

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 a 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 October 16, 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

- Spring Park Preschool L 4570



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



2019

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
(Drop in Play is cancelled on Fridays
Oct. 25th and Dec. 27)

- **St. Pius X Church**
106 St. Peter's Road,
Charlottetown
Tuesdays 9:30-11:30
(Starting Sept. 10th. Drop in is cancelled on
Tuesday, Oct. 15)



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**

(Starting Monday, September 9)

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

September 16th Bedtime Battles:

Improve your bedtime experience with these ideas proven to reduce power struggles and encourage cooperation. Everyone will get the sleep they need!

September 23rd & 30th Dealing with

Challenging Behaviors: Screaming, hitting and refusing to cooperate. These are just a few of the challenging behaviors that children can display. Based on the book, *The Explosive Child* by Ross W. Greene, Ph.D., learn proven strategies to deal with this difficult part of parenting.



October 7th Kids Have Stress Too: This program, from the Psychology Foundation of Canada, helps us to understand stress and how to teach children important coping skills that will last a lifetime.

October 28th Building Your Child's Self-Esteem: Learn how to give your child the gift of healthy self-esteem.

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

November 4th Healthy Bites: Help your child develop healthy eating habits, get fun and nutritious food ideas and prevent mealtime struggles.

November 18th, 25th, December 2nd, & 9th Positive Discipline in Everyday Parenting: Sometimes "positive discipline" is misunderstood as "permissiveness." Actually, positive discipline is about finding long-term solutions that help children develop their own self-discipline over time. Learn strategies to help your child through challenging situations.

Evening Parent Sessions
5:30-7:30
Locations Vary

September 16th Handling Tantrums:

Tantrums are a normal, but frustrating, part of parenting. Learn how to prevent and deal with your child's tantrums. (77 Upper Prince St.)

September 23rd Toilet Learning: Is your child ready to learn this important skill? Get information and practical tips about the ups and the downs of this significant stage. (110 Mason Road, Stratford)

September 30th The Power of Positive Parenting: A Triple P program for parents and caregivers with children from birth to six years. (110 Mason Road, Stratford)

October 7th 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*. (77 Upper Prince St.)

October 21st 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.)

October 28th 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? (77 Upper Prince St.)



November 4th Bullying and Your Child's Self-esteem: Join Sherry Covy to discuss how to deal with bullying and social aggression. Learn the 7 Tips to strengthen your child's self-esteem and emotional well-being. (24 Ferry Road, Cornwall)

November 18th, 25th, December 2nd 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 St.)

December 9th 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 these Top 5 Tips (24 Ferry Road, Cornwall)

Connections - Designed to provide an opportunity for women to explore their past and present experiences of domestic violence, and to consider its impact on their parenting, wellness and their children's development.

Tuesdays starting September 17th from 10:00-11:30 at 77 Upper Prince St. in Charlottetown

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

Halloween Party

Oct. 25, 2019 10:00am-1:00pm
Murphy's Community Center
200 Richmond St., Charlottetown



Christmas Party

Dec. 20, 2019 10:00am-1:00pm
234 Shakespeare Drive
Stratford Town Gym

