

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

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 babies development at home.



Special Events

Parents and children ages birth to six years are invited to join us for games, art, snacks and more to celebrate!

- **Halloween Party, Oct. 24, 2018**
10:00am-1:00pm
Murphy's Community Center
200 Richmond St.
Christmas Party, Dec. 13, 2018
10:00am-1:00pm
Stratford Town Gym 234 Shakespeare



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

Smart Play Before and After School Programs

Belfast L# 4562

Bloomfield L# 4547

Cardigan L# 4523

Cornwall L# 4483

Donagh L# 4524

Murphys # L4549 L4446

Spring Park Church L# 4478 & 4515

St. Jean School L# 4503

Vernon River L# 4506



2018

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
- St. Pius X Church
106 St. Peter's Road,
Charlottetown
Tuesdays 9:30-11:30
Starting Sept. 11, 2018



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** starting Sept. 10, 2018

- **24 Ferry Road, Cornwall**
- **Spring Park United Church, Charlottetown. (65 Kirkwood Dr.)**

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

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

September 10 St. John Ambulance Life

Saver: This introductory, non-certificate program will give you the first aid skills to handle situations with infants and young children.

September 17 The Talk- Children naturally ask a lot of questions. For parents it can be hard to begin 'The Talk' with them. Learn specific ways to talk to your child not only about their bodies, but also to answer the question, where do babies come from?

September 24th and Oct. 1st Setting Limits and Boundaries- Creating and maintaining healthy boundaries is essential for our emotional well-being. This two part session will explore not only setting limits and boundaries with children but also with the adults in our lives.

October 15 Be Aware and Get Your Share! Join representatives from the Canada Revenue Agency, Service Canada and the Province of PEI to discuss a variety of Federal and Provincial government benefits available for individuals and families (based on eligibility criteria).

October 29 & Nov. 5th Know Your Numbers! A wellness session for parents with a focus on promoting both physical and emotional well-being.



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Nov. 19, 26 & Dec. 3, 2018 Positive Guidance and Discipline: Gain a clearer understanding of effective guidance and discipline techniques and setting appropriate limits. Explore individual parenting styles, learn what to expect at different ages and stages, and gain confidence in parenting.



Dec. 17, 2018 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.

Evening Parent Sessions 5:30-7:30

Sept. 17 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 St.)

Sept. 12, 19, & 26 Mad 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)

Oct. 3 Simplify Your Life: Are you feeling tired and stressed? Join us for tips on simplifying your life. Take part in a discussion on

routines, time management, getting organized and most importantly taking care of you! (110 Mason Road, Stratford)

Oct. 10 Healthy Bites: Help your child develop healthy eating habits, get fun and nutritious food ideas and prevent mealtime struggles. Make mealtime more enjoyable and less draining. (77 Upper Prince St.)



Oct. 15 Be Aware and Get Your Share!

Please join us as representatives from the Canada Revenue Agency, Service Canada and the Province of PEI to discuss a variety of Federal and Provincial government benefits available for individuals and families (based on eligibility criteria). 77 Upper Prince St.

Oct. 22 Yoga - Curious about Yoga? Join Mary MacPhee from The Path as she takes you through a series of gentle stretches and breathing exercises to bring a sense of calm to your life. (77 Upper Prince St.)



Oct. 29 Your Child's Mental Health and Wellbeing - Join Sherry Covy to discuss the 7 Tips to strengthen your child's emotional well-being. (Cornwall)

Nov. 5 Focus Group- We want to hear from you! Come and share your ideas for parent session topics for the CHANCES Winter programs. (77 Upper Prince St.)

Nov. 7, 14 Aggression in Toddlers and Preschoolers: Sometimes annoying, sometimes alarming, aggression is common in this age group. Learn how to re-direct aggressive behavior, set limits and help your children express their feelings more appropriately. (77 Upper Prince St.)

Nov. 21 & 28 Self-Regulation- Join other parents as we discuss and learn tips from Dr. Stuart Shanker's book, How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life. (Cornwall)

Dec. 3 Toilet Learning: Is your child ready to learn this important skill? Get information and practical tips about the ups and the down of this significant stage. (110 Mason Rd.)

Dec. 5, 12 Dealing with Challenging Behaviors: 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 often daily struggles. Based on the book The Explosive Child by Ross W. Greene, Ph.D., learn proven and concrete strategies to deal with this difficult part of parenting. (77 Upper Prince St.)

Dec. 10 Flying Solo- Parenting by yourself can be difficult, whether you have been single for a while or your partner is away because of work. Discuss the challenges and share ideas with other parents. (77 Upper Prince St.)

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