

PROGRAMS FOR PARENTS & CHILDREN

To register for any of these programs, call email or visit us online.

Special Delivery (Prenatal)

For parents to be... Discover what you can expect while you are pregnant, and learn ways to care for your developing baby and yourself. Includes hospital tour. A light supper is provided.

One Saturday morning per month is designated for an introductory session for those in their first trimester.



Building Incredible Babies

Wednesdays 10:00 AM - 11:30 AM

For mothers and babies from birth-12 months. Meet other parents and children and discover many ways to bring confidence and joy to parenting your new baby.

77 Upper Prince St.
902-892-8744
chances@chancesfamily.ca
www.chancesfamily.ca



Handle With Care

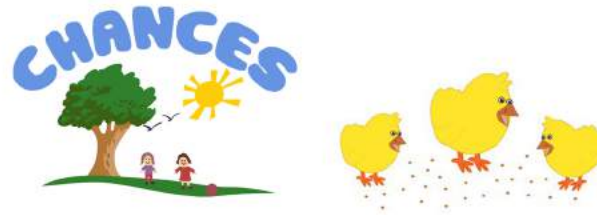
Thursdays 9:15 -11:45 May 4, 18 June 1, 15
77 Upper Prince St.

For parents and caregivers with children from birth to six years. This interactive program provides proven strategies to support your child's emotional well being.

Join us for our annual
PARTY TIME CHANCES
Family Celebration
Thursday, June 29th (rain date June 30th)

Prince St School Playground
10:00 AM- 1:00 PM

Outdoor games, face painting,
great food and much more!



CHANCES offers a comprehensive range of programs and services for children and their families from prenatal to age eleven. This continuum of support includes :

Pre and Post Natal Programs

Child Development and Parenting Programs

In-Home Visiting via the Best Start Program

Smart Start Program:

West Kent L# 4487

Prince Street L# 4455

St. Jean School L# 4441

Stratford Mason Road L# 4461

Cornwall Ferry Road L# 4470

O'Leary L# 4537

Smart Play Before and After School Programs:

West Kent School L# 4503

Cornwall L# 4471, L# 4482 L# 4483

Vernon River Consolidated School L# 4506

Donagh Regional School(after school only)

Cardigan Consoliated School (after school only)

O'Leary P# 550573

CHANCES is a community based non-profit organization. We receive funding through a variety of sources including the Province of Prince Edward Island, The Margaret & Wallace McCain Family Foundation and Medavie Health Foundation. CHANCES also greatly appreciates the significant contributions we receive from other generous donors, some who choose to remain anonymous.



SPRING PROGRAMS 2017


77 Upper Prince St.

Charlottetown, PE

Tel: 902-892-8744

chances@chancesfamily.ca

www.chancesfamily.ca

 facebook.com/chancesfamilycentre

DROP IN PLAY

Playtime for parents and children from birth to 6 years. Make new friends and discover all sorts of fun things to do together. Choose the drop in play that is best for you.

Call 902-892-8744

to confirm dates and locations

Town Centre Gym Stratford

234 Shakespeare Dr.

Stratford

Fridays

9:30 AM - 11:30 AM

No Drop in Play April 14, 28 or June 30

St. Pius X Church

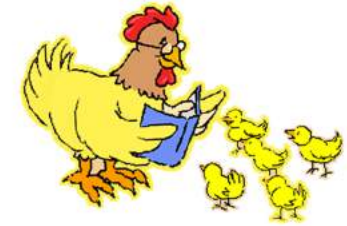
106 St. Peter's Road

Parkdale

Tuesdays

9:30 AM- 11:30 AM

(enter side door of church
off the parking lot)



Strong Start

Strong Start is a free program for parents and caregivers with children from birth to 5 years. Parents participate with their children in literacy rich, early learning activities that will prepare them for kindergarten. For more information or to register for the Charlottetown or Cornwall program, please call 902-892-8744.



facebook.com/chancesfamilycentre

All Monday morning sessions will take place at CHANCES Catherine Callbeck Family Centre
77 Upper Prince St.
9:15 AM - 11:45 AM
to register, call 902-892-8744 or email: chances@chancesfamily.ca

MORNING PARENTING SESSIONS

April 3 ST. JOHN AMBULANCE LIFE SAVER: This introductory, non-certificate program will give you the first aid skills you will need to handle emergency situations with infants and young children.

April 10 THE NIGHT SHIFT: Parenting your children takes a lot of energy and a good night's sleep. When your children sleep well, you sleep well. Learn lots of ideas to help "shift" your family's situation from wakeful to peaceful.

April 24 DEALING WITH DIFFICULT EMOTIONS AS PARENTS: Parenting is a tough job! We worry that we are not getting it right and can feel confused, anxious and guilty. This session is based on Cognitive -Behavioral Therapy. Get the tools you will need to deal with these difficult feelings.

May 1 FIT FOR LIFE: Join Certified Personal Trainer and Nutrition Specialist, Sam Stearns in a session full of information to motivate you to make some healthy lifestyle changes. Sam will provide tips and strategies to help you on your journey to better health and wellness. This session also includes budget friendly recipes for healthy meals and snacks for your entire family.

May 8 SEPARATION STRESS AND MAKING TRANSITIONS: Explore ways to make the routine of separation easier on your child.

May 15 PROMOTING EMOTIONAL WELLNESS IN EVERYDAY LIFE: Join other parents in discussing the importance of positive mental health and well being. Build a strong support network and gain techniques to deal with the stressors of parenthood.

May 29, June 5, 19, 26 THE EAGLES WORKSHOP: Parents: discover your true potential and find the courage to reach for your goals and dreams. An inspiring program about living a more fulfilling life.

EVENING PARENTING SESSIONS

5:30 PM-7:30 PM

To register please call 902-892-8744 or email chances@chancesfamily.ca

April 12 POWER STRUGGLES: From about age two, children start exerting their independence. Join us as we discuss ways to reduce conflict and create cooperative relations that empower both parents and children. (110 Mason Road, Stratford)

April 19 and 26 HAD ABOUT YOU: Parenting is one of the most challenging jobs you will ever have. Learn ways to cope with frustration and anger and find more joy and less stress in your family life. (77 Upper Prince St)

April 24 MAXIMIZE YOUR CHILD'S SUCCESS AT SCHOOL: Do you have a child starting kindergarten in September? Join other parents to discuss what things you can do to support your child with this transition. (24 Ferry Road, Cornwall)

May 1 and 8 RAISING YOUR SPIRITED CHILD: The spirited child can be more intense, sensitive, persistent, and uncomfortable with change than some other children. Based on the book by Mary Sheedy Kurcinka, this program offers proven strategies for parenting your spirited child. (77 Upper Prince St)

May 10 THE TALK: Children are naturally inquisitive and ask a lot of questions, but for parents it can be hard to begin "the talk" with them. Learn specific ways to talk with your child, not only about sex, but also about changes in their body as well as relationships. (77 Upper Prince St)

May 24 KIDS HAVE STRESS TOO: This program from the Psychology Foundation of Canada, helps us to understand stress and how to teach children important skills that will last a lifetime. (24 Ferry Road, Cornwall)

May 29 MAXIMIZE YOUR CHILD'S SUCCESS AT SCHOOL: Do you have a child starting kindergarten in September? Join other parents to discuss what things you can do to support your child with this transition. (110 Mason Road)

May 31 and June 7 DEALING WITH CHALLENGING BEHAVIOURS: Screaming, hitting and refusing to cooperate? These are just a few of the challenging behaviors that children can display. Parents can feel frustrated and exhausted by these daily struggles. Based on the book, The Explosive Child by Ross Greene, PhD., learn practical tips and ideas you can make use of right away. (77 Upper Prince St.)

June 5 ACTIVATE YOUR FAMILY-YOGA : Join yoga instructor Mary MacPhee to learn the benefits of yoga along with stretching and breathing exercises that you can practice at home. (110 Mason Rd.)

June 12 THE PARENTING TOOLBOX: Develop the parenting tools to handle almost any parenting situation. Bring your questions and get practical ideas to bring out the best in your child and yourself. (24 Ferry Road, Cornwall)