



Carya's Families in Community

WINTER 2026



LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEST Bowmont Commons 5000 Bowness Rd NW BCA 7904 43 Ave NW MCA - Montgomery Community Association 5003 16 Ave NW Bowness Ratepayers Scout and Guide Hall 8551 Bowness Rd NW	Bowness Drop-in Play 9:30 - 11:00am Jan 12 - Mar 16 No drop in on Feb 16 BCA - Bowness Community Association	Baby Parent-Child Mother Goose 9:30 - 10:30am, Jan 13 - Mar 17, MCA <i>Registration Required</i> Circle of Security 9:30 - 11:30am, Jan 27 - Mar 17 Bowmont Commons <i>Registration Required, Childminding Available</i> Baby Parent-Child Mother Goose 1:30 - 2:30pm, Feb 3 - Mar 17, MCA <i>Registration Required</i>	Parent Chat 9:30 - 11:00am Jan 21 - Mar 18 Bowmont Commons <i>Registration Required, Childminding Available</i> Parent-Child Mother Goose 9:30 - 10:30 am Jan 14 - Mar 18 Scout and Guide Hall <i>Registration Required</i>	Time to Grow 9:00 - 11:00am Jan 15 - Mar 19 Bowmont Commons <i>Registration Required, Childminding Available</i> EVENING PROGRAM: RAINBOW FAMILIES! For parents who identify as part of the LGBTQ2S+ community and their children. To register, email: CalgaryRainbowFamilies@gmail.com Thursdays, Jan 15, Feb 19, Mar 19 4:30 - 6:00pm Village Commons 
EAST BRCA 917 Centre Ave NE Alexandra Centre Society- Inglewood 922 - 9 Ave SE Sunalta Community Association 1627 10 Ave SW Village Commons 610 8 Ave SE Women's Centre 39 4 St NE	Sunalta Parent-Child Mother Goose 10:00 - 11:00am Jan 12- Mar 16 No program on Feb 16 Sunalta Community Association <i>Registration Required</i> Sunalta Drop-In Play 11:00 am - 12:00 pm Jan 12- Mar 16 No program on Feb 16 Sunalta Community Association Time to Grow 1:00 - 3:00pm Jan 12 - April 13 Women's Centre <i>Registration Required</i>	Inglewood Parent-Child Mother Goose 10:00 - 11:00am Jan 13 - Mar 17 <i>Registration Required</i> Alexandra Centre Society- Inglewood Inglewood Drop-in Play 11:00am - 12:00pm Jan 13 - Mar 17 Alexandra Centre Society- Inglewood	Bridgeland Parent-Child Mother Goose 10:00 - 11:00 am Jan 14 - Mar 18 <i>Registration Required</i> BRCA- Bridgeland Riverside Community Association Bridgeland Drop-in Play 11:00am - 12:00pm Jan 14 - Mar 18 BRCA- Bridgeland Riverside Community Association	LENA Start 9:30 - 11:00am, Jan 15 - Mar 19 Village Commons <i>Registration Required, Childminding Available</i> SunTots Drop-in Play 10 - 11:30am, Jan 15 - Mar 19 Sunalta Community Association Infant Massage & Songs 1:30 - 2:30pm, Jan 15 - Feb 5 Village Commons <i>Registration Required</i> Baby Parent-Child Mother Goose 1:30 - 2:30pm, Feb 12 - Mar 19 Village Commons <i>Registration Required</i>

FREE programs where families can connect, learn and play in a welcoming space! Email fic@caryacalgary.ca or visit 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. 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.

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

Connect with other parents as you learn the importance of everyday interactions to support your child's language and brain development. Gain practical strategies to increase conversations and connection with your little one. Childminding available.



Parent Chat - For Parents & Caregivers with Children 2+

Connect with this supportive and reflective parenting community over coffee and snacks. Our facilitators will invite you to share your experiences, both the highs and lows, with others who truly understand. Past topics have included: transitions, tantrums, self-care, potty learning and more! Recommended for parents with children ages 2+. 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, Inglewood and Bowness!

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

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

A place for families to connect and play! Drop by anytime for a snack and some play time. Suitable for parents and caregivers with children ages 0-6. Offered at:

- Bowness Community Association on Mondays
- Sunalta Community Association on Mondays
- Alexandra Centre Society in Inglewood on Tuesdays
- Bridgeland Riverside Community Association on Wednesdays

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 the 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



Alexis

alexisl@caryacalgary.ca

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

