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1	2 Easter Monday HOSC Closed	3 No Gym & Sing this day Snack & Chat (RR) 4pm - 6pm	4 NO PCMG this day Be a Great Dad (RR) 6pm - 8:30pm	5 Music & Movement (RR) 9:30am -10:30am Life Skills Program (DI) 11am -12pm Homework Club (RR) 4pm - 6pm	6 Play & Learn (RR) 10:00am -12:00pm	7
8	9 Literacy & Volunteering (RR) 10am -12pm	10 Gym & Sing (RR) 9am-11am Indigenous Parenting (RR) 10am - 12pm Snack & Chat (RR) 4pm-6pm	11 PCMG (RR) 10am -11am Be a Great Dad (RR) 6pm - 8:30pm	12 Music & Movement (RR) 9:30am -10:30am Life Skills Program (DI) 11am -12pm Homework Club (RR) 4pm - 6pm	13 Play & Learn (RR) 10:00am -12:00pm	14
15	16 Literacy & Volunteering (RR) 10am -12pm	17 Gym & Sing (RR) 9am -11am Indigenous Parenting (RR) 10am - 12pm	18 PCMG (RR) 10am -11am Be a Great Dad (RR) 6pm - 8:30pm	19 Music & Movement (RR) 9:30am -10:30am Life Skills Program (DI) 11am-12pm Homework Club (RR) 4pm - 6pm	20 Play & Learn (RR) 10:00am - 12:00pm	21 Movie & Playtime (RR) 10am - 12pm
22	23 Literacy & Volunteering (RR) 10am - 12pm	24 Gym & Sing (RR) 9am-11am Indigenous Parenting (RR) 10am - 12pm	25 PCMG (RR) 10am -11am Be a Great Dad (RR) 6pm - 8:30pm	26 Music & Movement (RR) 9:30am -10:30am Life Skills Program (DI) Homework Club (RR) 4pm - 6pm	27 Drop in Play at South Health Campus (DI) 10am - 11:30am	28
29	30					

RR= Registration Required
DI= Drop In (no need to register)

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-4:30pm
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

Program Description

Children's Programs (0-12 years)

- ⇒ Music and Movement (2-5 years). Program runs March - April. This is a parent and child program to teach children to listen to different types of music, moves and follow instructions.
REGISTRATION REQUIRED: Dorothy at hosc@aspenfamily.org or 403-452-1124
- ⇒ PAL Play and Learn (0-6 years). Parent and child program runs March - April. Join us for activities such as story time, sensory activities, creative art activities, and special events
REGISTRATION REQUIRED: Dorothy at hosc@aspenfamily.org or 403-452-1124
- ⇒ Drop in play at South Calgary Health Campus Wellness Centre: Story and play time, last Friday of every month.
Location: 4448 Front St SE
- ⇒ Baby and Toddler parent Child Mother Goose (0 - 17 months). Program runs March - April. Learn songs, rhymes and finger plays to do with your child
REGISTRATION REQUIRED: Dorothy at hosc@aspenfamily.org or 403-452-1124
- ⇒ Gym and Sing: (18 months - 5 years): Program runs March - April. Play in the gym with your child and listen to different kinds of music, moves, 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 or 403-452-1124
- ⇒ Movie and Playtime: Kid friendly movie and popcorn for children 2 - 12 years. Playroom and snacks available.
REGISTRATION REQUIRED: Dorothy at 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: Tut at tphot@aspenfamily.org or 403-219-3477
- ⇒ 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 or 403-452-1124

Parent Programs

- ⇒ 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. Child minding, snacks and bus tickets available.
DROP IN, NO REGISTRATION REQUIRED
- ⇒ Indigenous Parenting. Program runs April - May. Don't miss this wonderful opportunity to learn Indigenous parenting tips, and culture directly from Indigenous Elders.
REGISTRATION REQUIRED: Ngozi at hosc@aspenfamily.org or 403-452-1124
- ⇒ Be a Great Dad: Program runs March - May. A great opportunity for fathers to enhance skills in communication with their kids, positive role modelling and discipline for children.
REGISTRATION REQUIRED: Call 403-205-5178 or go on online to www.familiesmatter.ca to register
- ⇒ Literacy and Volunteering: Program runs April - June. Improve your knowledge, skills and develop volunteer experience.
REGISTRATION REQUIRED: Faraz@immigrantservicescalgary.ca or 403-966-6509