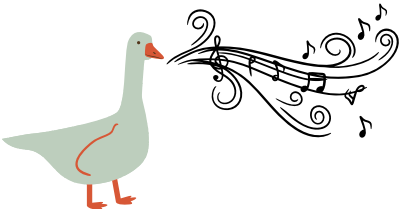




# Prime Time SPRING 2024

TUESDAY	WEDNESDAY	THURSDAY	LOCATIONS
<p><b>Circle of Security Parenting</b> <i>*Registration Required, childminding provided*</i> 10:00-12:00pm April 9-May 28 <b>Village Commons</b></p> <p><b>Drop-In Play</b> 1:00pm-2:30pm April 9-June 18 <b>Village Commons</b></p>	<p><b>Parent-Child Mother Goose</b> <i>*Registration Required*</i> 9:30am-10:30am April 10-June 12 <b>BRCA</b></p>  <p><b>Drop-In Play</b> 10:30am-11:30am April 10-June 19 <b>BRCA</b></p>	<p><b>Parent Child Mother Goose</b> <i>*Registration Required*</i> 9:30am-10:30am April 11-June 13 <b>Village Commons</b></p> <p><b>Sun Tots Drop-In Play &amp; Mother Goose Song time</b> 10:00am - 11:30am April 11-June 20 <b>Sunalta Community Association</b></p> <p><b>Infant Massage &amp; Songs (0-6months)</b> <i>*Registration Required*</i> 1:30pm-2:30pm April 11-May 2 <b>Village Commons</b></p> <p><b>Baby Parent Child Mother Goose</b> <i>*Registration Required*</i> 1:30pm-2:30pm May 9-June 27 <b>Village Commons</b></p>	<p><b>Village Commons</b> 610 8 Ave SE</p> <p><b>BRCA</b> Bridgeland Riverside Community Association 917 Centre Ave NE</p> <p><b>Sunalta Community Association</b> 1627 10 Ave SW</p>
<b>To register for our FREE programs or for more information contact: <a href="mailto:Primetime@caryacalgary.ca">Primetime@caryacalgary.ca</a></b>			

Prime Time is pleased to offer free programs where neighbours from East Village, Downtown, Inglewood, Ramsay and Bridgeland can connect, learn and play in a welcoming space. For more information visit: [www.caryacalgary.ca](http://www.caryacalgary.ca)

# PROGRAM DESCRIPTIONS

## DROP-IN GROUPS

For more information, contact [primetime@caryacalgary.ca](mailto:primetime@caryacalgary.ca)

### **Drop In Play- For Parents & Caregivers with Children 0-6**

A place for families to connect and play! Offered in 2 locations: East Village and Bridgeland! Drop by for a coffee and some play time. Suitable for parents and caregivers with children ages 0-6.

### **Sun Tots & Mother Goose Song Time- For Parents & Caregivers with Children 0-6**

Join us at the Sunalta Community Association for their Sun Tots program, followed by a mini mother goose by the Prime Time Team!

## REGISTERED GROUPS

For more information please contact [primetime@caryacalgary.ca](mailto:primetime@caryacalgary.ca)

### **Circle of Security- For Parents & Caregivers with Children 0-6**

Circle of Security Parenting is an 8-week workshop series for parents who want to develop a stronger relationship with their child. Learn how to better read your child's emotional needs, support their ability to manage emotions, and build self-esteem. Childminding available.

### **Infant Massage & Songs - For Parents & Caregivers with Infants 3 weeks-6 months**

Join us to learn massage techniques and how they benefit your baby! Open to parents and caregivers with babies from 3 weeks old to 6 months. No prior skills required!

### **Parent-Child Mother Goose-For Parents & Caregivers with Children 0-3**

This mixed age group is a great way to build positive routines with your children through songs, rhymes, and stories. Great for families with toddlers and babies alike.

### **Baby Parent-Child Mother Goose - For Parents & Caregivers with Children 0-12 months**

Strengthen the bond between you and your little one and learn songs, rhymes and stories to soothe, teach and play with baby.

**ALL PROGRAM ARE  
FREE!**

Join our community Facebook group, Prime Time, for all the latest updates!



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**Questions?**  
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