



# BOWMONT FAMILIES TOGETHER

# WINTER 2019

## Mondays

### AM

#### Parent-Child Mother Goose\*

For parents with children ages 0-3

10 am - 11 am

Jan 14 - Mar 18 (no class Feb 18)

Boys & Girls Club

Please register

#### Drop-in Time for You

10 am - 11:30 am

Jan 4 - Mar 18

(No group Jan 28, Feb 18, Feb 25)

Childcare provided

Bowness Community Association

#### Time to Shine Workshop

10 am - 11:30 am

Jan 28; Feb 25

Childcare provided

Bowness Community Association

### PM

#### Savings Circle

1 pm - 3 pm

Jan 7, 21; Feb 4, 25; Mar 11, 25

Bowness Community Association

#### Good Life Café

1 pm - 3 pm

Jan 14; Feb 11; Mar 18

Bowness Community Association

#### Community Action for Early Childhood

4 pm - 5:30 pm

Jan 21; Feb 11; Mar 18

Childcare provided

Bowness Community Association

#### Drop-In Supermen of Bowness

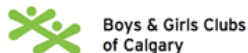
Come play the Dad-Way

Starts at 6pm

Jan 14, 28; Feb 11, 25; Mar 11, 25

Boys & Girls Club

In partnership with Parent Talk



## Tuesdays

### AM

#### Drop-in Play

10 am - 11:30 am

Jan 7 - Mar 19

EVERY TUESDAY

Montgomery Community

Association

#### Time to Grow\*

#### Uncovering Potential Workshop for Women

10 am - 12 pm

Jan 15 - Feb 19

Bowness Community Centre

Childcare provided

Please register

#### Finding Our Voices\*

#### Workshop for Women

10 am - 12 pm

Mar 5 - 26

Bowness Community Centre

Childcare provided

Please register

## Wednesdays

### AM

#### Parent-Child Mother Goose\*

For parents with babies

ages 0-12m

9:30 am - 10:30 am

Jan 16 - Mar 20

Parent Link Centre

Please register

In partnership with:



#### Drop-in Time for You

10 am - 11:30 am

EVERY WEDNESDAY

Awaken Church

Childcare provided

#### Drop-in Play

10 am - 11:30 am

Jan 9 - Mar 20

EVERY WEDNESDAY

Bowness Community

Association

## Thursdays

### AM

#### Play Lab\*

For children ages 3-5

Younger siblings welcome

10 am - 11:30 am

Jan 10 - Mar 21

Greenwood Village Dome

Please register

### PM

#### Drop-in Strengths Café (BCA)

1 pm - 2:30 pm

Jan 10 - Mar 21

Bowness Community Centre

Childcare provided

## Fridays

### AM

#### Parent Fridays\* (BGCC)

10 am - 11:30 am

Jan 11, 18, 25; Feb 1, 8, 22;

Mar 1, 8, 15, 22

Boys & Girls Club

Childcare provided

### PM

#### Drop-in Family Dinner & Movie

6:00 pm Dinner, first come, first

serve

7:00 pm Movie

Jan 18; Feb 15; Mar 15

Maranatha Church

#### Community Play Date

6:30 pm - 7:30 pm

Jan 25

Bowness Library

\*Registration required Please contact Lisa Hurrel:

[LisaH@caryacalgary.ca](mailto: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

Serving the communities of Bowness, Montgomery & Greenwood Village  
[caryacalgary.ca](http://caryacalgary.ca)

## Drop In Play Montgomery

Drop-In Play at the Montgomery Community Center Gym is a place for families to connect with other parents and for children to play. Come run off some energy, make some new friends, and have fun! This weekly group opportunity is open to families who live, learn, work or play in the Bowmont area. For more information, contact Chelsea at [ChelseaM@caryacalgary.ca](mailto:ChelseaM@caryacalgary.ca) or phone 403-519-5604.

## Drop In Play Bowness

Drop-In Play at the Bowness Community Hub is a place for families to connect with other parents and for children to play. Come run off some energy, make some new friends, and have fun! This weekly group opportunity is open to families with who live, learn, work or play in the Bowmont area. For more information, please contact Chelsea at [ChelseaM@caryacalgary.ca](mailto:ChelseaM@caryacalgary.ca) or phone 403-519-5604.

## Dinner and a Movie

Come and enjoy a free home cooked meal and stay for a movie after! Dinner and a Movie is offered the third Friday of the month at Maranatha Church (2111 52 St NW). Our community partner Redefin'd provides the yummy meal and Maranatha Church provides the movie. Eat, connect and enjoy! For more information, please contact Chelsea at [ChelseaM@caryacalgary.ca](mailto:ChelseaM@caryacalgary.ca) or phone 403-519-5604.

## Drop In Time for You

Are you looking for a little time for yourself to recharge, renew and connect with other women? Then, Time for You is for YOU! Join us for supportive and positive conversations in a welcoming group. Free coffee, snacks and childcare. This group opportunity is open to women who live, work, learn or play in the Bowmont area. For more information, please contact Shauna at [ShaunaP@caryacalgary.ca](mailto:ShaunaP@caryacalgary.ca) or call 403-519-5175.

## Supermen of Bowness

Come have some fun with other dads and other children! Together, with Boys and Girls Club, we do lots of activities that help you connect and play with your child. This drop in group opportunity is for fathers (or caregivers) and their children that live, work, learn or play in the Bowmont area. For more information please contact Chelsea at [ChelseaM@caryacalgary.ca](mailto:ChelseaM@caryacalgary.ca) or phone 403-519-5604.

## Parent Child Mother Goose Babies

Parent-Child Mother Goose is a group for parents with babies up to 12 months old. Parents and their babies come together to learn songs, rhymes and stories. Parent-Child Mother Goose is a great way to bond with your baby and build positive brain development! This program is offered in partnership with Families Matter. Priority is given to residents living in Bowness, Montgomery and Greenwood Village. For more information and to register, contact Lisa at [LisaH@caraycalgary.ca](mailto:LisaH@caraycalgary.ca) or 403-519-7591.

## Parent-Child Mother Goose Mixed Age

Parent-Child Mother Goose Mixed Age is a group for parents with children 0 -3. Parents and their children come together to learn songs, rhymes and stories. Parent-Child Mother Goose is a great way to bond with your child and build positive brain development! Priority is given to residents living in Bowness, Montgomery and Greenwood Village. For more information and to register, please contact Lisa at [LisaH@caraycalgary.ca](mailto:LisaH@caraycalgary.ca) or 403-519-7591.

## Parent Fridays

Join other parents just like you to have conversations about our joys and struggles with parenting while learning ways to strengthen your parenting. Childcare and light snacks are provided. Parent Fridays are open to parents who live, learn, work or play in the Bowmont area and who have children ages 0 – 6 years old. For more information, please contact Chelsea at [ChelseaM@caryacalgary.ca](mailto:ChelseaM@caryacalgary.ca) or call 403-519-5604.

## Play Lab

Who wants to play? Come join us at Play Lab! As part of our Play Lab group, you and your child will get to try out lots of different play activities and learn why they are important. This drop in program is open to parents with children ages 3 – 5 and for families that live, learn, work and play in the Bowmont area. For more information, please contact Chelsea at [ChelseaM@caryacalgary.ca](mailto:ChelseaM@caryacalgary.ca) or call her at 403-519-5604.

## Time to Grow Tuesdays

Would you like to connect with other women and learn about ways to improve your life? Time to Grow is a welcoming place for you to learn, grow and strengthen your life. Our workshops include many different topics like self-esteem, communication, boundaries and solving problems. Our workshops are designed for all the ways that we learn and for you to have skills for your life. We talk, we learn, we grow – together! Our first 6 week workshop of 2019 is called Uncovering Potential. Workshop series are free and open to women who live, work, learn or play in the Bowmont area. We provide coffee, snacks and free childcare. For more information, please contact Shauna at 403-519-5175 or email her at [ShaunaP@caryacalgary.ca](mailto:ShaunaP@caryacalgary.ca).

## Strengths Cafe

Come join us for a cup of coffee and conversation in our Strengths Café! This free, weekly drop-in group helps you build strength and skills for your life. We look at our everyday challenges and find new ways to think about them, understand ourselves better or do something different. The Strengths Café happens every Thursday from 1 – 2:30 on the main floor of the Bowness Community Hub and is open to anyone who lives, works, learns or plays in the Bowmont area. We provide coffee, snacks and free childcare. For more information, please contact Tanya at 587-891-9648 or [TanyaN@caryacalgary.ca](mailto:TanyaN@caryacalgary.ca).

## Savings Circles

Increase your financial knowledge and confidence while connecting with your neighbors! This free program is designed to help people purchase productive assets such as furniture, appliances, tools for work or learning or afford dental or vision-related expenses, while learning and sharing how to save money and develop saving habits. Our Neighborhood Savings Circle in Bowness began in November 2018 and is currently running. If you would like more information about upcoming savings circles, please contact Tanya at 587-891-9648 or [TanyaN@caryacalgary.ca](mailto:TanyaN@caryacalgary.ca).

## The Good Life Café

The Good Life Café is a place to come together to learn about the many ways to build a good life, practice it and give back to community. This group meets once a month on Monday afternoons. If you'd like to learn more about how you can get involved in this group, please contact Corinne at 403-519-7639 or email her at [CorinneZ@caryacalgary.ca](mailto:CorinneZ@caryacalgary.ca).

## Time to Shine

Do you have a special skill, talent or experience you would like to share with others in community? Time To Shine is your place to do just that! We help you each step of the way so that you can share your gifts with community. Time to Shine happens once a month on Monday mornings at the BCA, 7904 43 Avenue NW. If you would like to learn more about this or find out what is happening in Winter 2019, please contact Shauna at 403-519-5175 or [ShaunaP@caryacalgary.ca](mailto:ShaunaP@caryacalgary.ca).

## Community Action for Early Childhood

Are you interested in making a difference for early childhood? Our Community Action for Early Childhood group is too! This action group meets monthly to work on things that help improve the lives of children living in Bowness, Montgomery and Greenwood Village. Examples of some of the things we work on are local little free libraries, reading aloud 15 minutes a day and getting outside to play! If you would like to learn more about how to get involved, please contact Lisa at [LisaH@caraycalgary.ca](mailto:LisaH@caraycalgary.ca) or call 403-519-7591.

## The Braver project

Braver is an action research project that is co-designed and lead by Time for You participants. The purpose of Braver is to tell the stories of strength, change and impact that have occurred as a result of being involved in the Time for You experience. To learn more about this project, please contact Bodil at [BodilM@caryacalgary.ca](mailto:BodilM@caryacalgary.ca) or Corinne at [CorinneZ@caryacalgary.ca](mailto:CorinneZ@caryacalgary.ca) or call 403-519-7639.