

## **Families Matter**

**(403) 205-5178**

- Community-based family resource centre offering free drop-in programs for families with children 0 to 6.
- Service offers:
  - support from trained staff on parenting issues, child development and community resources
  - an opportunity to gain skills and strategies for dealing positively with development and behavioral concerns
  - family activities including structured and unstructured games and crafts
  - educational sessions for parents
  - opportunities for parents to speak with staff and other families about parenting and life challenges
  - resource information and reading material
  - evening and weekend programming
- **Note:**
  - Some programs are fully subsidized