

All programs, with the exception of Early Years Centres and After School programs, are free to attend. Pre-registration is required.

CHANCES offers programs and services for children and their families from prenatal to age eleven, including:

- Best Start in-home visiting program
- CHANCES Family Health Clinic



SPRING 2024



## SPECIAL DELIVERY PRENATAL PROGRAM

Tuesdays from 5:30-7:30 p.m.  
77 Upper Prince St., Charlottetown

In this 8-week program, meet other expecting parents and discuss topics related to pregnancy, labor, delivery and life after a new baby.

## BUILDING INCREDIBLE BABIES



Wednesdays from 10:00-11:30 a.m.  
77 Upper Prince St., Charlottetown

For parents with babies from birth to 12 months. Join other parents to discuss a variety of topics related to parenting a new baby. Share in activities that you can use to support your baby's development at home.

### Smart Start Early Years Centres

- Belfast #L4562
- Cornwall #L4470
- Kensington #L4618
- Mason Road, Stratford #L4461
- Murphy's #L4585
- O'Leary #L4537 & L4572
- Prince St. #L4455
- St. Jean School #L4521 & L4516
- Stratford #L4512

### Half Day Pre-K Programs

- Murphy's #L4575
- Stratford #L4576

### Smart Play After School Programs

- Cardigan #L4523
- Cornwall #L4483
- Donagh #L4524
- Kensington #L4488
- Murphy's #L4446
- O'Leary #L4547
- Rustico #L4509
- Spring Park #L4515
- Stratford #L4513
- Vernon River #L4506



There are a limited number of participants able to attend each program. Pre-registration for all programs is required.

chances@chancesfamily.ca  
(902) 892-8744

For more information:

 [www.chancesfamily.ca](http://www.chancesfamily.ca)

 (902) 892-8744

 [chances@chancesfamily.ca](mailto:chances@chancesfamily.ca)

  CHANCES Family Centre

# PARENT SESSIONS

77 Upper Prince St., Charlottetown  
Wednesdays from 5:30-7:30 p.m  
Supper and childcare provided

## April 24: Wellness Wednesday - Fitness Class

Make this your year to embrace body, mind and spiritual wellness. Join us for a short discussion on health and an opportunity to exercise. This week we will be offering a fitness class with Krista Doyle from Beast-mode Mommas.

## May 1: Bedtime Battles

Improve your bedtime experience with these proven ideas to reduce power struggles and encourage cooperation. Your children will get the sleep they need and you will get the peace you want.

## May 8: Mental Health & Wellness for Parents

Join other parents in discussing the importance of positive mental health and wellness. Gain new techniques to deal with the stressors of parenthood.

## May 15: Wellness Wednesday - Yoga

Make this your year to embrace body, mind and spiritual wellness. Join us for a short discussion on health and an opportunity to exercise. This week we will be offering a yoga class with Mary MacPhee.

## May 22 & June 12: Dad Matters

Meet other Dads and discuss parenting from a father's perspective. Examine your special role in your child's life and get practical tips on parenting.

## June 5: Wellness Wednesday - Busy Minds®

Make this your year to embrace body, mind and spiritual wellness. Join us for this Busy Minds Ed. enrichment program for both young children and parents, focusing on yoga, physical activity, and mindfulness.

## June 19: 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.

# STRONG START FAMILY GROUPS

Nurturing Wellness and Connection

A program for parents and caregivers with children from 0-6 years. Participate in age-appropriate activities, active play, and building a sense of connectedness and community with other families.



## - Spring Park Church

0-6 years  
Monday to Thursday 9:30-11:30 a.m  
65 Kirkwood Dr., Charlottetown

## - Upper Prince Street

0-18 months  
Mondays 1:30-3:30 p.m  
77 Upper Prince St., Charlottetown

## - St. Pius X Church

0-6 years  
Tuesdays 9:30-11:30 a.m  
106 St Peters Rd., Charlottetown

## - Ferry Road

0-6 years  
Wednesdays & Thursdays 9:30-11:30 a.m  
24 Ferry Rd., Cornwall

## - Stratford Town Center Gym

0-6 years  
Fridays 9:30-11:30 a.m  
234 Shakespeare Dr., Stratford



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