		<p>10:00 – 11:30 AM <a href="#">Resilience: Stressful Experiences and Child Development</a> (ages 0 – 17)</p> <p>2:15 PM– 3:00 PM <a href="#">Indigenous Storytelling</a> (ages 0 – 6) <i>*in-person*</i></p>	<p>No Sessions</p> <p>Scan the QR Code for our Website calendar!</p> 	
	<p>2:00-3:30 PM <a href="#">Exploring Play</a> (ages 0 – 8) <i>*in-person*</i></p> <p>1:45 – 3:30 PM <i>Plus, Playtime</i></p>		<p>12:00 – 1:00 PM <a href="#">Bellies &amp; Babies</a> (ages prenatal – 3 mos)</p> <p>1:30 – 3:00 PM <a href="#">Developmental Domains</a> (ages 0 – 12)</p>			

### Workshops

- **Brain Architecture (ages 0 – 6):** Ever wonder how the young brain is built? Join us for a round of the Brain Architecture Game to learn how experience builds our little one’s brain! The Brain Architecture Game is a tabletop game experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, with what consequences for society.
- **Busy Bodies (ages 0 – 6):** This workshop will explore different definitions of physical literacy and what that looks like for young children. Facilitators will share information on how being active benefits children for their healthy development (including their brain development) as well as builds strong foundations that will help them thrive and stay active for life!
- **Building Resilience Against Bullying (ages 0 – 12):** 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.
- **Children’s Grief & Disappointment (ages 0 – 17):** What do you do when your child experiences grief or disappointment? Whether they didn’t get what they wanted or if they’ve lost a loved one, it can be hard to know how to help your child. This session will cover different levels of child development and tools you can use to help them manage the emotions of grief and disappointment. We will also cover managing expectations, self-regulation, and helping your child create solutions for themselves.
- **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
- **Co-Parenting with Multi-Generations (ages 0-17):** Do you have a big family? Are you caring for both your parents and children? Does your family have different parenting styles? Whether you have a small or big family, it can be hard to balance your parenting beliefs with others who also care for your child. This parent chat session will explore the strategies, and tips, to prepare for meaningful conversations to bridge the gap of co-parenting with multi-generations.
- **COVID -19 Vaccinations for Children (Ages 0-6):** As a parent or caregiver, you want what is best for your child(ren). It is normal to ask questions about COVID-19 vaccines before making a decision. Join us for our virtual session with AHS, where we learn about: what vaccine at what age, which vaccines are approved, why is it recommended, being ready for the needle, preparing for the appointment, and vaccine records /travelling with children.
- **Cyberbullying (ages 7+):** 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 developmental 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!
- **Emotionally Safe and Enriching Environment (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.
- **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 Relationships for Teens (ages 14-17):** 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.
- **Infant Feeding Series:**
  - **Nutrition During the First Months and Getting Ready to Start Solids (ages 0-6 mos.):** Questions about breast or formula feeding? What are the signs of readiness for solids?
  - **Introducing Solids to your Baby (ages 6 – 12 mos.):** What are the foods to offer first and what foods to avoid and why?
  - **Creating Healthy Eating Habits for a Lifetime (ages 6 mos. & up):** What to do about food refusal? How do I know that my child is eating enough? What is the Feeding Relationship and how to use this to cope with mealtime struggles and create positive mealtimes?
- **Making Sleep Happen (ages 3 mos. – 6):** Helping your little one sleep can feel like an uphill battle. Join us as we learn from Counting Sheep Sleep Coach, Jane Anderson. If you’re interested in learning about sleep training, routines, tips and how to make sleep happen, this session is for you
- **Mental Health and Teens (ages 12 – 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.
- **Parenting Styles (ages 0 – 17):** Everybody has a parenting style, what’s yours? This workshop will help participants learn about different parenting styles and how these different approaches fit for kids.
- **Practicing Self-Compassion (ages 0- 17):** As parents we have lots of experiencing showing compassion to our children, but are we as compassionate with ourselves? Join us for this parent chat as we explore together how to practice self-compassion, as a skill key to our own well-being as parents.
- **Resilience: Stressful Experiences and Child Development (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
- **Sibling Relationships (ages 5 – 17):** Every parent hopes their children will have a strong relationship with one another, but we may feel that we spend most of our time being the referee in their disagreements instead! In this workshop, we will explore sibling dynamics and discuss how to decrease those fights and help your children value and form healthy relationships with one another.

- **Videogame Use & Abuse (ages 0 – 17):** Video gaming has precipitated a major cultural shift in entertainment and socialization, similar to the advent of radio, television, and the internet. This health session talks about videogame types & design, videogames & disordered use, decreased & increased risks of addiction, interventions, and resources.
- **What is Attachment (ages 0-6):** ...and why is it important? Our discussion and exploration of attachment and theory will give you a better understanding of this important aspect of parenting for strong, healthy children.
- **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!
- **Wonders of Loose Parts (ages 0 – 12):** For generations, children have used found objects to explore and expand their curiosity, imagination and creativity. In this digital age, come learn about how 'loose parts' can engage children in infinite play possibilities with materials already existing in our environments. Discover more about loose parts, how it can build children's development and how to start incorporating them at home

#### Interactive Activities

- **Indigenous Storytelling (ages 0- 6):** Join us as we acknowledge Nation Truth and Reconciliation Day with stories from Indigenous communities across Canada.
- **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.
- **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.
- **Movement 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!
- **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 September**
    - **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.
    - **Parenting in a Gendered World (ages 0 – 17):** Children begin to understand gender from an early age. In this workshop, parents or caregivers will learn and discuss how gender, parenting styles, and expectations influence your child's social and emotional development.
    - **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.
- **Playtime with Dad (ages 0 – 17):** Calling all those who identify as dads and grandfathers! Are you looking to spend some 1:1 time with your little one and in need of a fun, interactive space? Join us for engaging activities to spend some quality time with your little ones.
- **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.
- **Story and Rhyme (ages 0 - 6):** Join us for our in-person story and rhyme time. We will explore our favourite songs, rhymes and stories together and you can bring new ideas home with you.
- **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.
- **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.
- **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.

#### Closed Groups

- **LENA Start (ages 0 – 4):** LENA Start is a program for parents that uses regular feedback from LENA's "talk pedometer" technology to help increase interactive talk in order to close the early talk gap, improve school readiness, and build stronger families.
- **My Tween & Me (ages 7 – 12):** My Tween and Me is a facilitated group program that provides parents and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. Offered to parents/caregivers and their children aged 7 through 12, the program strengthens parent-child communication and supports parents in building a positive relationship with their tween.

To register for these FREE workshops:

Contact the YW Hub at [FamilyNetwork@ywcalgary.ca](mailto:FamilyNetwork@ywcalgary.ca) or call (403) 262.0497