

Guided by Native cultural values and traditional teachings, we provide high quality, comprehensive, accessible, community based programs that comply with province wide standards of excellence and respond to the changing needs of parents and families.

## PROGRAMS/INFORMATION

### Referrals and Family Support

Available Monday to Friday. Contact one of our Wellness Workers for more information.

### Tea & Social Drop-In Program

Drop by anytime and meet other parents, share experiences and build new friendships.

### Grandmother Turtle EVERY MONDAY @ 11AM!

ALSO: Grandmother Turtle every Monday @ 11am Awo Taan Parent Link Centre

**GRANDMOTHER TURTLE IS NOW AT NORTH OF MCKNIGHT COMMUNITY RESOURCE CENTRE**

**EVERY TUESDAY @ 9:00AM (95 Falshire Drive N.E.)**

### Parents & Tots Free Play Time

Children's playroom with toys, books & games available with Parental supervision.

### Adult Computer Access Program

Computer, fax and telephone for parents when needed daily between 10am and 4pm.

### Toy, Book & Adult Lending Library

Available daily from 10:00-4:00. Just ask receptionist for assistance.

### GOOD FOOD BOX Large \$25 - Medium \$20 - Small \$15

ORDER WITH PAYMENT BY: September 14, 2009

PICK UP: September 23, 2009

### TRIPLE 'P' Positive Parenting Program

One on one or group sessions available. Call our certified facilitators to set up a session or for more information.

Rachel Gallant (403) 531-1880 Ext. 203 - [rachelg@awotaan.org](mailto:rachelg@awotaan.org)

Tamara Hunt Dallaire (403) 531-1880 Ext. 204 - [tamarah@awotaan.org](mailto:tamarah@awotaan.org)

### Family Violence Prevention Program

@ North of McKnight

Call Vinnett @ (403) 293-0424

### YOUTH & FAMILY SUPPORT

Fall 2009

CONNECTING WITH YOUTH & FAMILIES - COME JOIN US!

We provide a variety of events and activities for youth and families at various Community Resource Centres in the Calgary Area.

After school & evening activities, Aboriginal awareness, movie nights, anti-bullying, family violence prevention, family feasts, and recreational activities.

Monthly calendar of events available!

FOR MORE INFORMATION CONTACT ONE OF OUR AWO TAAN YOUTH & FAMILY SUPPORT WORKERS

**Bonita Quaw (403) 531-1970 Ext. 216 - [bonitaq@awotaan.org](mailto:bonitaq@awotaan.org)**

**Lawrence Gervais (403) 531-1970 Ext. 217 - [lawrenceq@awotaan.org](mailto:lawrenceq@awotaan.org)**

### A.L.A.P.S

**Aboriginal Literacy and Parenting Skills program. Fall programming starts September 22, 2009!**

Contact James Sargent (403) 531-1880 Ext. 210 - [james@awotaan.org](mailto:james@awotaan.org)

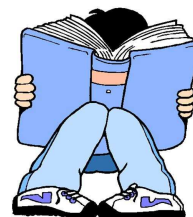
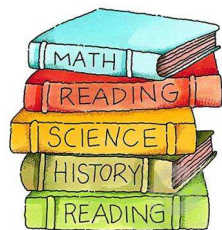
### HEALING CIRCLES - come join, discuss, learn and grow

We offer healing circles for men @ 10am and for women @ 1:30pm every Wednesday

Free lunch at 12pm

### Tiny Tots Powwow is coming in November!!

Do you need help with your child's dance outfit? Would you like to make one? Please call or come in to find out how you can make powwow dance outfit for your child, or update an existing one. We have sewing machines, materials and can help create.



## What will your child learn in preschool? The list is almost

**Socially**, she will begin learning to share not only toys, but also conversation, teachers' laps, and snacks. She will learn to resolve conflicts with other children; how and when to stand up for herself; and when to yield to another.

**Emotionally**, his self-esteem will grow as he is encouraged to do things for himself, from making decisions to setting his place for lunch.

**Physically**, she'll sharpen fine-motor skills such as cutting, pasting, stapling, taping, and painting on a daily basis. She'll practice gross-motor skills such as running and throwing outdoors.

**Intellectually**, the skills he'll learn are amazing. **Opportunities** to develop math and science skills such as matching, sorting, measuring, observing, and hypothesizing will abound. His **imagination** will grow through make-believe (dramatic) play. **Language skills** will grow through conversations with friends and teachers. Early **reading** and **writing** skills will develop as he looks at books, paints at the easel, writes letters to his friends, and has countless other experiences with print.

From *Everything You Always Wanted to Know About Preschool but Didn't Know Whom to Ask* by Ellen Booth Church. © 1996 by Scholastic Inc.

