



| SUN  | MON                                 | TUE   | WED   | THU  | FRI   | SAT   |
|--|-------------------------------------|---|---|--|---|---|
|  |                                     |   |   | <b>1 Speech Pathologist</b><br>10:30am-12:00pm (RR)<br><b>Indigenous Parenting (RR)</b><br>10:00am-12:00pm<br><b>Homework Club (RR)</b><br>4pm-6pm   | <b>2 Play &amp; Learn (RR)</b><br>10:00am-12:00pm                     | <b>3</b>  |
| <b>4</b>   | <b>5</b>                            | <b>6 Gym &amp; Sing (RR)</b><br>9am-11am<br><br><b>Snack &amp; Chat (RR)</b><br>4pm-6pm | <b>7 PCMG (RR)</b><br>10:00am-11:00am   | <b>8 Music &amp; Movement</b><br>9:30am-10:30am (RR)<br><b>Indigenous Parenting (RR)</b><br>10:00am-12:00pm<br><b>Positive Life Skills (RR)</b><br>11:00am-12:00pm<br><b>Homework Club (RR)</b><br>4pm-6pm | <b>9 Play &amp; Learn (RR)</b><br>10:00am-12:00pm                     | <b>10 Family Valentines Party (RR)</b><br>10:00am-12:00pm |
| <b>11</b><br><br> | <b>12</b>                           | <b>13 Gym &amp; Sing (RR)</b><br>9am-11am<br><b>Snack &amp; Chat (RR)</b><br>4pm-6pm    | <b>14 PCMG (RR)</b><br>10:00am-11:00am<br><b>Couple's Night Out (RR)</b><br>6:00pm-7:30pm | <b>15 Music &amp; Movement</b><br>9:30am-10:30am (RR)<br><b>Indigenous Parenting (RR)</b><br>10:00am-12:00pm<br><b>Positive Life Skills (RR)</b><br>11:00am-12:00pm  | <b>16 Play &amp; Learn (RR)</b><br>10:00am-12:00pm                    | <b>17</b>   |
| <b>18</b>  | <b>19 Family Day</b><br>HOSC Closed | <b>20 Gym &amp; Sing (RR)</b><br>9am-11am<br><b>Snack &amp; Chat (RR)</b><br>4pm-6pm    | <b>21 PCMG (RR)</b><br>10:00am-11:00am  | <b>22 Music &amp; Movement</b><br>9:30am-10:30am (RR)<br><b>Indigenous Parenting (RR)</b><br>10:00am-12:00pm<br><b>Homework Club (RR)</b><br>4pm-6pm   | <b>23 Drop in Play at South Health Campus (DI)</b><br>10:00am-11:30am | <b>24</b>   |
| <b>25</b>  | <b>26</b>                           | <b>27 Gym &amp; Sing (RR)</b><br>9am-11am<br><b>Snack &amp; Chat (RR)</b><br>4pm-6pm    | <b>28 PCMG (RR)</b><br>10:00am-11:00am<br><b>Mom's Night Out (RR)</b><br>6:00pm-7:30pm    |  |   |   |

**HEART OF SOUTH CALGARY Family Centre**  
 Serving families with children ages 0-18 years.

**HOURS**

Mon: 8:30am-12:00pm  
 Tues: 8:30am-4:30pm  
 Weds: 8:30am-8:00pm  
 Thurs: 8:30am-4:30pm  
 Fri: 8:30am-4:30pm

**FIND US**

Millrise Station  
 2nd Floor  
 Suite #3217  
 150 Millrise Boulevard SW

**INQUIRIES**

Main: 403-452-1124  
 HOSC@aspenfamily.org

PLEASE FLIP OVER FOR MORE INFORMATION

## Children's Programs (0-12 years)

- ⇒ PAL Play and Learn (0-6 years): Parent and child program runs Jan.-Feb.: Join us for activities such as story time, sensory activities, creative art activities and special events.  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or call 403-452-1124
- ⇒ Gym and Sing: (18 months-5 years): Program runs Jan.-Feb. Play in the gym with your child and listen to different kinds of music, move and follow instructions. Priority will be given to residents of the Deer Run Community. Please inquire about additional space.  
**Location: Deer Run Community Association 2223 146 Ave SE.**  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Baby and Toddler Parent Child Mother Goose (0-17 months): Program runs Jan.-Feb. Learn songs, rhymes and finger plays to do with your child.  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Music and Movement (2-5 years) Program runs Jan.-Feb. This is a parent and child program to teach children to listen to different types of music, move and follow instructions.  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Speech Pathologist: Do you have questions about your child's speech? Do you wonder if your child's speech is developing age appropriately?  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Family Valentines Party: Families with children ages 2-12 years, join us for a morning of card making and crafts as well as a special snack.  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124

## Youth Programs (12-18 years)

- ⇒ Homework Club: Need help with homework? What to learn how to study? Come to our Homework Club and get support with assignments, projects, test and improve your study skills.  
**Location: 342 Deerpoint Gardens SE**  
REGISTRATION REQUIRED: Anna at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Snack & Chat: Are you a high school student looking to make new friends? Discuss current events or other hot topics? Join us at MO's Place  
**Location: 6901 20A St. SE.**  
INFORMATION CONTACT: Anna at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124

## Parent Programs

- ⇒ Indigenous Parenting: In partnership with the Further Education Society, an Indigenous parenting program that focuses on tradition and culture.  
**Location: 342 Deerpoint Gardens SE**  
REGISTRATION REQUIRED: Anna at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Positive Life Skills: Embracing a culture of mental and physical wellness, that enhances quality of life. This program focuses on healthy choices and healthy living. Snacks and childcare available.  
REGISTRATION REQUIRED Ngozi at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Couples Night Out: Dessert and conversation about the 5 love languages. Limited space available for children who can play independently in the playroom.  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124
- ⇒ Mom's Night Out: Vision boards, an artistic representation of what you hope to manifest in your life (no children).  
REGISTRATION REQUIRED: Dorothy at [hosc@aspenfamily.org](mailto:hosc@aspenfamily.org) or 403-452-1124

***HOSC will be collecting gently used winter clothing for The Hub during the month of February, please feel free to drop-off items at HOSC.***