



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>AM</p> <p>Parent-Child Mother Goose* <i>Build connection through songs, rhymes and story</i> For parents with children ages 0-3 10 am - 11 am Sept 24 - Dec 10 <i>(no class Nov 12)</i> Boys & Girls Club</p> <p>Drop-in Time for You <i>Coffee, conversation & connection for women</i> 10 am - 11:30 am Nov 5 & Dec 3 Bowness Community Association</p> <p>Time to Shine Workshop <i>Residents share their special skills & talents with community</i> 10 am - 12 pm Nov 26 & Dec 10 Bowness Community Association</p> <p>PM</p> <p>Good Life Café <i>Learn about the many paths to the good life in community!</i> 1 pm - 2:30 pm Nov 19 & Dec 17 Bowness Community Association Childcare provided on request</p> <p>Community Action for Early Childhood <i>Residents work on initiatives that support our community's children</i> 4 pm - 5:30 pm Nov 19 & Dec 17 Boys & Girls Club</p> <p>Drop-In Supermen of Bowness <i>Come play the Dad-Way</i> Starts at 6pm Nov 19, Dec 3 & 17 Boys & Girls Club</p> <p><i>In partnership with Parent Talk</i></p>	<p>AM</p> <p>Drop-in Play 10 am - 11:30 am EVERY TUESDAY Montgomery Community Association</p> <p>Time to Grow* Workshop for Women <i>Explore new practices to live your best life</i> 10 am - 12 pm Oct 30 - Dec 18 Bowness Community Centre Childcare provided</p>	<p>AM</p> <p>Parent-Child Mother Goose* <i>Learn songs and rhymes for everything from diaper changing to naptime routines</i> For parents with babies ages 0-12m 9:30 am - 10:30 am Oct 3 - Dec 12 Families Matter Parent Link Centre <i>In partnership with:</i></p>  <p>Drop-in Time for You <i>Coffee, conversation & connection for women</i> 10 am - 11:30 am EVERY WEDNESDAY Awaken Church Childcare provided</p> <p>Drop-in Play 10 am - 11:30 am EVERY WEDNESDAY Bowness Community Association</p>	<p>AM</p> <p>Play Lab* <i>Play your way to a better brain for children ages 3-5</i> Younger siblings welcome 10 am - 11:30 am Sept 27 - Dec 6 Greenwood Village Dome</p> <p>PM</p> <p>Wellness Café <i>Drop-in life skills and strategies for life's challenges</i> Conversation group for parents with children ages 0-5 1:15 pm - 2:30 pm Nov 1 - Dec 6 Bowness Community Centre Childcare provided</p>	<p>AM</p> <p>Parent Fridays* <i>Find your way as a parent, even when life gets messy</i> 10 am - 11:30 am Oct 5 - Dec 7 Boys & Girls Club Childcare provided</p> <p>PM</p> <p>Drop-in Family Dinner & Movie 6:00 pm Dinner 7:00 pm Movie Nov 16 & Dec 21 Maranatha Church</p> <p>Family Fun Night 6:00 pm - 7:30 pm Nov 23: Families Matter Parent link Centre CommunityActionforEarlyChildhood.ca</p> 

*Registration required Please contact Lisa Hurrel:
LisaH@caryacalgary.ca or 403.519.7591
All community opportunities are free of charge

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