



Carya's Families in Community SPRING 2026



LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>WEST</p> <p>Bowmont Commons 5000 Bowness Rd NW</p> <p>BCA 7904 43 Ave NW</p> <p>MCA - Montgomery Community Association 5003 16 Ave NW</p> <p>Bowness Ratepayers Scout and Guide Hall 8551 Bowness Rd NW</p>	<p>Bowness Drop-in Play</p> <p>9:30 - 11:00am March 30 - June 22 No drop in on April 6 & May 18</p> <p>BCA - Bowness Community Association</p>	<p>Baby Parent-Child Mother Goose</p> <p>9:30 - 10:30am March 31 - June 2</p> <p>MCA <i>Registration Required</i></p> <p>Circle of Security</p> <p>9:30 - 11:30am April 21 - June 9</p> <p>Bowmont Commons <i>Registration Required, Childminding Available</i></p>	<p>Parent Chat</p> <p>9:30 - 11:00am April 1 - June 17</p> <p>Bowmont Commons <i>Registration Required, Childminding Available</i></p> <p>Parent-Child Mother Goose</p> <p>9:30 - 10:30 am April 1 - June 3</p> <p>Scout and Guide Hall <i>Registration Required</i></p>	<p>Time to Grow</p> <p>9:00 - 11:00am April 2 - June 4</p> <p>Bowmont Commons <i>Registration Required, Childminding Available</i></p> <p>EVENING PROGRAM: RAINBOW FAMILIES! For parents who identify as part of the LGBTQ2S+ community and their children. To register, email: CalgaryRainbowFamilies@gmail.com Thursdays, April 16, May 21, June 18 4:30 - 6:00pm</p> <p>Village Commons</p>
<p>EAST</p> <p>BRCA 917 Centre Ave NE</p> <p>Alexandra Centre Society- Inglewood 922 - 9 Ave SE</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>Sunalta Parent-Child Mother Goose</p> <p>10:00 - 11:00am April 13 - June 15 No program on May 18</p> <p>Sunalta Community Association <i>Registration Required</i></p> <p>Sunalta Drop-In Play</p> <p>11:00 am - 12:00 pm April 13 - June 15 No program on May 18</p> <p>Sunalta Community Association</p> <p>Time to Grow</p> <p>1:00 - 3:00pm April 20 - June 1</p> <p>Women's Centre <i>Registration Required</i></p>	<p>Inglewood Parent-Child Mother Goose</p> <p>10:00 - 11:00am March 31 - June 2</p> <p><i>Registration Required</i></p> <p>Alexandra Centre Society- Inglewood</p> <p>Inglewood Drop-in Play</p> <p>11:00am - 12:00pm March 31 - June 23</p> <p>Alexandra Centre Society- Inglewood</p>	<p>Bridgeland Parent-Child Mother Goose</p> <p>10:00 - 11:00 am April 1 - June 3</p> <p><i>Registration Required</i></p> <p>BRCA- Bridgeland Riverside Community Association</p> <p>Bridgeland Drop-in Play</p> <p>11:00am - 12:00pm April 1 - June 24</p> <p>BRCA- Bridgeland Riverside Community Association</p>	<p>LENA Start</p> <p>9:30 - 11:00am, April 9 - June 11</p> <p>Village Commons <i>Registration Required, Childminding Available</i></p> <p>SunTots Drop-in Play</p> <p>10 - 11:30am, April 2 - June 25</p> <p>Sunalta Community Association</p> <p>Baby Parent- Child Mother Goose</p> <p>1:30 - 2:30pm, April 9 - May 28</p> <p>Village Commons <i>Registration Required</i></p> <p>Infant Massage & Songs</p> <p>1:30 - 2:30pm, June 4 - June 25</p> <p>Village Commons <i>Registration Required</i></p>

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

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.



Workshops

Baby's First Bites- For Parents & Caregivers with Children 6mo - 12mo

Join chef Dan and learn how to prepare fresh, homemade purees and soft starter foods designed for babies beginning their food journey. Childminding available.

Thursday April 2, 1:30 - 2:30pm at Village Commons

Bites for Busy Tots- For Parents & Caregivers with Children 1 - 3

Join chef Dan as you create nutritious, toddler-friendly snacks that fuel busy bodies and support developing tastes. In this hands-on class, we'll prepare balanced, easy-to-pack snacks. Childminding available. Choose 1 workshop:

Friday April 24, May 29, 10 - 11:30am at Village Commons

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!



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