



Learning Village Family Place: FREE, or low cost, activities and programs for residents of the Greater Forest Lawn area.

Welcome to the Fall 2009 Family Place Program Guide!

FREE or low cost programs for you, your children, your family and for the community of Greater Forest Lawn.

Programs Include: Preschool, Child & Youth, Parenting, Safety, ESL...and much, much more.

How do you sign-up?

Find the program you want to attend and simply call the number listed under the program's description. See map on last page!

Enjoy A Family Night Out

Once Upon a Story – Literacy Partners

Experience literacy leaping to life in a fun-filled literacy night for the whole family. Drop in for story telling, live theatre and hands-on activities! The Tickle Trunk Players will take to the stage at 6:30pm with a lively performance of "I've Got Rhythm"! Join them and a host of others at this exciting community event!

Keeler School: Thursday, November 5, 5:00 – 8:00pm (drop in)

Laughing Families – Provided by Community Education Services

A night for the whole family! Come laugh and have fun with Jumpa the Clown!

Call 403-248-0280 to sign up.

Valley View School: Monday, November 2, 6:30 – 8:00pm

Music and Imagination – Provided by Calgary Family Services

Come and try something new while enjoying an evening out connecting with your family! Listen to musical instruments from around the world. Exercise your imagination with music and story. Make musical sounds with your family and appreciate the time you spend together. For children 10 years and older, and their parents.

Call 403-269-9888 to sign up.

G.W. Skene School: Thursday, October 29, 7:00 – 8:15pm

Programs for Preschool Children - with an Adult to Attend

Papa Bears – Provided by Families Matter

A Father and Child "Parent - Child Mother Goose" Program for Dads and their children, aged 0 to 5 years. Come and sing songs, learn new rhymes and stories, and remember the old ones. Form stronger attachment to your child as you spend quality time together.

Call 403-205-5175 to sign up.

G.W. Skene School: Wednesdays, September 30 – November 4, 6:00 – 7:00pm

Parents and Children Together (with LAPS Interactive) – Provided by Further Education Society

For children aged 0 to 5 years and their parents or caregivers. This program provides an opportunity for parents/caregivers to meet and share ideas about parenting while kids have fun learning new games and songs. Children and their parents/caregiver spend part of the time together doing activities. A fun time for all!

Call 403-250-5034 to sign up.

G.W. Skene School: Fridays, September 25 – November 20, 9:30 – 11:30am

Parent Child Mother Goose – Provided by Further Education Society

A program for parents/caregivers, and their babies and preschool children, sharing rhymes, songs, and stories. Evening session now available!

Call 403-250-5034 to sign up.

Holy Redeemer School: Wednesdays, September 30 – November 25, 10:30 – 11:30am

St. Mark School: Mondays, September 21 – November 23, 10:30 – 11:30am

Valley View School: Tuesdays, September 29 – November 24, 6:00 – 7:00pm

Programs for Preschool Children - with an Adult to Attend (continued)

Magic Carpet Ride – Provided by Calgary Learning Centre

A preschool program for parents and their children aged 3 to 5 years. We will read stories, sing songs, play, learn and get ready for kindergarten. Younger siblings are welcome too.

Call Nada at 403-686-9300 to sign up.

- Valley View School: Wednesdays, September 23 – December 9, 9:30 – 11:30am
- G.W. Skene School: Wednesdays, September 23 – December 9, 9:30 – 11:30am
- Cappy Smart School: Fridays, September 25 – December 11, 9:30 – 11:30am

Programs For Children and Youth

Family Reading Circle – Provided by Calgary Public Library

Grow readers for life and have fun along the way! Participate in story, rhyme, and song in this interactive family time. For children aged 4 to 7 years with a parent/caregiver.

Call Monique at 403-260-2761 to sign up.

- Keeler School: Tuesdays, October 6 – November 24, 3:30 – 5:00pm

Shake and Bake – Provided by Boys and Girls Club

Have a little time after school? The Boys and Girls Club and local Registered Nutritionist have teamed-up to offer Shake and Bake, an after school program for kids aged 6 to 8 years. Shake the sillies out and learn new skills with some fun activities, then fuel up with some quick and easy snack ideas.

Call 403-944-0213 to sign up.

- Holy Redeemer School: Wednesdays, October, 7, 14, 21, 28, 3:30 – 5:00pm

Home Alone Safely – Provided by Families Matter

For children aged 9 to 12 years. Helps determine child readiness for staying home alone for short periods of time. Topics include stranger awareness, home safety, and first aid. Parents are asked to join in for the last 30 minutes of the session.

Call 403-205-5175 to sign up.

- Valley View School: Saturday, October 3, 10:00am – 1:00pm
- Keeler School: Saturday, November 14, 10:00am – 1:00pm
- St. Mark School: Saturday, November 28, 10:00am – 1:00pm

Babysitting Course – Provided by Canadian Red Cross

This course is for youth 11 years and older who want to be a babysitter or may already be one. It covers the responsibilities of a babysitter, safety tips, basic child care skills and what to do in case of any emergency. A small fee of \$10 is charged.

Call 403-248-0280 to sign up.

- Cappy Smart School: Saturday, October 24, 9:00am – 5:00pm
- G.W. Skene School: Saturday, November 28, 9:00am – 5:00pm

Make It HAPPEN Program – Alberta Health Services

Make It HAPPEN Program is a family-focused healthy lifestyle program for children aged 6 to 15 years with excess weight growth. Parents of 6 to 9 year old children participate in 2 days of program focusing on parenting for healthy lifestyles while the children learn and play together. Families of 10 to 15 year old youth participate in a 12-week program focused on lifestyle education and physical activity.

Call 403-955-7190 for more information or to sign up.

- Keeler School: Fall/Winter program runs Wednesday evenings, September – December

For Children, Youth and Family

Story Tree – Provided by Epcor Centre for the Performing Arts

An exciting drama and creative arts program for grade 4 to 6 students and their families! Learn skills in drama, improvisation, and storytelling. Use new skills to tell family stories and develop a group presentation. A parent or other family member is welcome and encouraged to participate too.

Call 403-294-7455 ext.1458 for information or to sign up.

- Keeler School: Tuesdays, September 22 – December 1, 6:00 – 7:30pm

For Immigrant Youth, Aged 15 to 24 Years

Career Planning – Provided by Centre for Newcomers

A series of fun and interactive workshops helping immigrant youth, aged 15 to 24, take an active and successful role in their future careers! (Immigrant youth are youth who immigrated to Canada, or who have parents who immigrated to Canada.)
Call 403-539-4982 to sign up for one, a few, or all workshops.

3D Dream, Decide, Do – A workshop designed to help youth make informed decisions and realistic goals.

- St. Mark School: Wednesday, September 9, 4:00 – 7:00pm

Me, Myself & I – A session on knowing yourself in order to make better career choices.

- St. Mark School: Wednesday, September 23, 4:00 – 7:00pm

Find It Keep It – A workshop on finding a job and keeping it.

- St. Mark School: Wednesday, October 14, 4:00 – 7:00pm

Impress 4 Success – An evening on job interviewing: how to prepare and how to present yourself.

- St. Mark School: Wednesday, October 28, 4:00 – 7:00pm

Skills that Pay the Bills – A workshop on writing great resumes and cover letters.

- St. Mark School: Wednesday, November 25, 4:00 – 7:00pm

High 5 – A workshop highlighting the five important messages for career planning.

- St. Mark School: Wednesday, December 9, 4:00 – 7:00pm

Programs About Parenting - You Can Bring Your Child(ren)

For Mothers

Postpartum Depression Support Group – Provided by Families Matter

Postpartum Support Group offers Moms a place to go to “normalize” and adjust to the many changes of parenthood. Group is a safe, non-judgmental, supportive environment that provides emotional and practical assistance to women experiencing postpartum depression/anxiety. Babies in arms up to one year old are welcome. Childcare for preschoolers is available for a fee, and subsidies are available.

Intake and registration required, please call 403-205-5177.

- Keeler School: Wednesdays, August 19 – Ongoing, 10:00am – 12:00pm

For Parents with Babies Aged 2 to 9 Months

Baby and You – Provided by Perinatal Education, Alberta Health Services

For mothers with their babies aged 2 to 9 months. These fun and informative classes will help you understand your baby and your family.

Call 403-781-1450 to sign up.

- Cappy Smart School: Thursdays, September 10 – October 1 or November 19 – December 10, 1:00 – 3:00pm

For Parents with Children of all Ages

Parenting Tip Time – Provided by Families Matter

A six week series offering parenting skills and strategies. Attend any or all of the sessions. Free childminding.
Call 403-205-5175 to sign up for one, a few, or all sessions.

Positive Discipline – Explore the difference between discipline and punishment.

- Keeler School: Monday, November 2, 9:30 – 11:00am

Communicating Effectively with Your Children – Learn how to listen, and how to be heard.

- Keeler School: Monday, November 9, 9:30 – 11:00am

Different Parenting Styles – Discover how to make different parenting styles work for your family.

- Keeler School: Monday, November 16, 9:30 – 11:00am

Fostering Self Esteem in Children – Learn skills to help “teach” and raise a child’s self esteem.

- Keeler School: Monday, November 23, 9:30 – 11:00am

Feelings: Dealing with Anger in Children – Learn how to teach children to use anger constructively.

- Keeler School: Monday, November 30, 9:30 – 11:00am

Encouraging Cooperation in Children – See how to help children cooperate with everyday tasks.

- Keeler School: Monday, December 7, 9:30 – 11:00am

Parenting Conversation Café – Provided by Families Matter

Come join other parents in an informal environment. Enjoy coffee and snacks while discussing parenting experiences. Creative activities and play will stimulate conversations and reflections. Childminding available.

Call 403-205-5175 to sign up.

- Keeler School: Tuesdays, September 15 – December 15, 1:30 – 3:00pm

For Parents with Children of all Ages (Parenting - You Can Bring Your Children) (continued)

Mandarin Parenting Conversation Café – Provided by Families Matter

A Parenting Conversation Café for parents and caregivers speaking Mandarin. Come join other parents in an informal environment. Enjoy coffee and snacks while discussing parenting experiences. Childminding available.

养育交流小型座谈会（国语）——由 Families Matter 组织。

来吧，我们热情相邀您和其他家长一起来交流孩子的养育信息。在探讨养育经验的同时享受咖啡和小点。有专人为您照看孩子。

- 地点：Keeler 小学。

时间：9月15日—12月15日的每周四上午 10:30-11:30

请拨打电话：403-205-5175 登记注册

Call 403-205-5175 to sign up.

- Keeler School: Thursdays, ongoing starting October 1, 10:30 – 11:30am

Programs About Parenting – Only Adults Attend

For Expectant Mothers

Prenatal Classes in 6 Languages – Provided by Prenatal Community Programs, Alberta Health Services

Prenatal classes for pregnant women and their families in Spanish, Arabic, Punjabi, Urdu, Hindi, and English for Aboriginal Families. Learn about: labour and delivery (moving, relaxing, breathing), medical interventions, pain medications, breastfeeding, baby care, and how to take care of yourself after baby is born.

बैलगरी रिच बँचे नुँ ननम देह सधपी: उगनुँ बी बँड नानह दी लेड रे

कैलगरी में बच्चे को जन्म देने के सम्बंध में: आपको क्या जानने की आवश्यकता है

إنجاب طفل في كالجری : الأشياء التي تحتاجی لمعرفةها

El Nacimiento del Bebé en Calgary: Lo que usted necesita saber

Urdu, Hindi, and Punjabi: call Harprit at 403-944-0220

- Valley View School: Punjabi, Hindi, Urdu; Thursdays, September 24 – October 29, 1:00 – 3:00pm
- Aboriginal: call Joyce at 403-944-0219
- Keeler School: for Aboriginal families; Wednesdays, September 23 – November 4, 1:00 – 3:00pm
- Arabic: call Fatima at 403-944-0220
- Cappy Smart School: Arabic; Wednesdays, September 23 – October 28, 1:00 – 3:00pm
- Spanish: call Wichita at 403-944-0219
- St. Mark School: Spanish; Mondays, September 21 – November 2, 6:30 – 8:30pm

For Fathers

Be A Great Dad – Provided by Families Matter

A highly interactive five-week workshop facilitated by men, for men. It explores and offers effective strategies for positive discipline, communication, fostering self esteem, role modeling. Discovering your unique approach to parenting.

Call 403-205-5175 to sign up.

- Holy Redeemer School: Tuesdays, October 20 – November 17, 6:00 – 8:30pm

For Parents with Children Aged 12 Years and Older (teens)

Parent Support Association

A peer support group for parents/caregivers managing difficult teen behaviour. A foundation class is required before attending this group.

Call 403-270-1809 to sign up.

- Keeler School: Mondays, Ongoing, 7:00 – 9:00pm

For Parents with Children from Birth to 5 Years

Talk By 2 – Early Communication from Birth to 2 Years - Provided by Preschool Speech and Language Services, Alberta Health Services

Find out about the stages babies go through when learning to talk. Learn about the essential building blocks for speech and language development. Discover what you can do to help your young child communicate.

Call 403-943-9844 to sign up.

- Cappy Smart School: Tuesday, October 27, 6:30 – 8:30pm

Let's Talk About – Typical Speech and Language Development 2 to 5 Years - Provided by Preschool Speech and Language Services, Alberta Health Services

Learn what typical speech and language development looks like for children aged 2 to 5 years. Find out when and how to find help for your child's speech. Come and have your questions answered.

Call 403-943-9844 to sign up.

- Cappy Smart School: Tuesday, November 10, 6:30 – 8:30pm

For Parents with Children Aged 2 to 12 Years

Positive Discipline – Provided by Families Matter

Explore the difference between discipline and punishment. Learn about a child's motivation for misbehaviour, and learn positive strategies for setting clear expectations for behaviour.

Call 403-205-5175 to sign up.

- St. Mark School: Wednesday, October 21, 6:30 – 8:30pm
- Holy Redeemer School: Thursday, November 19, 6:30 – 8:30pm

Positive Parenting – Provided by YWCA Sheriff King Home

A 12-week group program for parents looking for new approaches to build better relationships with their children. Topics include understanding your child, building self-esteem, positive discipline, communication skills, anger management and much more.

Call 403-266-4111 to sign up.

- G.W. Skene School: Tuesdays, October 20 – December 8 and January 5 – 26, 6:30 – 8:30pm
- Keeler School: Thursdays, October 22 – December 10 and January 7 – 28, 6:30 – 8:30pm

How to Talk so Kids Will Listen and Listen so Kids Will Talk – Provided by Families Matter

A six-week class on topics such as positive discipline, children's self esteem, communication, dynamics in the family, creating an environment of cooperation, and others. This program is designed for parents of children aged 4 to 12 years. Certificate of completion presented upon completion of at least 5 out of 6 classes.

Call 403-205-5175 to sign up.

- Cappy Smart School: Wednesdays, October 7 – November 18, 6:30 – 8:30pm

For Parents with Children of all Ages

Parenting a Child with Mental Health Concerns – Provided by Community Education Services, Alberta Health Services

Information presented will assist parents dealing with mental health concerns in childhood by increasing their understanding of developmental and family life cycle disruptions, and to help foster resilience in the family system.

Call 403-955-7420 or visit www.fcrc.sacyhn.ca to sign up.

- Cappy Smart School: Tuesday, September 22, 6:30 – 8:00pm

Advocating for Your Child with Mental Health Issues – Provided by Community Education Services, Alberta Health Services

Participants will learn to effectively advocate for their child and strengthen partnerships with service providers in both the healthcare and school environment.

Call 403-955-7420 or visit www.fcrc.sacyhn.ca to sign up.

- Cappy Smart School: Tuesday, November 24, 6:30 – 8:00pm

Effective Co-Parenting: Putting Kids First – Provided by Calgary Family Services

This program is designed to help parents improve their co-parenting through separation/divorce. The emphasis is on, "putting kids first", to help children adjust to the challenges of separation/divorce.

Call 403-205-5244 to sign up, or email seminars@calgaryfamily.org.

- G.W. Skene School: Wednesday, September 23, 6:30 – 8:30pm

Programs For Adults

How to Understand the E.I. System – Provided by Calgary Workers' Resource Centre

Have you applied to E.I. and been denied? Have you lost your job recently because you have been laid off or were fired or quit because of an unjust reason? Do you think E.I. is complicated and would like to know more about how to access E.I. in general? Come learn more about E.I.!

Call Denise at 403-264-8100 ext. 26 with questions or to sign up. Drop-ins also welcome!

- Holy Redeemer School: Wednesday, September 30, 7:00 – 9:00pm

How to Get a Better Job – Provided by Bow Valley College

What can you do to get a better job? Do you need an education but can't afford the money to go back to school? Attend this interactive workshop to brainstorm ideas and to hear our answers to your questions.

Call 403-410-1402 or email rteebaywebb@bowvalleycollege.ca to sign up.

- G.W. Skene School: Tuesday, September 29, 6:30 – 8:30pm
- Valley View School: Wednesday, November 18, 6:30 – 8:30pm

Health and Wellness

Women's Night Out – Provided by Women's Health Resources, Alberta Health Services

Take a break! Come and meet your neighbours, have some fun, learn a little, share some food, and maybe even win a door-prize. Women of all ages are welcome.

Call 403-248-0280 to sign up, or email sharon.christie@albertahealthservices.ca.

- Valley View School: Thursdays, September 10, October 8, November 12, December 10, 6:30 – 8:00pm

Making Anger Work for You – Provided by Calgary Family Services

Goal of workshop is to help participants challenge negative thought processes and learn appropriate ways to express feelings. Anger can be a front for feelings like sadness, frustration, loneliness or powerlessness. Become aware of underlying emotions. Learn to view and describe events differently. Learn to think, plan and choose before reacting; Practice new skills through role play; Move out of the comfort zone; Rediscover how humour can alleviate many of life's stresses; Improve relationships with co-workers, friends, children, partners; Take charge of emotions in a new way. Cost for program, subsidies available; please ask.

Call 403-205-5244 to sign up, or email seminars@calgaryfamily.org.

- St. Mark School: Tuesdays, September 15 – November 17, 7:00 – 9:00pm

Understanding Depression and its Treatments – Provided by Calgary Family Services

Can't stop crying? Feeling lost or hopeless? Loss of energy? Over eating or not eating? Over sleeping or under sleeping? Feeling overwhelmed with life in general? If this is you or someone you love – join us for an evening devoted to understanding the signs and symptoms of depression; learn how medical interventions and managing emotions, thoughts and our bodies can pave the road to wellness.

Call 403-205-5244 to sign up, or email seminars@calgaryfamily.org.

- St. Mark School: Thursday, November 19, 1:00 – 3:00pm

Single Parents' Wellness Group – Provided by Women's Health Resources, Alberta Health Services

This wellness group is for single parents who are looking to meet other single parents, get support and ideas on handling new situations in their lives, and get information and resources. Childminding will be provided.

Call 403-248-0280 to sign up, or email sharon.christie@albertahealthservices.ca.

- Cappy Smart School: Thursdays, October 15, November 26, December 17, 6:30 – 8:00 pm

Standard First Aid & CPR – Provided by Canadian Red Cross

This adult course provides comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. For Greater Forest Lawn Residents Only (postal code T2A or T2B). There is a small fee for the course of \$10.

Call 403-248-0280 to sign up.

- G.W. Skene School: Saturday and Sunday, September 19 and 20, 9:00am – 5:00pm
- G.W. Skene School: Saturday and Sunday, October 24 and 25, 9:00am – 5:00pm
- G.W. Skene School: Saturday and Sunday, November 21 and 22, 9:00am – 5:00pm

Health Information for Immigrant Women – Provided by Calgary Immigrant Women's Association (CIWA)

Your health is important! Come and learn about healthy living, breast cancer, and health services available in Calgary. Free on-site childminding included.

Call Valerie at 403-263-4414 ext.150 to sign up.

- G.W. Skene School: Monday, October 5, 1:00 – 3:00 pm
- Cappy Smart School: Wednesday, November 25, 6:30 – 8:30pm

Money Management

Money Talk – Provided by Momentum

Find ways to make your money last longer. Learn how to spend and save smart!

Call 403-248-0280 to sign up.

- Valley View School: Wednesday, October 21, 6:30 – 8:30pm

Credit Talk – Provided by Momentum

Learn how to be credit smart. We'll talk about the good, the bad, and the ugly of credit.

Call 403-248-0280 to sign up.

- Valley View School: Wednesday, October 28, 6:30 – 8:30pm

StartSmart: Money for Your Kids' Future Education – Provided by Momentum

Low income? The last thing you may be planning is your kids' education after high school. Why plan now? Money is available from the government. You don't have to save your own money to get this money. You could get \$1,000 or more and it won't cost you a cent! Want to learn more? Join an interactive workshop that will show you how to get free money from the government for your kids' education after high school.

Call 403-204-2664 for more information or to sign up.

- G.W. Skene School: Tuesday, October 6, 6:00 – 8:00pm
- St. Mark School: Saturday, November 7, 10:00am – 12:00pm
- Valley View School: Thursday, November 19, 6:00 – 8:00pm

ESL and New Canadian Programs

We have programs to help you improve your English.

Tenemos programas para ayudarle a mejorar sus destrezas en el idioma inglés.

ਤੁਹਡੀ ਅੰਗਰੇਜ਼ੀ ਦਾ ਸਤਰ ਵਧਾਣ ਲਈ ਸਾਡੇ ਕੋਲ ਪਰੋਗਰਾਮ ਹਨ .

我们设有学习班帮您提高英语水平。

ESL LAPS – Provided by Further Education Society

A program for parents who want to improve their English skills. A fun time to meet other parents, practice English language, and learn more about parenting. You can bring your children.

Call 403-250-5034 to sign up.

- G.W. Skene School: Tuesdays, September 22 – December 1, 1:00 – 2:30pm
- St. Mark School: Wednesdays, September 30 – November 25, 1:00 – 2:30pm

New Friends and Neighbourhood Group – Provided by Calgary Immigrant Women's Association (CIWA)

If you are interested in practicing English conversation, meeting other women, sharing experiences and learning about the community, come and join us! Newcomers always welcome – ongoing registration.

Call Wei at 403-444-1752 for information or to sign up.

- Keeler School: Thursdays, ongoing starting September 10, 1:30 – 3:00pm

Family Fun Fair



Saturday, September 26, 2009, 11:00am – 3:00pm



G.W. Skene School, 6226 Penbrooke Drive S.E.



A free event! Enjoy art, music and sports demonstrations, food and fun!

For those who live in, or are schooled in, the Greater Forest Lawn area.

CLVC Community Connect

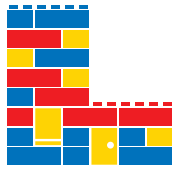
Do you want to learn more about The Calgary Learning Village Collaborative (CLVC), and what is available in your community? Do you have a child or family member that attends a school in the community? Would you like an opportunity to meet with other families?

If you answered **YES** to all these questions, then why not come meet with us to learn more?

We will provide dinner and childminding!

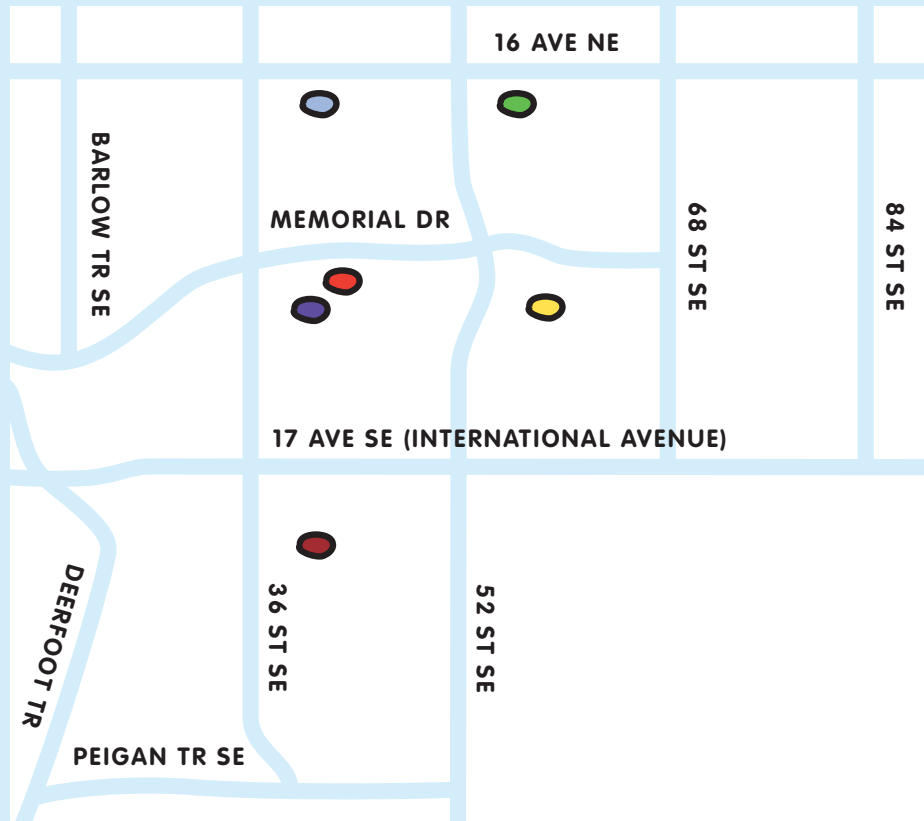
Call 403-248-0280 to sign up!







Tuesday, September 29, 6:00 – 8:00pm at Family Place, Cappy Smart School
Wednesday, September 30, 6:00 – 8:00pm at Family Place, Valley View School
Thursday, October 1, 6:00 – 8:00pm at Family Place, G.W. Skene School



Family Place includes:

Family fun times | Parenting Information | Children's programs
Parent-child playgroups | ESL & New Canadian Programs



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| <p> Cappy Smart School
5808 Madigan Drive NE</p> | <p> Holy Redeemer School
708 - 47 Street SE</p> | <p> St. Mark School
4589 Marbank Drive NE</p> |
| <p> G.W. Skene School
6226 Penbrooke Drive SE</p> | <p> Keeler School
4807 Forego Avenue SE</p> | <p> Valley View School
4105 - 26 Avenue SE</p> |

For information on The Learning Village Family Place please contact 403-248-0280 or familyplace@clvc.ca
Activities and Programs offered through Family Place are free or lost cost for those who live in, or are schooled in, Greater Forest Lawn. You are in the Greater Forest Lawn area if your postal code starts with T2A or T2B.

The Calgary Learning Village Collaborative is a partnership of education, health, social, recreation and cultural services. Generously supported by Clay & Vi Riddell.