

BOWMONT FAMILIES TOGETHER

FALL 2018

Mondays AM

Parent-Child Mother Goose*

Build connection through songs, rhymes and story

For parents with children ages 0-3

10 am - 11 am Sept 24 - Dec 10 (no class Nov 12) Bovs & Girls Club

Drop-in Time for You

Coffee, conversation & connection for women 10 am - 11:30 am Nov 5 & Dec 3 **Bowness Community Association**

Time to Shine Workshop

Residents share their special skills & talents with community 10 am - 12 pm Nov 26 & Dec 10 **Bowness Community Association**

PM

Good Life Café

Learn about the many paths to the good life in community! 1 pm - 2:30 pm Nov 19 & Dec 17 **Bowness Community Association**

Community Action for Early Childhood

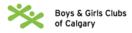
Childcare provided on request

Residents work on initiatives that support our community's children 4 pm - 5:30 pm Nov 19 & Dec 17

Boys & Girls Club **Drop-In Supermen of Bowness**

Come play the Dad-Way Starts at 6pm Nov 19, Dec 3 & 17 Boys & Girls Club

In partnership with Parent Talk



Tuesdays AM

Drop-in Play

10 am - 11:30 am **EVERY TUESDAY** Montgomery Community Association

Time to Grow*

Workshop for Women Explore new practices to live your best life 10 am - 12 pm Oct 30 - Dec 18 **Bowness Community Centre** Childcare provided

Wednesdays **AM**

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 am - 10:30 am

Oct 3 - Dec 12 Families Matter Parent Link Centre In partnership with:



Drop-in Time for You Coffee, conversation & connection

for women 10 am - 11:30 am

EVERY WEDNESDAY

Awaken Church Childcare provided

Drop-in Play

10 am - 11:30 am

EVERY WEDNESDAY

Bowness Community Association

Thursdays AM

Plav Lab*

Play your way to a better brain for children ages 3-5 Younger siblings welcome 10 am - 11:30 am Sept 27 - Dec 6 Greenwood Village Dome

PM

Wellness Café

Drop-in life skills and strategies for life's challenges Conversation group for parents

> with children ages 0-5 1:15 pm - 2:30 pm Nov 1 - Dec 6

Bowness Community Centre Childcare provided

Fridays AM

Parent Fridays* Find your way as a parent, even

when life aets messy 10 am - 11:30 am Oct 5 - Dec 7 Boys & Girls Club Childcare provided

PM

Drop-in Family Dinner & Movie

6:00 pm Dinner 7:00 pm Movie Nov 16 & Dec 21 Maranatha Church

Family Fun Night

6:00 pm - 7:30 pm Nov 23: Families Matter Parent link Centre CommunityActionfor EarlyChildhood.ca



*Registration required Please contact Lisa Hurrle: LisaH@carvacalgarv.ca or 403.519.7591

All community opportunities are free of charge

Bowness Community Centre 7904 43 Ave NW

Greenwood Village Dome 3223 83 St NW

Bovs & Girls Club 7930 Bowness Rd NW

Maranatha Church 2111 52 St NW

Locations:

Montgomery Community Centre 5003 16 Ave NW

Awaken Church

6508 Bowwood Drive NW

Families Matter Parent Link Centre

7930 Bowness Rd. 3rd Floor

Serving the communities of Bowness, Montgomery & Greenwood Village caryacalgary.ca