

PRE AND POST NATAL PROGRAMS



SPECIAL DELIVERY

77 Upper Prince St.

Tuesdays 5:30 PM - 7:30 PM

We offer a special prenatal session once a month (1st Saturday AM) for those 0-20 weeks pregnant.

This intro class covers creating a healthy environment for your baby, fetal development, and some helpful tips on managing common discomforts, along with other topics for the 1st /2nd trimester. Jan 7, Feb 4 & Mar 4

CHANCES also offers regular prenatal classes taught by an experienced health care professional.


Our regular topics include, Medical Options in Labour & Birth, Signs and Stages of Labour, Breastfeeding, Comfort Measures and the first Few Weeks at Home with your new baby. Includes a hospital tour.

Please call or email us to register or for more details.

BUILDING INCREDIBLE BABIES

77 Upper Prince St.

Wednesdays 10:00 AM-11:30 AM

A program for mothers and babies from birth to 12 months. Meet other parents and children, and discover many ways to bring confidence and joy to parenting your newborn. 



CHANCES offers a comprehensive range of programs and services for children and their families. 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 Smart Start L# P550570
- Smart Play Before & After School Programs
- West Kent School L# 4503
- Cornwall L# 4471 L# 4482 L# 4483
- Vernon River Consolidated School L# 4506
- Cardigan Consolidated School L# 4523
- Donagh Regional School L# 4524

* LET IT SNOW *

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 support we receive through generous donations from the community.



HELLO WINTER 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. No registration necessary.

STRATFORD TOWN CENTRE

234 Shakespeare Dr.

Stratford



Fridays Starting Jan 6, 2017

9:30 AM- 11:30 AM

ST. PIUS X CHURCH

106 St. Peter's Road.

Parkdale

Tuesday's Starting Jan 3, 2017

9:30 AM- 11:30 AM

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 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

Jan 9 FIRM, FRIENDLY AND FAIR- THE BEST DISCIPLINE: Children need rules and limits: They also need permission to explore their world and make mistakes in a safe and respectful environment. Bring out the best in your child and yourself with this positive approach to child discipline.

Jan 16, 23, 30 Feb 6 HEALTHY RELATIONSHIPS: Relationships are part of our everyday experience whether with a partner, friends or family members. Strengthen communication strategies, explore the concept of power, and reflect on what you can do to support healthy relationships in your life and that of your child.

Feb 13 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.

Feb 27 and Mar 6 DEALING WITH CHALLENGING BEHAVIOURS: Screaming, hitting and refusing to cooperate. These are just a few of the challenging behaviours 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, PhD., learn proven and concrete strategies to deal with this difficult part of parenting.

Mar 13 BUILDING YOUR CHILD'S SELF-ESTEEM: Learn about the important keys for giving your child the gift of healthy self-esteem.

Mar 20 HOME SAFETY: Help make your home more safe with these childproofing tips.

Mar 27 TOILET LEARNING: Is your child ready for this important skill? Get information and practical tips about the ups and downs of this significant stage.

EVENING PARENTING SESSIONS

5:30PM-7:30 PM

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

Jan 4,11,18 NOBODY'S PERFECT: Join parents of young children to discuss child development, safety, health and behavior in this 3 part program. Discuss real-life parenting situations while exploring positive ways of parenting. (77 Upper Prince St.)

Jan 16 BUILDING YOUR CHILD'S SELF ESTEEM: Learn about the important keys for giving your child the gift of healthy self-esteem. (110 Mason Road)

Jan 25 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 to your child, not only about sex, but also about changes in their body and relationships. Targeted towards school aged children.(24 Ferry Road)

Feb 1 ST. JOHN AMBULANCE LIFE SAVER: This introductory, non- certificate program will give you the first aid skills to handle emergency situations with infants and young children. (77 Upper Prince St.)

Feb 6 and 13 POSITIVE EFFECTIVE DISCIPLINE: Children's mental health and overall development benefit greatly when parents use healthy and positive discipline techniques. Behavior and learning ability improves, and they face challenges better and develop self-esteem. Create a healthier, happier relationship and home with positive, effective discipline. (24 Ferry Road)

Feb 8 EFFECTIVE PARENTING STYLES: We all parent in our own style based upon our personality and life experience. Discover which style you are likely to use and how to build on its strengths to bring out the best in yourself and your child. (110 Mason Road)

Feb 23, Mar 2 TOP 5 RULES FOR PARENTS : Take your parenting skills to the next level. Learn about 5 practical parenting tools you can put to use immediately. Be a more effective parent with the Top 5 Rules. (77 Upper Prince St.)

Mar 6 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.)

Mar 15 TWO OR MORE CHILDREN IN YOUR HOME? : Spending a lot of time settling arguments, trying to be fair and giving everyone enough attention? Take pressure off yourself and create a more peaceful home with these practical tips and ideas you can use right away. (77 Upper Prince St.)

Mar 27 FAMILY FUN AND LEARNING TOGETHER: Did you know children become literate at birth (and before)? Do you ever wonder how your children learn? Join Helena Essery, Early Literacy Specialist to have some fun, network with other parents and learn a little about play-based literacy. (St. Jean School)