



Parenting Groups & Learning Opportunities

English Conversation Circles is a course to practice, learn, and build confidence in English language skills in a safe and supportive environment.

The goal of the program is to increase the potential for people to utilize the resources and opportunities available within their communities, while increasing the social networks available.

Empower U is a financial literacy program, with the opportunity for matched savings.

Matched savings means that every dollar saved by you, generates two dollars in matched funds from ATB Financial.

Matched funds can only be used to improve your financial situation, including education, employability, or housing stability.

Positive Parenting Program (Triple P) gives parents simple and practical strategies to build strong, healthy relationships, confidently manage their children's behavior, and prevent problems from developing.

Parenting in 2 Cultures: is a conversation group about being a parent in Canada.

Meet other parents and learn to build strong relationships with your children.

Parent Group is a time for parents to meet, share information and talk about issues that are important to them, benefiting from mutual peer support and feedback.

Parents are involved in planning the topics of conversation with staff.

Topics presented by the facilitator and guest speakers focus on healthy stable family development, including:

- Life skill issues
 - self-care
 - effective communication
 - assertive problem solving.
- Child development topics
 - Nutrition
 - Attachment
 - children's emotional, mental, and physical well-being.

The parent group is a non-judgmental accepting environment for parents to freely express their views, perspectives, struggles and successes regarding the parenting experience.