

Programs for Parents and Children

Special Delivery Prenatal Program

Tuesdays from 5:30-7:30.

77 Upper Prince St. in Charlottetown

Meet other expecting parents, discuss topics pertaining to pregnancy, labor, delivery and life after new baby. This program also includes a hospital tour.



Building Incredible Babies

Wednesdays 10:00-11:30 or 1:30-3:00

77 Upper Prince St. in Charlottetown

For parents with babies from birth to 12 months. Join other parents to discuss a variety of topics pertaining to parenting a new baby. Share in activities that you can use to support your baby's development at home.

(There will be no Building Incredible Babies on April 3rd.)



CHANCES Family Celebration

Games, art, snacks, and more!

Date: Thursday, June 27th, 2019

Location: Prince Street School

Time: 10:00-1:00PM.

Rain date will be Friday, June 28th, 2019.

CHANCES offers programs and services for children and their families from prenatal to age eleven years. These programs include:

- Best Start in home visiting program
- CHANCES Family Health Clinic
- Supervised Access and Exchange

Smart Start Early Learning Programs

Belfast L# 4562

Cornwall L# 4470

Prince St. L# 4455

St. Jean School L# 4521 & 4516

Stratford L# 4461

O'Leary L# 4537 & 4572

Smart Play Before and After School Programs

Belfast L# 4562

Bloomfield L# 4547

Cardigan L# 4523

Cornwall L# 4483

Donagh L# 4524

Murphys L# 4549 & 4446

Spring Park Church L# 4478 & 4515

St. Jean School L# 4503

Vernon River L# 4506



To find out more visit our website at

www.chancesfamily.ca

contact us at

(902)892-8744 or email

chances@chancesfamily.ca

Drop in Play

Make new friends and discover ways to support your child's learning. This free program is offered at

- Stratford Town Center Gym

(234 Shakespeare Drive)

Fridays 9:30-11:30

(There will be no Stratford Drop in Play on April 19th, May 10th, and June 28th)

- St. Pius X Church

106 St. Peter's Road,
Charlottetown

Tuesdays 9:30-11:30

The last day of St. Pius' Drop in Play will be Tuesday, June 18th, 2019. We will return in the Fall!

Strong Start



A free program for parents and caregivers with children from birth to five years. Parents participate with their children in literacy rich, early learning activities that will prepare them for kindergarten. **Monday to Thursday 9:00-11:30.**

- 24 Ferry Road, Cornwall
- 200 Richmond Street, Murphy's Community Centre

Monday Morning Parent Sessions
77 Upper Prince St. Charlottetown
9:15-11:45

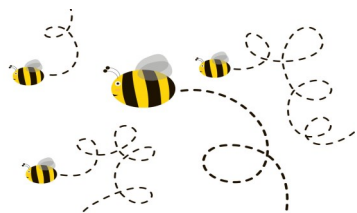
To register or for more information call
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April 1st, 15th, 29th, May 13th, 27th & June 3rd Bond to Literacy: An early literacy program from HIPPY Canada (Home Instruction for Parents of Preschool Youngsters) for 3, 4, and 5 year olds. Each week you will receive a collection of books and supplies to support your child's learning at home.

April 8th Financial Literacy: Strengthen your financial knowledge by developing a budget, setting financial goals and planning for your future.

May 6th Healthy Bites: Help your child develop healthy eating habits, get fun and nutritious food ideas and prevent meal struggles.

June 10th & 17th Surviving Everyday Parenting Challenges: Learn 12 strategies to help your family thrive. Based on the book *The Whole-Brain Child* by Dr. Dan Segal.



June 24th Handling Tantrums: Tantrums are a normal, but frustrating, part of parenting. Learn how to prevent and deal with your child's tantrums.

Evening Parent Sessions
5:30-7:30



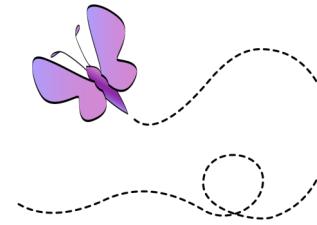
April 10th Top 5 Tips for Parents: Take your parenting skills to the next level. Learn about 5 practical parenting tools you can put into use immediately. Become a more effective parent with the Top 5 Tips. (110 Mason Road, Stratford)

April 25th 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)

April 29th Promoting Your Child's Healthy Emotional Well-Being: Join us to learn about tips and strategies to strengthen your child's emotional well-being. (St. Jean School)

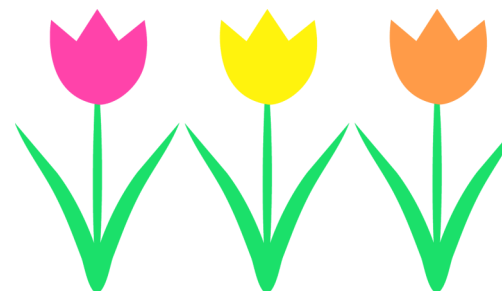
May 6th Sibling Rivalry: Learn how to help your children resolve their own conflicts and live together more peacefully. (24 Ferry Road, Cornwall)

May 16th Relaxation, Meditation, and Gentle Stretching: Join Mary MacPhee from The Path as we go on a journey of relaxation, meditation, and stretching. (77 Upper Prince)



May 23rd & 30th Prenatal Yoga: Join other prenatal participants and their partners as we practice stretching and breathing to prepare you for labour and delivery. (77 Upper Prince)

May 27th & June 3rd 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 children and parents. (St. Jean School)



June 12th Communicating Effectively with Others: Parents spend a lot of time communicating with partners, extended family, co-workers, as well as their child's caregivers and teachers. This program will help you gain tools to help with communication strategies. (110 Mason Road, Stratford)

June 19th The Importance and Value of Play: Discover the value of learning through play, and examine how play-based experiences in early childhood can support learning for years to come. (77 Upper Prince)

June 26th Raising Resilient Children: Help your child manage their emotions so they cope well with disappointment and in stressful situations. Get the strategies that will allow them to recognize positive and negative emotions and deal with them in a healthy way. A Triple P Program. (24 Ferry Road, Cornwall)

To register or for more information call (902)892-8744 or email: chances@chancesfamily.ca

