


# Carya's Families in Community Spring 2025



LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>WEST</b></p> <p><b>Awaken Church</b> 6508 Bowwood Dr NW</p> <p><b>Bowmont Commons</b> 5000 Bowness Rd 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>Bowness Drop-in Play</b></p> <p>9:30 - 11:00am Mar 31 - Jun 16</p> <p><b>BCA</b></p> <p><i>No drop in play on May 19</i></p>	<p><b>Baby Parent-Child Mother Goose</b> 9:30 - 10:30am, Apr 1 - Jun 3, <b>MCA</b> <i>Registration Required</i></p> <p><b>Infant Massage &amp; Songs</b> 9:30 - 10:30am, Jun 10 - Jun 24, <b>MCA</b> Registration Required</p> <p><b>Drop-in Baby Playtime</b> 10:30 - 11:30am, Apr 1 - Jun 24, <b>MCA</b></p> <p><b>LENA Start</b> 9:30 - 11:00am, Apr 22 - Jun 24 <b>Bowmont Commons</b> <i>Registration Required, Childminding Available</i></p>	<p><b>Parent Chat</b> 9:30 - 11:00am Apr 2 - Jun 18 <b>Bowmont Commons</b> <i>Registration Required, Childminding Available</i></p> <p><b>Parent-Child Mother Goose</b> 10:00 - 11:00am Apr 2 - May 28, <b>Awaken Church</b> <i>Registration Required</i></p> <p><b>Play Lab</b> 10:00 - 11:30am June 4 - June 25, <b>Awaken Church</b> <i>Registration Required</i></p>	<p><b>Time to Grow</b> 9:00 - 11:00am May 8 - Jun 19 <b>Bowmont Commons</b> <i>Registration Required, Childminding Available</i></p> <div style="background-color: #4f7942; color: white; padding: 10px; text-align: center;"> <p><b>SPECIAL EVENT: MOVIE DAY!</b></p> <p>A multigenerational event to connect and watch a movie!</p> <p>Friday, May 16, 2 - 4pm</p> <p>Village Commons</p>  </div>
<p><b>EAST</b></p> <p><b>Bridgeland Riverside Community Association (BRCA)</b> 917 Centre Ave NE</p> <p><b>Sunalta Community Association</b> 1627 10 Ave SW</p> <p><b>Village Commons</b> 610 8 Ave SE</p> <p><b>Women's Centre</b> 39 4 St NE</p>	<p><b>Parent-Child Mother Goose</b> 10:00 - 11:00am Apr 7 - Jun 16 <i>No session on May 19</i></p> <p><b>Sunalta Community Association</b> <i>Registration Required</i></p> <p><b>Time to Grow</b> 1:00 - 3:00pm Apr 28 - Jun 16</p> <p><b>Women's Centre</b> <i>Registration Required</i></p>	<p><b>Circle of Security</b> 10:00am - 12:00pm Apr 29 - Jun 17 <b>Village Commons</b> <i>Registration Required, Childminding Available</i></p> <p><b>Village Commons Drop-in Play and Songtime</b> 1:30 - 3:00pm Apr 1 - Jun 17 <b>Village Commons</b></p>	<p><b>Parent-Child Mother Goose</b> 10:00 - 11:00am Apr 2 - Jun 4 <b>BRCA- Bridgeland Riverside Community Association</b> <i>Registration Required</i></p> <p><b>Bridgeland Drop-in Play</b> 11:00am - 12:00pm Apr 2 - Jun 18 <b>BRCA- Bridgeland Riverside Community Association</b></p>	<p><b>SunTots Drop-in Play</b> 10 - 11:30am, Mar 27 - Jun 19 <b>Sunalta Community Association</b></p> <p><b>Play Lab</b> 12:30pm - 2:00pm Session A: Apr 3 - 24 Session B: May 8 - 29 (no group May 22) <b>BRCA</b> <i>Registration Required, Childminding Available</i></p> <p><b>Infant Massage &amp; Songs</b> 1:30 - 2:30pm, May 15 - June 19 <b>Village Commons</b> <i>Registration Required</i></p>

FREE programs where families can connect, learn and play in a welcoming space! Email [fic@caryacalgary.ca](mailto:fic@caryacalgary.ca) or visit [www.caryacalgary.ca](http://www.caryacalgary.ca) for more information!

# Program Descriptions & Information

## Registered Groups and Workshops

### 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. 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. Offered in Bowness and Bridgeland.



### 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!



Amber

amberb@caryacalgary.ca



Chloe

chloem@caryacalgary.ca



Lisa

lisah@caryacalgary.ca



Shauna

shaunap@caryacalgary.ca



Taryn

tarynb@caryacalgary.ca



Tessa

tessad@caryacalgary.ca



Jinia

jiniar@caryacalgary.ca



Christy

christyh@caryacalgary.ca

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