



WINTER 2018

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 5, 2018
9:30 AM- 11:30 AM

ST. PIUS X CHURCH

106 St. Peter's Road.
Parkdale
Tuesdays Starting Jan 2, 2018
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 four mornings per week in literacy rich, early learning activities that will prepare them for kindergarten. For more information or to register for Charlottetown (Spring Park Church) or Cornwall (Ferry Road) program, please call our main office at 902- 892-8744

PRE AND POST NATAL PROGRAMS

SPECIAL DELIVERY-PRENATAL PROGRAM

We are piloting a new project- an early prenatal online booklet that will help you to navigate all that you will need to know in those early stages of pregnancy. Register online (chancesfamily.ca under the pre/post natal tab) or call

CHANCES offers group type prenatal classes for those past their first trimester. These sessions are taught by an experienced Obstetrical RN. 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. Series includes a hospital tour.

BUILDING INCREDIBLE BABIES POSTNATAL PROGRAM

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 Early Learning Program
Prince Street School L# 4455
St. Jean School L# 4441 & # 4516
Stratford Mason Road L# 4461
Cornwall Ferry Road L# 4470
O'Leary Smart Start L# 4537
Smart Play Before & After School Programs
Belfast L3 4523
Bloomfield L# 4547
Cardigan Consolidated School (after school only) L# 4523
Cornwall L# 4483
Donagh Regional School L# 4524
Spring Park Church L#
St. Jean School L# 4503
Vernon River Consolidated School L# 4506

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.

To find out more about any of our programs, please call our main office @ 902-892-8744 email or visit our website.



facebook.com/chancesfamilycentre

All morning sessions will take place at CHANCES Catherine Callbeck Family Centre
77 Upper Prince St.
9:15 AM - 11:45 AM

to register, call our main office : 902-892-8744
or email: chances@chancesfamily.ca

MORNING PARENTING SESSIONS

Jan 8 UNDERSTANDING YOUR CHILD'S BEHAVIOUR: Your child's behaviour is a message about what he or she needs or feels. Discover what is behind your child's actions and what you can do to improve behaviours and strengthen your connection.

Jan 15 SIBLING STRENGTHS AND CHALLENGES: Having more than one child can bring extra joy and sometimes extra challenges. Learn how to help your kids work together, resolve differences and build a meaningful relationship with you and with each other.

Jan 22 TEACHING CHILDREN ABOUT FEELINGS: Children often have strong and powerful feelings. Get tips for teaching your child how to deal with feelings and improve their self esteem at the same time.

Jan 29 TOILET LEARNING: Is your child ready for this important skill? Get information and practical tips about the ups and downs of this significant stage.

Feb 5 & 12 POSITIVE DISCIPLINE IN EVERYDAY PARENTING (TWO PARTS): This session is based on the book by Joan Durrant. Join other parents as we explore discipline strategies to help your child to manage his/her behaviour.

Feb 26 THE PARENTING TOOLBOX: Develop skills to handle almost any parenting situation. Bring your questions and receive practical ideas to bring out the best in yourself and your child.

Mar 12, 19, & 26 NOBODY'S PERFECT (THREE PARTS): Join other parents with young children to discuss child development, safety, health and behaviour. Discuss real-life parenting situations while exploring positive ways of parenting.



EVENING PARENTING SESSIONS

5:30 PM-7:30 PM To register please call our main office @ 902-892-8744
or email : chances@chancesfamily.ca

Jan 10, 24, Feb 7, 21 and Mar 7 WINTER WELLNESS: Make 2018 your year to embrace body, mind and spiritual wellness. This five part session will include one on one and group health support, meditation and relaxation, nutrition support and a variety of exercise opportunities. (77 Upper Prince St)

Jan 15 THE PARENTING TOOLBOX: Develop skills to handle almost any parenting situation. Bring your questions and receive practical ideas to bring out the best in yourself and your child. (110 Mason Road)

Jan 29, Feb 5 & 12 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)

Jan 31 BULLYING AND YOUR CHILD'S SELF ESTEEM Join us for a discussion on bullying from all the angles. What can you do to make it stop or have the conversation before it starts. (24 Ferry Road)

March 26 TWO KEYS TO SUCCESSFUL PARENTING: Learn how to support and positively guide your child's behaviour with these two keys. (77 Upper Prince St.)

HANDLE WITH CARE SERIES: (EIGHT PARTS):

Thursday's: Mar 8, 15, 22, April 5, 12, 19 and May 3 & 10

Join other parents and caregivers as we look at strategies to promote the mental health of young children from birth to six years.

Notes

