



# Carya's Families in Community Fall 2026




| LOCATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>Alexandra Centre Society: Inglewood</b><br>922 - 9 Ave SE<br><br><b>Bowmont Commons</b><br>5000 Bowness Rd NW<br><br><b>BCA</b><br>7904 43 Ave NW<br><br><b>Bowness Scout and Guide Hall</b><br>8551 Bowness Rd NW<br><br><b>BRCA</b><br>917 Centre Ave NE<br><br><b>Hillhurst Sunnyside Community Association</b><br>1320 5 Ave NW<br><br><b>Sunalta Community Association</b><br>1627 10 Ave SW<br><br><b>Trellis Society: Bowness Club</b><br>7930 Bowness Rd NW<br><br><b>Women's Centre</b><br>39 4 St NE<br><br><b>Village Commons</b><br>610 8 Ave SE | <b>Bowness Drop-in Play</b><br><br>9:30 - 11:00am<br>Sept 14 - Dec 14<br><i>No program on Sept 28 &amp; Oct 12</i><br><br><b>BCA: Bowness Community Association</b><br><br><b>Circle of Security</b><br>9:30 - 11:30am<br>Oct 19 - Dec 7<br><b>Village Commons</b><br><i>Registration Required<br/>Childminding Available</i><br><br><b>Time to Grow</b><br>1:00 - 3:00pm<br>Sept 14 - Dec 7<br><b>Women's Centre of Calgary</b><br><i>Registration Required</i> | <b>Baby Parent-Child Mother Goose</b><br><br>9:30 - 10:30am<br>Sept 15 - Nov 17<br><b>Trellis Society: Bowness Club</b><br><i>Registration Required</i><br><br><b>LENA Start</b><br>9:30 - 11:00am<br>Oct 6 - Dec 8<br><b>Bowmont Commons</b><br><i>Registration Required<br/>Childminding Available</i><br><br><b>Baby Parent-Child Mother Goose</b><br><br>9:30 - 10:30am<br>Sept 15 - Nov 17<br><b>Alexandra Centre Society: Inglewood</b><br><br><b>Inglewood Drop-in Play</b><br>10:30 - 11:30am<br>Sept 15 - Dec 8<br><b>Alexandra Centre Society: Inglewood</b> | <b>Parent Chat</b><br>9:30 - 11:00am<br>Oct 7 - Dec 16<br><i>No program Nov 11</i><br><br><b>Bowmont Commons</b><br><i>Registration Required<br/>Childminding Available</i><br><br><b>Parent-Child Mother Goose</b><br><br>9:30 - 10:30am<br>Oct 7- Dec 16<br><i>No program on Nov 11</i><br><b>Scout and Guide Hall</b><br><i>Registration Required</i><br><br><b>Parent-Child Mother Goose</b><br><br>9:30 - 10:30am<br>Oct 7 - Dec 9<br><i>No program on Nov 11</i><br><b>BRCA: Bridgeland Riverside Community Association</b><br><i>Registration Required</i><br><br><b>Bridgeland Drop-in Play</b><br>10:30 - 11:30am<br>Sept 16 - Dec 9<br><i>No group on Sept 30 &amp; Nov 11</i><br><b>BRCA: Bridgeland Riverside Community Association</b> | <b>Time to Grow</b><br>9:00 - 11:00am<br>Sept 17 - Dec 3<br><b>Bowmont Commons</b><br><i>Registration Required<br/>Childminding Available</i><br><br><b>Parent- Child Mother Goose</b><br>9:30 - 10:30am<br>Oct 8 - Dec 10<br><b>Sunalta Community Association</b><br><i>Registration required</i><br><br><b>Sun Tots Drop-in Play</b><br>10:30 - 11:30am<br>Sept 10 - Dec 10<br><b>Sunalta Community Association</b><br><br><b>Infant Massage &amp; Songs</b><br>1:30 - 2:30pm<br>Sept 10 - Oct 1<br><b>Village Commons</b><br><i>Registration Required</i><br><br><b>Baby Parent-Child Mother Goose</b><br>1:30 - 2:30pm<br>Oct 8 - Dec 10<br><b>Village Commons</b><br><i>No program on Oct 29<br/>Registration Required</i> | <b>Parent-Child Mother Goose</b><br>9:30 - 10:30am<br>Oct 9 - Dec 11<br><b>Hillhurst Sunnyside Community Association</b><br><i>Registration required</i><br><br><b>Hillhurst Drop-in Play</b><br>10:30 - 11:30am<br>Sept 18 - Dec 11<br><b>Hillhurst Sunnyside Community Association</b><br><br><b>Getting Ready For Learning</b><br>1:30 - 3:00pm<br>Nov 6 - Nov 27<br><b>Bowmont Commons</b><br><i>Registration Required<br/>Childminding Available</i> |



**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

### Baby Parent-Child Mother Goose - For Parents & Caregivers with Babies 0-12 months

Strengthen the bond between you and your little one and learn songs, rhymes, and stories to soothe, teach, and play with your baby. Offered at Village Commons, Trellis Society in Bowness, and Alexandra Centre Society in Inglewood.

### 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 parents 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 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, Hillhurst Sunnyside, Inglewood, Sunalta, and Bowness.

### Getting Ready For Learning - For Parents & Caregivers with Children 3-6

Help your child get set for learning with confidence! In this workshop, parents and caregivers will learn ways to support school readiness with practical activities that supports their child's foundational learning skills. Registration is required. Childminding available for younger children.

### 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
- Alexandra Centre Society in Inglewood on Tuesdays
- Bridgeland Riverside Community Association on Wednesdays
- Hillhurst Sunnyside Community Association on Fridays

### 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!**



## Events

### Drop-In Play Holiday Event

Join us at the BCA Drop-in Play for a morning of holiday themed fun! Suitable for families with children 0-6.

Monday, December 14, 9:30am - 11:00am

Bowness Community Association

### Holiday Tea and Cookie Decorating

Join us for an afternoon of tea and cookie decorating.

Suitable for all ages!

Thursday, December 10, 1:00-3:00 pm

Village Commons

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

## Our Team!



Amber

[amberb@caryacalgary.ca](mailto:amberb@caryacalgary.ca)



Taryn

[tarynb@caryacalgary.ca](mailto:tarynb@caryacalgary.ca)



Molly

[mollyb@caryacalgary.ca](mailto:mollyb@caryacalgary.ca)



Tessa

[tessad@caryacalgary.ca](mailto:tessad@caryacalgary.ca)



Lisa

[lisah@caryacalgary.ca](mailto:lisah@caryacalgary.ca)



Jinia

[jiniar@caryacalgary.ca](mailto:jiniar@caryacalgary.ca)



Shauna

[shaunap@caryacalgary.ca](mailto:shaunap@caryacalgary.ca)



Alexis

[alexisl@caryacalgary.ca](mailto:alexisl@caryacalgary.ca)