

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
Virtual Option Available

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.



chances@chancesfamily.ca
(902) 892-8744



FALL 2025



For more information:



www.chancesfamily.ca



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CHANCES Family Centre

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

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 (Community
Kitchen from 5:00-7:30 p.m)

Supper and childcare provided



Monday

Capital Drive (0-6 years)
9:30-11:30 a.m
95 Capital Dr., Charlottetown (at The Nest)
Upper Prince Street (0-18 months)
1:30-3:30 p.m
77 Upper Prince St., Charlottetown

Tuesday

St. Pius X Church (0-6 years)
9:30-11:30 a.m
106 St Peters Rd., Charlottetown

Wednesday

Ferry Road (0-6 years)
9:30-11:30 a.m
24 Ferry Rd., Cornwall

Thursday

Valley Street (0-6 years)
9:30-11:30 a.m
46 Valley St., Charlottetown

Friday

Stratford Town Centre Gym (0-6 years)
9:30-11:30 a.m
234 Shakespeare Dr., Stratford

September 10, October 22, November 19 & December 17: Wellness Wednesday

Make this your year to embrace body, mind and spiritual wellness. Join us for a short discussion on health and an opportunity to exercise. We will be offering an introduction to Karate with Aoife on September 10, Yoga with Carrie on October 22, Groove Dance with Roni on November 19, and Yoga with Mary on December 17.

September 17 & November 26: 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.

October 1, 8, 15, 29, November 5, 12: Community Kitchen

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

December 3: Getting Kids Involved in the Kitchen

Involving children in the kitchen can spark curiosity, build independence, and make mealtimes easier. Discover fun, simple ways to get children involved in preparing snacks and meals. We will share useful tips to keep them safe, motivated, and excited to help out.

December 10: Navigating Behaviour with Patience and Purpose

Gain some practical tools to handle tough moments calmly and with more confidence. Learn what's going on in your child's brain, discover simple ways to keep your cool, and practice strategies that strengthen connection while setting clear limits.



FALL & WINTER CELEBRATIONS

Join us for some fun season-themed activities!
234 Shakespeare Dr., Stratford

Fall: Friday, October 3, 2025 - 9:30-11:30 a.m

Winter: Friday, December 19, 2025 - 9:30-11:30 a.m

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