

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



## 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.



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

- 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
- Trinity #L4661

### 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



[chances@chancesfamily.ca](mailto:chances@chancesfamily.ca)  
(902) 892-8744



# WINTER 2026



For more information:  
🌐 [www.chancesfamily.ca](http://www.chancesfamily.ca)  
☎ (902) 892-8744  
✉ [chances@chancesfamily.ca](mailto:chances@chancesfamily.ca)  
🌐 CHANCES Family Centre

# 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.

### Monday

Capital Drive (0-6 years)  
9:30-11:30 a.m  
95 Capital Dr., Charlottetown  
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

Upper Prince Street (0-6 years)  
9:30-11:30 a.m  
77 Upper Prince St., Charlottetown

### Thursday

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

### Friday

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

### Pop-Up

Various locations (0-6 years)  
Keep an eye on our website and Facebook page for more information

## SPRING CELEBRATION

Join us for some fun season-themed activities!  
234 Shakespeare Dr., Stratford  
Friday, March 27, 2026 - 9:30-11:30 a.m

# 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



### January 7: 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.

### January 14, February 18, March 25: 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 Yoga with Mary on January 14, Stratford Walking Track on February 18, and Yoga with Carrie on March 25.



### January 21: 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.



### January 28, February 4, 11, 25, March 4, 11: 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.



### March 18: 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.

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](http://www.chancesfamily.ca) or contact us at (902) 892-8744 or [chances@chancesfamily.ca](mailto:chances@chancesfamily.ca)