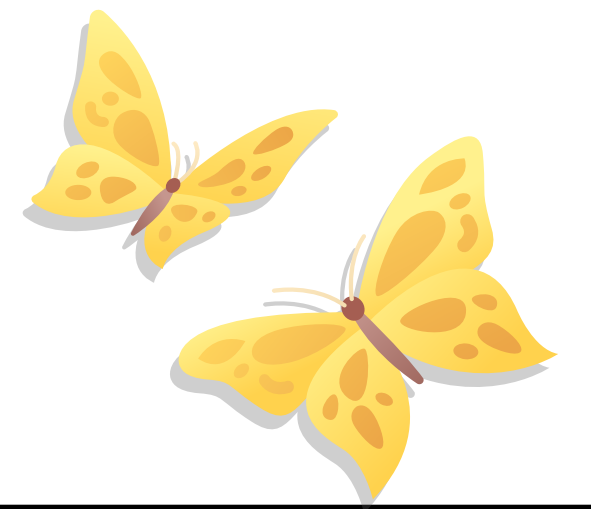








# Bowmont Families Together

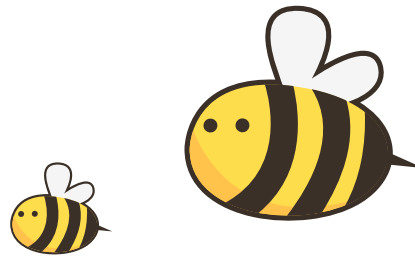
## Spring 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<b>LOCATIONS</b>
<p><b>Drop-In Play</b></p> <p>9:30 - 11:00  <i>April 8 - Jun 17</i>            *No drop-in play on May 20*</p> <p><b>BCA</b></p>  	<p><b>Baby Parent-Child Mother Goose</b></p> <p><i>*Registration required*</i></p> <p>9:30-10:30am  <i>April 9 - Jun 11</i>  <b>MCA</b></p> <p><b>Drop-in Baby Playtime</b></p> <p>10:30 - 11:30am  <i>April 9 - Jun 11</i>  <b>MCA</b></p>  <p><b>Early Talk for 0-3's</b></p> <p><i>*Registration required*</i></p> <p>10:00 - 11:30am  <i>April 16-June 18</i>  <i>*FREE Graduation Event at Telus Spark on June 26*</i>  <b>Bowmont</b></p> <p><i>Childminding provided</i></p> 	<p><b>Time for You Women's Group</b></p> <p>10:00 - 11:30am  <i>April 10-June 19</i>  <b>Trellis</b></p> <p><i>Childminding provided</i></p> <p><b>Parent-Child Mother Goose for Ages 0 - 3</b></p> <p><i>*Registration required*</i></p> <p>10:00 - 11:00 am  <i>April 3 - June 5</i>  <b>Awaken</b></p>	<p><b>Time to Grow</b></p> <p><i>*Registration required*</i></p> <p>9:00-11:00am  <i>May 2- June 13</i>  <b>Bowmont</b></p> <p><i>Childminding provided</i></p> 	<p><b>Trellis</b>            7930 Bowness Rd NW</p> <p><b>Bowmont Commons</b>            5000 Bowness Rd NW</p> <p><b>Awaken</b>            6508 Bowwood Dr NW</p> <p><b>BCA- Bowness Community Association</b>            7904 43 Ave NW</p> <p><b>MCA- Montgomery Community Association</b>            5003 16 Ave NW</p> <p><b>CONTACT</b></p> <p>Facebook:            Bowmont Families Together</p>  <p>Email:            BFT@caryacalgary.ca</p>

Please register by contacting [BFT@caryacalgary.ca](mailto:BFT@caryacalgary.ca)

# Program Descriptions

Drop-in Groups	Registered Groups and Workshops
<p><b>For ADULTS</b></p> <p><b>Time for You Women's Group</b> Recharge, renew, and connect with people who identify as women in your neighbourhood. Supportive and positive conversations in a welcoming group. Coffee, snacks, and childminding provided.</p> <p><b>For ADULTS and CHILDREN Together</b></p> <p><b>Drop-In Play</b> A place for families to connect and play. Drop by any Monday morning for some free play in the Bowness Community Association gym. We provide a bouncy castle, ride on toys and snacks as well as a soft block play area for babies. Join us at the end for an interactive song and rhyme circle for everyone!</p> <p><b>Baby Playtime</b> A place for parents with little ones 0-18 months to come together and connect. Soft block, baby walkers, toys and coffee provided. Drop by any Tuesday morning.</p>	<p><b>For ADULTS</b></p> <p><b>Building Brains Through Early Talk (LENA START)</b> Connect with other families with children ages 0-3 as you discuss ways to build your child's language development, early literacy, attachment, and connection through the use of LENA's patented technology "talk pedometer". Childminding available.</p> <p><b>Time to Grow</b> Are you an adult looking to return to learning? Have you experienced barriers to learning in the past (eg. cost of courses, learning challenges)? Do you want to develop confidence that will help you achieve your personal goals? You will build skills in problem-solving, decision-making, and communication. Childminding provided.</p> <p><b>For ADULTS &amp; CHILDREN Together</b></p> <p><b>Parent-Child Mother Goose Babies: up to a year or pre-walking</b> A program to strengthen the bond between you and your little one. Learn songs, rhymes, and stories to soothe, teach, and play with baby.</p> <p><b>Parent-Child Mother Goose for Children 0-3</b> Build positive routines with your children through songs, rhymes, and stories. Great for families with toddlers and babies alike.</p> 

## MEET THE TEAM



**Amber**

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**Lisa**

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**Tessa**

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**Jinia**

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**Free programs where neighbours from Bowness, Montgomery and Greenwood Village can connect, learn and play in a welcoming space. For more information visit: [www.caryacalgary.ca](http://www.caryacalgary.ca)**