

DROP IN PLAY PROGRAMS

Playtime for parents and children from birth to 6 years. Make new friends and discover all sorts of fun things to do together.

Choose the Drop in Play that is best for you.

No registration necessary.

Call 892-8744 to confirm dates and locations.

ST. JEAN SCHOOL

335 Queen Street

Charlottetown

Tuesdays, Wednesdays and Thursdays

9 AM - 11:45 AM

TOWN CENTRE GYM STRATFORD

234 Shakespeare Drive

Every second Friday (starting Sept. 10)

9:30 AM - 11:30 AM

Parents and children birth to 6 years are invited to join us for games, art activities and snacks to celebrate these special times of the year.

Halloween Party

Thursday, October 28 10AM - 1PM

Christmas Party

Thursday December 16 10AM - 1PM

**Murphy's Community Centre
Charlottetown**

CHANCES FAMILY CENTRE

CHANCES Family Centre offers a comprehensive range of programs and services for children from prenatal to age six and their families. This continuum of support includes:

- ◆ Pre and post natal programs
- ◆ Child development and parenting programs
- ◆ In home visiting through the Best Start Program
 - ◆ Smart Start
- ◆ St. Jean's Lic # P502501
- ◆ Prince Street Lic # L4455
- ◆ Two Early Learning Centres
- ◆ Stratford Lic # L4461 and Cornwall Lic # L4470
- ◆ Infant Development Centre, Charlottetown, Lic # L4441
- ◆ Three Smart Play Cornwall After School Programs Lic # 's L4471, L4483 & P51009

www.chancesfamily.ca

CHANCES Family Centre is a community based non-profit organization funded by The Public Health Agency of Canada under the Community Action Program for Children and The Canada Prenatal Nutrition Program, The Province of Prince Edward Island and supported by our many partners.

**16 Brighton Road
Charlottetown, PE C1A 1T4
Tel: (902) 892-8744
Fax: (902) 892-3351**



**FALL
PROGRAMS
2010**

PROGRAMS FOR PARENTS AND CHILDREN

SPECIAL DELIVERY

- ◆ 16 Brighton Road ◆ Charlottetown
- ◆ TUESDAYS 5:30 PM - 7:30 PM

For parents to be... Discover what to expect while you are pregnant, and ways to care for your developing baby and yourself.

BUILDING INCREDIBLE BABIES

- ◆ 16 Brighton Road ◆ Charlottetown
- ◆ WEDNESDAYS 2:00 PM - 3:30 PM

A program for mothers (under 25 years) and babies from birth to 9 months. Meet other parents and children and discover many ways to bring confidence and joy to parenting your new baby.

DAD DAYS

- ◆ 16 Brighton Road ◆ Charlottetown
- ◆ SATURDAYS -

SEPT 25, OCT 23, NOV 20, DEC 11
9:30 AM - 12:00 NOON

For fathers with children birth to age 6 years. Explore your special role in your child's life and get practical tips on parenting.

TO REGISTER FOR ANY OF OUR PROGRAMS

PLEASE CALL 892-8744

OR

EMAIL: chances@chancesfamily.ca

MONDAY WORKSHOPS

ALL SESSIONS WILL BE HELD AT:
MURPHY'S COMMUNITY CENTRE
200 RICHMOND ST, CHARLOTTETOWN
9:15AM - 11:45AM



RAISING YOUR SPIRITED CHILD (4 parts)

Sept 13, 20, 27 and Oct 4

The spirited child can be more intense, sensitive persistent and uncomfortable with change than some other children. Based on the book by Mary Sheedy Kurcinka, this program offers proven strategies for parenting your spirited child.

MAD ABOUT YOU (4 parts)

Nov 15, 22, 29 and Dec 6

Parenting is one of the most challenging jobs you will ever do. Learn ways to cope with frustration and anger and find more joy and less stress in your family life.

WONDER YEARS (2 parts)

Oct 18, Nov 1

Help your child to successfully negotiate the major developmental milestones. Bring confidence and fun to parenting your toddler.
(For parents with children aged 7 months to 2 years.)

FRIDAY WORKSHOPS

TOILET LEARNING

Sept 17

Is your child ready to learn this important skill? Get info and practical tips about the ups and downs of this significant stage.

ACTIVATE YOUR FAMILY

Fall Fun

Oct 1, Dec 10

Being active is an important part of keeping your family healthy and happy during the fall and winter seasons. Get fun ideas and games for use indoors and out.

(For parents and their children 2 to 6 years.)



CAR SEAT SAFETY

Nov 12

Keep your children safe by learning about different car seats and booster seats. This hands on information session will help you make the right choices for your family.

COMMUNICATING EFFECTIVELY

WITH YOUR CHILD

Nov 26

Learn tips and proven strategies for answering questions and encouraging your children to talk and learn to listen.