




Carya's Families in Community Winter 2025



LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>WEST</p> <p>Awaken Church 6508 Bowwood Dr NW</p> <p>Bowmont Commons 5000 Bowness Rd NW</p> <p>BCA - Bowness Community Association 7904 43 Ave NW</p> <p>MCA - Montgomery Community Association 5003 16 Ave NW</p>	<p>Bowness Drop-in Play</p> <p>9:30 - 11:00am Jan 13 - March 17</p> <p>BCA</p> 	<p>Infant Massage & Songs 9:30-10:30am, Jan 14-Jan 28, MCA <i>Registration Required</i></p> <p>Baby Parent-Child Mother Goose 9:30 - 10:30am, Feb 4- Mar 18, MCA <i>Registration Required</i></p> <p>Drop-in Baby Playtime 10:30 - 11:30am, Jan 14-Mar 18, MCA</p> <p>LENA Start 9:30 - 11:00am, Jan 21-March 25 Bowmont Commons <i>Registration Required, Childminding Available</i></p>	<p>Parent Chat</p> <p>9:30 - 11:00am Jan 15- Mar 19 Bowmont Commons <i>Registration Required, Childminding Available</i></p> <p>Parent-Child Mother Goose</p> <p>10:00 - 11:00am Jan 15- Mar 19 Awaken Church <i>Registration Required</i></p>	<p>Time to Grow</p> <p>9:00 - 11:00am Jan 16- Apr 17 Bowmont Commons <i>Registration Required, Childminding Available</i></p> <p>Play Lab</p> <p>1:00 - 2:30pm Jan 16- Feb 6 Awaken Church <i>Registration Required</i></p>
<p>EAST</p> <p>Bridgeland Riverside Community Association 917 Centre Ave NE</p> <p>Sunalta Community Association 1627 10 Ave SW</p> <p>Village Commons 610 8 Ave SE</p> <p>Women's Centre 39 4 St NE</p>	<p>Parent-Child Mother Goose</p> <p>10:00 - 11:00am Jan 13-Mar 17</p> <p>Sunalta Community Association <i>Registration Required</i></p> <p>Time to Grow</p> <p>1:00 - 3:00pm Jan 13 - Apr 14</p> <p>Women's Centre <i>Registration Required</i></p>	<p>Circle of Security</p> <p>10:00am - 12:00pm Jan 28-Mar 18</p> <p>Village Commons <i>Registration Required, Childminding Available</i></p> <p>Drop-in Play and Songtime at Village Commons</p> <p>1:30 - 3:00pm Jan 14 - Mar 18</p> <p>Village Commons</p>	<p>Parent-Child Mother Goose</p> <p>10:00 - 11:00am Jan 15-Mar 19</p> <p>Bridgeland Riverside Community Association <i>Registration Required</i></p> <p>Bridgeland Drop-in Play</p> <p>11:00am-12:00pm Jan 15 - Mar 19</p> <p>Bridgeland Riverside Community Association</p>	<p>Play Lab</p> <p>9:30-11:00am, Feb 20- Mar 13 Village Commons <i>Registration Required, Childminding Available</i></p> <p>SunTots Drop-in Play</p> <p>10 - 11:30am, Jan 9-Mar 20 Sunalta Community Association</p> <p>Infant Massage & Songs</p> <p>1:30 - 2:30pm, Jan 16- Feb 6 Village Commons <i>Registration Required</i></p> <p>Baby Parent-Child Mother Goose</p> <p>1:30 - 2:30pm, Feb 20-Apr 24 Village Commons <i>Registration Required</i></p>

FREE programs where families can connect, learn and play in a welcoming space! For more information visit: www.caryacalgary.ca

Program Descriptions & Information

Registered Groups and Workshops

Baby Parent-Child Mother Goose - For Parents & Caregivers with Children 0-18 months

Strengthen the bond between you and your little one and learn songs, rhymes and stories to soothe, teach and play with baby. Offered at Village Commons and the Montgomery Community Association.

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 to 6 months. Offered at Village Commons and the Montgomery Community Association

LENA Start: Building Brains Through Early Talk - For Parents & Caregivers with Children 0-3

Connect with other families as you discuss ways to build your child's language development, early literacy, attachment, and connection through the use of LENA's special "talk pedometer". Childminding available.



Parent Chat - For Parents & Caregivers with Children 0-6

Join our parent chat group to connect with a supportive community and gain valuable insights into your parenting journey. Share your experiences, both the highs and lows, with others who truly understand, all while enjoying coffee, snacks, and laughter. Childminding available.

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. Offered in Bridgeland, Sunalta and Bowness.

Play Lab - For Parents & Caregivers with Children ages 3-5

Join us for playful sessions where parents and children connect through fun activities, build emotional skills and enjoy quality time together! After the play session, unpack the experience through conversation with parents and facilitators.



Time to Grow - For Adult Foundational Learners 18+

Are you 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. Offered at Bowmont Commons and the Women's Centre.



Drop-in Groups

Baby Playtime - For Parents & Caregivers with Children 0-18 months

Join us at the Montgomery Community Association, a place for parents with little ones 0-18 months to come together and connect. Soft blocks, baby walkers, toys and refreshment provided.

Drop-in Play - For Parents & Caregivers with Children 0-6

A place for families to connect and play! Drop by for a snack and some play time. Suitable for parents and caregivers with children ages 0-6. Offered at the Bowness Community Association, Bridgeland Riverside Community Association and Village Commons!

Sun Tots Drop-in Play - For Parents & Caregivers with Children 0-6

Join us at the Sunalta Community Association for Sun Tots Drop-in Play, followed by a mini mother goose circle time! Ring doorbell to get in!

Thank you to all the community associations that support our programs!



Families in Community Team!



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FOR INFORMATION ABOUT OUR FREE FAMILY PROGRAMS AND TO REGISTER, PLEASE CONTACT: FIC@CARYACALGARY.CA