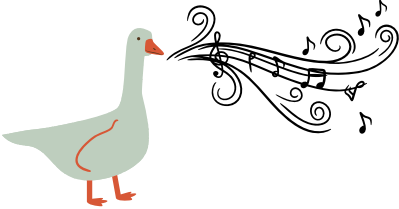


SPRING 2024

Families in Community East

(Formerly known as Prime Time)

TUESDAY	WEDNESDAY	THURSDAY	LOCATIONS
<p>Circle of Security Parenting <i>*Registration Required, childminding provided*</i> 10:00-12:00pm April 9-May 28 Village Commons</p> <p>Drop-In Play 1:00pm-2:30pm April 9-June 18 Village Commons</p>	<p>Parent-Child Mother Goose <i>*Registration Required*</i> 9:30am-10:30am April 10-June 12 BRCA</p>  <p>Drop-In Play 10:30am-11:30am April 10-June 19 BRCA</p>	<p>Parent Child Mother Goose <i>*Registration Required*</i> 9:30am-10:30am April 11-June 13 Village Commons</p> <p>Sun Tots Drop-In Play & Mother Goose Song time 10:00am - 11:30am April 11-June 20 Sunalta Community Association</p> <p>Infant Massage & Songs (0-6months) <i>*Registration Required*</i> 1:30pm-2:30pm April 11-May 2 Village Commons</p> <p>Baby Parent Child Mother Goose <i>*Registration Required*</i> 1:30pm-2:30pm May 9-June 27 Village Commons</p>	<p>Village Commons 610 8 Ave SE</p> <p>BRCA Bridgeland Riverside Community Association 917 Centre Ave NE</p> <p>Sunalta Community Association 1627 10 Ave SW</p>

To register for our FREE programs or for more information contact: Primetime@caryacalgary.ca

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

PROGRAM DESCRIPTIONS

DROP-IN GROUPS

For more information, contact 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

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.

Childminding made possible by Calgary Foundation



**ALL PROGRAM ARE
FREE!**

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



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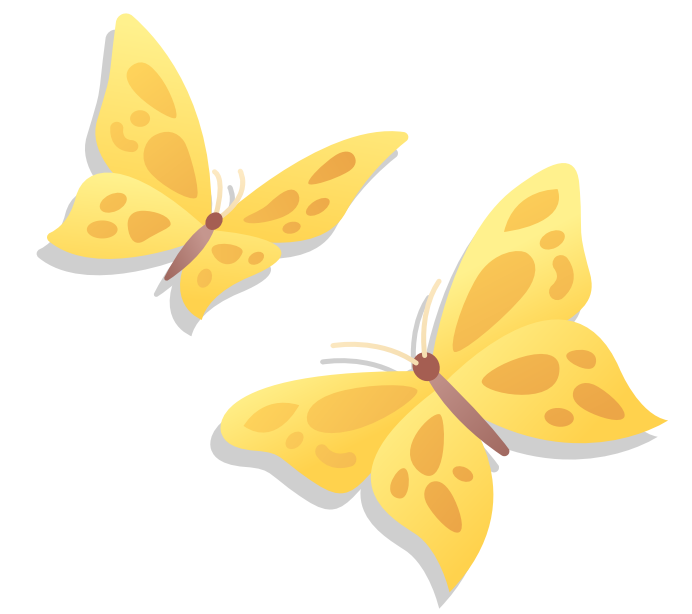
Questions?
primetime@caryacalgary.ca









Spring 2024

Families in Community West

(Formerly known as Bowmont Families Together)



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

Please register by contacting BFT@caryacalgary.ca

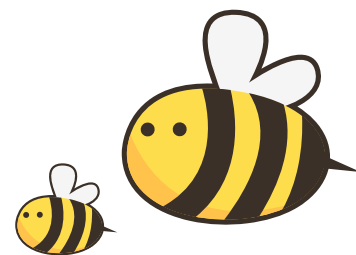
Program Descriptions

Drop-in Groups

For ADULTS

Time for You Women's Group

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.



For ADULTS and CHILDREN Together

Drop-In Play

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!

Baby Playtime

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.

Registered Groups and Workshops

For ADULTS

Building Brains Through Early Talk (LENA START)

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.

Time to Grow

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.

For ADULTS & CHILDREN Together

Parent-Child Mother Goose Babies: up to a year or pre-walking

A program to strengthen the bond between you and your little one. Learn songs, rhymes, and stories to soothe, teach, and play with baby.

Parent-Child Mother Goose for Children 0-3

Build positive routines with your children through songs, rhymes, and stories. Great for families with toddlers and babies alike.

**Childminding made possible by
Calgary Foundation**



MEET THE TEAM



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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