

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 10:00-11:30 a.m. & 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
- Ferry Road #L4470
- Kensington #L4618
- Mason Road #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
- Crossroads #L4513
- Donagh #L4524
- Ferry Road #L4483
- Kensington #L4488
- Murphy's #L4446
- O'Leary #L4547
- Rustico #L4509
- Valley Street #L4515
- Vernon River #L4506



FALL 2026



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
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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 pm (From Partners to
Parents and Community Kitchen from 5:00-7:30 pm)

Supper and childcare provided



Monday

Upper Prince Street (0-18 months)
9:30-11:30 am and 1:30-3:30 pm
77 Upper Prince St., Charlottetown

Tuesday

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

Wednesday

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

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

Thursday

Immigrant and Refugee Services Association
9:30-11:30 am, biweekly (0-6 years)
49 Water St., Charlottetown (IRSA)

Friday

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

September 9, 16, 23, October 7, 14, 21: From Partners to Parents

Whether you're expecting your first baby or already parenting, this workshop offers practical tools that help you navigate parenthood, strengthen your relationship, improve communication, and develop strong co-parenting strategies. Sessions guided by Gottman-trained staff from Family Service PEI in a supportive setting where couples can learn, practice skills, and work on exercises together privately.

October 28: 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 a yoga class with Carrie on October 28.

November 4, 18 25, December 2, 9, 16: 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.



FALL & WINTER CELEBRATIONS

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

Fall: Friday, October 9, 2026 - 9:30-11:30 a.m

Winter: Friday, December 18, 2026 - 9:30-11:30 a.m

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