

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>AM</p> <p>Parent-Child Mother Goose* Build connection through songs, rhymes and story For parents with children ages 0-3 10-11 Sept 24 - Dec 10 (no class Oct 8, Nov 12) Boys & Girls Club</p> <p>PM</p> <p>Drop-In Supermen of Bowness Come play the Dad-Way Starts at 6pm Sept 10, 24 Oct 1, 15, 29 Nov 19 Dec 3, 17 Boys & Girls Club In partnership with Parent Talk</p>	<p>AM</p> <p>Drop-in Play 10-11:30 EVERY TUESDAY STARTING SEPT 4 Montgomery Community Association</p> <p>Time to Grow* Workshop for Women Explore new practices to live your best life 10-12 Sept 11 - Oct 16 Oct 30 - Dec 18 Bowness Community Centre Childcare provided</p> <div data-bbox="424 747 840 1192" style="background-color: purple; color: white; border-radius: 50%; padding: 20px; text-align: center;"> <p>Watch for our monthly Time to Shine Day! Have a talent to share? We'd love to chat about how YOU CAN SHINE in the community. Past sessions have included: roti-making, homemade gifts, bullet journalling & stress relievers</p> </div>	<p>AM</p> <p>Parent-Child Mother Goose* Learn songs and rhymes for everything from diaper changing to naptime routines For parents with babies ages 0-12m 9:30 - 10:30 Oct 3 - Dec 12 Families Matter Parent Link Centre In partnership with:</p> <p>Drop-in Time for You Coffee, conversation & connection for women 10-11:30 EVERY WEDNESDAY (no group Oct 24) Awaken Church Childcare provided</p> <p>Drop-in Play 10-11:30 EVERY WEDNESDAY STARTING SEPT 5 Bowness Community Association</p>	<p>AM</p> <p>Play Lab* Play your way to a better brain for children ages 3-5 Younger siblings welcome 10-11:30 Sept 27 - Dec 6 Greenwood Village Dome</p> <p>PM</p> <p>Wellness Café Drop-in life skills and strategies for life's challenges Conversation group for parents with children ages 0-5 1:15-2:30 Sept 13 - Oct 18 Nov 1 - Dec 6 Bowness Community Centre Childcare provided</p>	<p>AM</p> <p>Parent Fridays* Find your way as a parent, even when life gets messy 10-11:30 Sept 28 - Dec 7 Boys & Girls Club Childcare provided</p> <p>PM</p> <p>Drop-in Family Dinner & Movie 6:00 Dinner 7:00 Movie Sept 21, Oct 19, Nov 16, Dec 21 Maranatha Church</p> <p>Family Fun Night 6:00 - 7:30 Sept 28: River Valley School Nov 23: Families Matter Parent link Centre CommunityActionforEarlyChildhood.ca</p>

Programs are open to residents of Bowness, Montgomery & Greenwood Village & are offered free of charge

caryacalgary.ca

***Registration required** Please contact Lisa Hurrel: LisaH@caryacalgary.ca or **403.519.7591**

Locations:

Awaken Church 6508 Bowwood Drive NW	Bowness Community Centre 7904 43 Ave NW	Boys & Girls Club 7930 Bowness Rd NW
Families Matter Parent Link Centre 7930 Bowness Rd, 3rd Floor	Greenwood Village Dome 3223 83 St NW	Maranatha Church 2111 52 St NW
Montgomery Community Centre 5003 16 Ave NW	River Valley School 3127 Bowwood Drive	