

Special Delivery Prenatal Program

Tuesdays from 5:30-7:30 PM

77 Upper Prince St. in Charlottetown

Meet other expecting parents, discuss topics pertaining to pregnancy, labor, delivery and life after a new baby.



Building Incredible Babies

Wednesdays 10:00-11:30 AM

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.

*Beginning September 16, 2020

*There will be no Building Incredible Babies Program on November 11, 2020



CHANCES offers programs and services for children and their families from prenatal to age eleven.

These programs include:

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

Smart Start Early Learning Programs:

- Belfast #L4562
- Cornwall #L4470
- Mason Road, Stratford #L4461
- Murphy's #L4585
- O'Leary #L4537 & L4572
- Prince St. #L4455
- St. Jean School #L4521 & L4516
- Stratford #L4512

Smart Play After School Programs:

- Bloomfield #L4547
- Cardigan #L4523
- Cornwall #L4483
- Donagh #L4524
- Murphy's #L4446
- Spring Park #L4478 & L4515
- St. Jean #L4503
- Stratford #L4513
- Vernon River #L4506



Fall 2020



To find out more, please visit our website at www.chancesfamily.ca or CHANCES Family Centre on Facebook

Contact us at (902)892-8744 or chances@chancesfamily.ca to register or for more information



** Please note: Due to current Public Health restrictions, there are a limited number of participants able to attend all programs. Pre-registration for all programs is required.

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**

Fridays 9:30-11:30 AM

234 Shakespeare Drive

*Beginning October 2, 2020

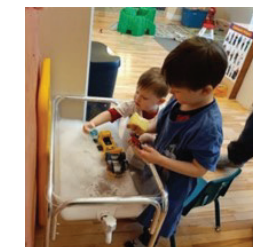
*There will be no Drop in Play on October 30, November 13 or December 18, 2020

- * **Spring Park United Church**

Tuesdays 9:30-11:30 AM

65 Kirkwood Dr., Charlottetown

*Beginning September 15, 2020



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.

- * **24 Ferry Road, Cornwall**

- * **200 Richmond St, Charlottetown, Murphy's Community Centre**

Monday to Thursday 9:30 AM -12:00 PM

*Beginning September 14, 2020

Morning Parent Sessions

Mondays from 9:15-11:45 AM

77 Upper Prince St. in Charlottetown

September 28: Building Routine and Rituals

Routines and rituals play an important role within every family. Discuss ways to maintain consistency in your day to day life which will directly impact your child in a positive way.

October 5: Healthy Bites

Help your child develop healthy eating habits, get fun and nutritious food ideas and prevent mealtime struggles.



October 19: 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.

November 2 & 9: Self-Regulation and Your Home Environment

How do you set up your home and living and play areas? These spaces can play a big part in helping your child learn to self-regulate their feelings and behaviour. Get tips and ideas on how to arrange your home environment to bring out the best in your child.

November 16: Separation Stress and Making Transitions

Explore ways to make the routine of separation easier on you and your child.

November 23: Understanding Your Child's Temperament

Take part in a discussion that helps you to better understand your child and their personality. Get helpful tips that will help make parenting easier.

November 30: 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.

December 7: 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.

Special Events

October 29 & 30: Halloween Party

Murphy's Community Centre

200 Richmond St.,
Charlottetown



December 17 & 18: Christmas Party

Stratford Town Gym

234 Shakespeare Dr.,
Stratford



Evening Parent Sessions

Wednesdays from 5:30-7:30 PM

Locations Vary

September 16: Handling Tantrums (77 Upper Prince St.)

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

September 23: Coping with Parenting Stress and Frustration (77 Upper Prince St.)

Parenting can be a stressful job and stress can affect the way you parent. Get tips on how to manage your own frustration and stress when building a positive relationship with your child.

September 30: The Parenting Toolbox (110 Mason Rd., Stratford)

Develop the parenting tools to handle almost any parenting situation. Bring your questions and get practical ideas to bring out the best in your child and yourself.

October 7 & 14: Dealing with Challenging Behaviours (77 Upper Prince St.)

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 21: Raising Responsible Children (24 Ferry Rd., Cornwall)

Teaching children to take responsibility for chores and handling of money can be a daunting task. Join other parents in an interactive session on strategies to help children develop into responsible adults.

November 4: Building Your Child's Self Esteem (110 Mason Rd., Stratford)

We can count on life to throw us a few curves. Like any of us, children handle the ups and downs of life the best when they're feeling good about themselves. Build a positive relationship with your child and support their mental health with these proven tips.

November 18: Sibling Rivalry (24 Ferry Rd., Cornwall)

Learn how to help your children resolve their own conflicts and live together more peacefully.

November 25: Mindfulness (77 Upper Prince St.)

Mindfulness is the ability to stay present and calm in the business of everyday parenting and life. Learn tips, ideas and strategies to help bring you more peace, as well as skills and activities you can teach your children.

December 2 & 9: Power Struggles (77 Upper Prince St.)

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 parents and children.