

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

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
- Community Navigator



SPECIAL DELIVERY PRENATAL PROGRAM

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

In this 9-week program, meet other expecting parents and discuss topics related to pregnancy, labor, delivery and life after a new baby.

BUILDING INCREDIBLE BABIES

Thursdays from 2:00-3:30 p.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

Smart Play After School Programs

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



WINTER 2025



For more information:



www.chancesfamily.ca



(902) 892-8744



chances@chancesfamily.ca



CHANCES Family Centre



chances@chancesfamily.ca
(902) 892-8744

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

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.

PARENT SESSIONS

77 Upper Prince St., Charlottetown
Wednesdays from 5:30-7:30 p.m (Community
Kitchen from 5:00-7:30 p.m)

Supper and childcare provided



- Ferry Road

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

- 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

- Valley Street

0-6 years
Wednesdays & Thursdays 9:30-11:30 a.m
46 Valley St., Charlottetown

- Stratford Town Center Gym

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

January 8: Wellness Wednesday - Gentle 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 gentle yoga class with Carrie Lundy.

January 15, 22, 29, February 5, 12, 19: Community Kitchen

Join our 6-week community kitchen program for an opportunity to come together and build on existing cooking skills while preparing nutritious take-home meals for your family to enjoy.

February 26: 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 for moms with Krista Doyle.

March 5: Kids Have Stress Too!

This program helps us to understand stress and how to teach children important skills that will last a lifetime.

March 12: 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.

March 19: Car Seat Safety

Keep your children safe by learning about all types of child car seats and provincial laws. This hands-on information session will help you choose and use child car seats.

March 26: Wellness Wednesday - Intro to Karate

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 an introduction to Karate with Aoife Guilfoyle.



There are a limited number of participants able to attend each program. Pre-registration for all programs is required. To register or for more information, visit our website at www.chancesfamily.ca or contact us at (902) 892-8744 or chances@chancesfamily.ca