

# THE COMMONS PROGRAM CALENDAR

## APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Good Friday The Commons is closed	3
5 Easter Monday. The Commons is closed	6 Terrific Tuesdays 10 - 11am	7 Nurturing Parenting 1:30 – 3pm	8 Rhymes & Songs (2-4 yrs) 10 – 10:45am	9	10
12 Storytime 10-10:30am  Youth Night 5 -6pm	13 Terrific Tuesdays 10 - 11am  Rhymes & Songs (0- 2 yrs) 11:30 AM – 12:30pm  Spring Craft 4:15 – 5:15pm	14 Nurturing Parenting 1:30 – 3pm	15 Rhymes & Songs (2-4 yrs) 10 – 10:45am  Good Deeds/Dua calendar (Ramadan program) 6:30—7:30pm	16 Show and Tell 10:00 – 11:00am	17
19 Storytime 10-10:30am	20 Terrific Tuesdays 10 - 11am  Rhymes & Songs (0- 2 yrs) 11:30 AM – 12:30pm  Stress! I can handle it 4:15 – 5:15pm	21 Little Learners 11-12pm  Nurturing Parenting 1:30 – 3pm  Little Learners 1-2pm	22 Rhymes & Songs (2-4 yrs) 10 – 10:45am  Infant Feeding Workshop 10 – 11:30 AM  Ramadan Storytime 6:30- 7:30pm	23	24
26 Storytime 10-10:30am	27 Terrific Tuesdays 10 - 11am  Rhymes & Songs (0- 2 yrs) 11:30 AM – 12:30pm  Stress! I can handle it 4:15 – 5:15pm	28 Little Learners 11-12pm  Nurturing Parenting 1:30 – 3pm  Little Learners 1-2pm	29 NO Rhymes & Songs  Ramadan craft 6:30- 7:30pm	30 Show and Tell 10:00 – 11:00 AM  Parent Connect Night 5 – 6pm	

## The Commons Family Resource Network

We provide a wide spectrum of prevention to intensive services for families with children ages 0 to 18, at no cost.

Suite #3217, 150 Millrise Blvd. SW Calgary

[millrisefrn@growwithtrellis.ca](mailto:millrisefrn@growwithtrellis.ca)

<https://www.growwithtrellis.ca/locations-and-contact/trellis-commons-southwest-calgary>

Intake and Registration: Shelina Bata [Sbata@growwithtrellis.ca](mailto:Sbata@growwithtrellis.ca) 403.689.1403

## VIRTUAL GROUPS/ONE-ON-ONE

**TRIPLE P PARENTING:** Triple P parenting programs provide parents with positive parenting strategies to raise happy, confident kids

**CIRCLE OF SECURITY PARENTING:** Circle of Security Parenting program is founded on the principles of secure attachment. Relationships with caregivers are a protective factor for infants and preschoolers. This program supports the setting of the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems.

**NURTURING PARENTING:** The Nurturing Parenting Programs are a *family-centered trauma-informed* initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices.

**RHYMES AND SONGS:** For Caregivers with children up to 5 years old join us to sing and learn rhymes to enjoy at home!

**STORY TIME:** For caregivers with children up to 5 years old. Virtual story time with stories, songs, and puppets

**TERRIFIC TUESDAYS:** Fun activities for Preschoolers with a caregiver.

**LITTLE LEARNERS:** Kindergarten readiness program for caregivers with their children 3-5 years old

**STRESS? I CAN HANDLE IT!:** For caregivers and children ages 6-12 to attend and learn stress skills together virtually!

**YOUTH NIGHT:** Social connection program for youths 13 to 18 years old

**PARENT CONNECT NIGHT:** A time for discussion, connection, and collective learning amongst parent of children 6 to 18 years old

## SPOKE PARTNERS

[Calgary Immigrant Women's Association](#) (CIWA) - Home Visitation (Children ages 0-6)

[Catholic Family Services](#) - Rapid Access Counselling

[Big Brother Big Sisters](#) - Youth Mentoring