

**Families Matter**  
**(403) 205-5178**

<http://familiesmatter.ca>

158,1440 52<sup>nd</sup> St NE

- Free Drop-in and Play program (children under 5)
- Parenting courses offered throughout the year
- Counseling for post-partum depression
- Sliding scale/subsidies available for low income families
- In-home parenting support program
  - Agency or self-referral
  - Proof of income required

**Calgary Immigrant Women's Association**  
**(403) 263-4414**

<http://www.ciwa-online.com>

200, 138 4<sup>th</sup> Ave SE

- Cross-cultural parenting program
- Educational programs for parents of children 0-6 and teenagers
- Available for all immigrant parents and grandparents including Canadian citizens experiencing language and cultural barriers
- Various locations around the city
- Free childcare and first language support available

**Further Education Society of Alberta and Literacy and Parenting Skills**

**(403)-250-5034**

100, 5421 11<sup>th</sup> St NE

- Multiple curriculums offered with specializations (Aboriginal, ESL, financial literacy, new moms, etc.)
- Drop ins accepted but registration encouraged
- All classes are free

**CUPS**

**(403)-221-8799**

<http://cupscalgary.com/parent-education/>

100, 5421 11<sup>th</sup> St NE

- Free Parenting Programs
- For families with children 0-5
- Family Resource Centre on premises that can provide referrals
- Proof of income required

**Heart of South Calgary Family Resource Centre**

**(403)-452-1124**

<http://www.aspenfamily.org>

3217, 150 Millrise Blvd SW

- For families with children 0-18
- Programs include parent education, family support and child development
- Information and referrals also available
- Self-referrals or agency referrals are accepted
- Must be living in a south community of Calgary
- Walk-in or call to make an appointment

**Barbara Mitchell Family Resource Centre**

**(403)-930-2700**

1731 29<sup>th</sup> St SW

- No referral required
- Free parent, baby, toddler and family programs
  - Baby Song
  - Toddler Time
  - Tiny Tales
  - Family Fridays
  - Come and Play
- Access to free fitness room
- Free ESL classes (Mon, Tues, Wed)

**We Connect You**

**(403) 275-6668**

[www.weconnectyou.ca](http://www.weconnectyou.ca)

520 78<sup>th</sup> Ave NW

- Parent Link centre
- Single parent support program
- Resources, referrals and information
- Agency and self-referrals accepted
- Workshops and individual support

**City of Calgary Recreation**

**Afterschool Program**

**For more information call: 311**

[www.calgary.ca](http://www.calgary.ca)

- Open to all Calgary children/youth ages 6-16
- After school hours 3-6pm
- Supervised by trained staff
- Programs and activities catered to needs and interests

**YWCA: Parent Link Corridor**

**(403) 262-0497**

[www.ywcaofcalgary.com](http://www.ywcaofcalgary.com)

320 5<sup>th</sup> Ave SE

- Child development and care services
- Parenting seminars, workshops and one on one services
- Children's development checkups
- Family wellness and community referrals
- All services are free

**AHS Childbirth and Perinatal Education**

**(403) 403-955-1450**

[www.birthandbabies.com](http://www.birthandbabies.com)

4715 8<sup>th</sup> Ave SE

- Weekly parenting classes
- For expectant and new families
- Free online resources available
- Most classes have a nominal fee (Subsidies available)