

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
- Crossroads #L4513
- Donagh #L4524
- Kensington #L4488
- Murphy's #L4446
- O'Leary #L4547
- Rustico #L4509
- Valley Street #L4515
- Vernon River #L4506



SPRING 2025



For more information:

 www.chancesfamily.ca

 (902) 892-8744

 chances@chancesfamily.ca

  CHANCES Family Centre

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

STRONG START PLAYGROUPS

Nurturing Wellness and Connection

A playgroup 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.
(Handle with Care 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

April 2: Mindfulness and Parenting

Mindfulness is the ability to stay present and calm in the busyness 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.

April 9: Healthy Eating on a Budget

Discuss ways to stretch your food dollar and spend your money wisely. Explore some budget-friendly recipes for healthy meals and snacks for your entire family.

April 16: 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.

April 30 & June 11: 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.

May 7: Wellness Wednesday - Groove Dance 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 Groove PEI dance experience.

May 14, 21, 28 & June 4: Handle with Care

Join us for this 4-week program as we look at strategies to promote the mental health of young children from birth to 6 years. This program consists of simple interactive strategies that build on the strengths of parents and caregivers.

June 18: 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.



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