

Caregiver Programs

CIRCLE OF SECURITY: **Online.** An innovative 8-week program designed to enhance the parent-child relationship. Learn how to meet your child's emotional needs while letting go of the pressure to be the "perfect parent." **Next class begins May 10th, 2023. Register to save a spot.**

FAMILY TRANSITIONS: **Online.** Family Transitions is a program for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split. **Starts April 27th – May 25th. Register by April 17th.**

FEARLESS: **Online.** For parents/ caregivers of children 6-14 years old with moderate to high anxiety which affects everyday life. **Starts April 12th – May 17th. Register by April 5th.**

LUNCH & LEARN: Join us for an **online** 30 min session over your lunch break while we discuss parenting strategies, topics and provide answers to your pressing questions about parenting. Click here to join: <http://bit.ly/3ZlontY>

TRIPLE P GROUP: an 8-week **online** program for caregivers with children 2 -12 years old. Learn how to raise happy, confident kids; manage misbehavior; set rules and routines; and feel confident you're doing the right thing. Must be committed to attending all 8 sessions; sessions 1 – 4 are in group, sessions 5 - 7 are individualized 1:1, and session 8 is the program close with the group. **Next class begins May 4th, 2023. Register to save a spot.**

MEANING IN THE MADNESS: **In-person.** In collaboration with the Trellis Clinical team, this monthly support group is for parents dealing with extraordinary behavioural issues, specifically with aggressive behaviours directed at self, caregiver and/or environment. Contact us to discuss if this program might be a fit for your family.

ZONES OF REGULATION: Emotional and physical regulation strategies designed for your unique child. 1:1 session available. **Contact for more information.**

Did You Know?

- All our programs are **FREE!** Spread the word!
- You can access our calendar via this QR Code:
- We want to hear from you about programs you and your children would like! Contact us and let us know your thoughts and requests!



Child Development Programs

BIRTHDAY BONUS: Come celebrate a milestone with us by measuring developmental milestones! For children 0 – 5 yrs. **Please contact to book a 1:1 appointment.**

BABY AND ME: **In-person** at The Commons. Join us for a drop-in playtime for Caregivers with babies and toddlers under 2 years of age. Siblings always welcome.

DROP-IN AND PLAY: **In-person** at The Commons, Millrise Station. Join us for a play date! All welcome. Enjoy toys, crafts, and meeting new friends! Beginning April 14th every second Friday of the month will be story time with the Calgary Library from 10:45am. You will also get a chance to borrow books!

LET'S MOVE: **In-person** drop in at Deer Run Community Centre (2223 146 Ave SE) for children aged 2-5 years, siblings welcome. Gross motor play and skills abound!

RAINBOW PLAY & STORYTIME: **In-person** The Commons, Millrise Station. Join for a drop-in playtime for all families in a gender/sexuality affirming environment. Geared to families' w/ children 0 -6 yrs old (siblings always welcome)

SENSORY EXPLORATION: **In-person** Drop -in for age 2-5 years old with a caregiver. Have fun exploring using the 5 senses: Touch, taste, smell, sight and hearing.

Special Events

MORNING WITH DAD: **In-person** Celebrating all fathers (dads, grandfathers and all male identifying caregivers) come with your child/ren of all ages for a special time with dad over breakfast at 9:30am. **Register by April 20th.**

MOTHER'S DAY TEA PARTY: **In-person** Join us and other mothers (moms, grandmothers and all female identifying caregivers) for some well deserved me time over tea and treats. Leave your children at home! **(COMING IN MAY- WATCH OUT FOR DETAILS)**

GAME DAY WITH DAD: **In-person** Celebrate Fathers Day. **(COMING IN JUNE-WATCH OUT FOR DETAILS)**



We are Trellis' SW Calgary Family Resource Network. We are proud to partner with these organizations:



[Calgary Immigrant Women's Association](#)

Offers Home Visitation (Children ages 0-6) We can refer you!



Offers Rapid Access Counselling. We can refer you!



[Big Brother Big Sisters](#)

Offers Youth Mentoring. We can refer you!

April 2023

SW Calgary Family Resource Network



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|--|
| <div style="display: flex; flex-direction: column; gap: 5px;"> <div style="display: flex; align-items: center;"> Child Development</div> <div style="display: flex; align-items: center;"> Parent Program</div> <div style="display: flex; align-items: center;"> Special Event</div> </div> | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Please note for all in-person programs you are required to stay home and not attend if experiencing any symptoms of sickness. | | Let's Move 9:30am-10:30am Baby & Me 3:00pm-4:00pm | Lunch & Learn 12:15pm-12:45pm | Sensory Exploration 9:30am-10:30am Circle of Security 6:30pm-7:30pm | Good Friday Center closed | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Easter Monday Center closed | Let's Move 9:30am-10:30am Baby & Me 3:00pm-4:00pm | Fear-Less Triple P 6:30pm-8:30pm | Sensory Exploration 9:30am-10:30am Circle of Security 6:30pm-7:30pm | Drop-In & Play 9:30am - 11:30am (Storytime with Calgary Public Library from 10:45am) | Rainbow Play and Storytime 1:00pm-2:00pm |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | Let's Move 9:30am-10:30am Baby & Me 3:00pm-4:00pm | Lunch & Learn 12:15pm-12:45pm Fear-Less Triple P 6:30pm-8:30pm | Sensory Exploration 9:30am-10:30am | Closed for Professional Development |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | Let's Move 9:30am-10:30am Baby & Me 3:00pm-4:00pm Meaning in the Madness 6:30pm-7:30pm | Fear-Less Triple P 6:30pm-8:30pm | Sensory Exploration 9:30am-10:30am Family Transitions 6:00pm - 7:30pm | Drop-In & Play 9:30am-11:30am | Morning with Dad 9:30am - 10:30am |

All **Child Development** programs are Drop-In, please **contact** us to save your spot in **Caregiver programs** or **Special Events**

Address: Millrise Station, Suite #3217, 150 Millrise Blvd. SW Calgary

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