





















# CUPS Programming – April 2018

CUPS 1001-10 Ave. S.W. Info: 403-221-8780 **Child care, lunch and bus tickets are available for most programs.** Please register at the reception area on the main floor.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Nurturing Parenting Workshop – Philosophy &amp; Principles of Nurturing Parenting (Shannon) Rm 214 10:00-12:00</p>	<p><b>3</b> NPP Group #5 (Bonnie &amp; Becca) Rm 214 10:00-2:30</p> <p>Parent/Child Fun Time FDC 11:00-12:00</p> <p>ADHD Group Rm 228 10:00-12:00</p> <p>Aboriginal Friendship Centre Rm 12 10:00-12:00</p>	<p><b>4</b> Student Legal Assistance Rm 12 9:00-11:00</p> <p>NPP GROUP #7 (Holly) Rm 228 &amp; FDC 10:00-2:30</p> <p>Relaxation Group (Primary Health Clinic) Rm 228 1:00-2:00</p> <p>Come Sew With Us (Mary &amp; Bonnie) Rm 214 1:00-3:00</p>	<p><b>5</b> Best Beginning (Normal or Not) Fernandez Rm 10:30-12:00</p> <p>Indigenous Parent Chat Rm 214 1:00-2:30</p> <p>Nurturing Parenting – Praising Children &amp; their Behavior (Holly) Lang Boardroom 5:30-8:00</p> <p>FibroScan Day Primary Health Clinic 8:30-12:00 and 1:00-3:30</p>	<p><b>6</b> Red Cross CPR/AED Training Fernandez Rm 9:30-2:30</p>  <p>DENTAL EXTRACTION CLINIC 1:00-4:00</p> 
<p><b>9</b> Nurturing Parenting Workshop – Ages &amp; Stages (Shannon) Rm 214 10:00-12:00</p>  <p>Nurturing Father Figures – Introduction (Chelsea) Lang Boardroom 5:30-8:00</p>	<p><b>10</b> NPP Group #6 (Bonnie &amp; Becca) Rm 214 10:00-2:30</p> <p>Parent/Child Fun Time FDC 11:00-12:00</p> <p>ADHD Group Rm 228 10:00-12:00</p> <p>Aboriginal Friendship Centre Rm 12 10:00-12:00</p> <p>Calgary Legal Guidance Rm 12 1:30-4:00</p>	<p><b>11</b> NPP GROUP # 8 (Holly) Rm 228 &amp; FDC 10:00-2:30</p> <p>Nobody's Perfect 1 &amp; 2 Rm 214 10:30-12:00 and 1:00-2:30</p> <p>Hep C Support Group Lang Boardroom 12:00-1:00</p> <p>Relaxation Group (Primary Health Clinic) Rm 228 1:00-2:00</p>	<p><b>12</b> Best Beginning (Breast Feeding I) Fernandez Rm 10:30-12:00</p>  <p>Nobody's Perfect 3 &amp; 4 Rm 214 10:30-12:00 and Lang Boardroom 1:00-2:30</p> <p>Nurturing Parenting – Alternatives to Spanking (Holly) Lang Boardroom 5:30-8:00</p>	<p><b>13</b></p>  <p>Nobody's Perfect 5 &amp; 6 Rm 214 10:30-12:00 and 1:00-2:30</p> <p>DENTAL EXTRACTION CLINIC 1:00 – 4:00</p> 
<p><b>16</b> Nurturing Parenting Workshop – Brain Development in Children &amp; Teens (Shannon) Rm 214 10:00-12:00</p>  <p>Nurturing Father Figures – Value of Dads (Chelsea) Lang Boardroom 5:00-8:00</p>	<p><b>17</b> NPP Group #7 (Bonnie &amp; Becca) Rm 214 10:00-2:30</p> <p>Parent/Child Fun Time FDC 11:00-12:00</p> <p>ADHD Group Rm 228 10:00-12:00</p> <p>Aboriginal Friendship Centre Rm 12 10:00-12:00</p>	<p><b>18</b> NPP GROUP # 9 (Holly) Rm 228 &amp; FDC 10:00-2:30</p> <p>Relaxation Group (Primary Health Clinic) Rm 228 1:00-2:00</p>  <p>Come Sew With Us (Mary &amp; Bonnie) Rm 214 1:00-3:00</p> 	<p><b>19</b> Best Beginning (Breast Feeding II) Fernandez Rm 10:30-12:00</p> <p>Hep C Women's Group Rm 228 11:30-1:00</p> <p>Nurturing Parenting – Dealing with Stress &amp; Anger (Holly) Lang Boardroom 5:30-8:00</p>	<p><b>20</b> DENTAL EXTRACTION CLINIC 1:00-4:00</p> 
<p><b>23</b> Nurturing Parenting Workshop – Communicating with Respect (Shannon) Rm 214 10:00-12:00</p>  <p>Nurturing Father Figures – Brain Development (Chelsea) Lang Boardroom 5:30-8:00</p>	<p><b>24</b> NPP Group #8 (Bonnie &amp; Becca) Rm 214 10:00-2:30</p> <p>Parent/Child Fun Time FDC 11:00-12:00</p> <p>ADHD Group Rm 228 10:00-12:00</p> <p>Aboriginal Friendship Centre Rm 12 10:00-12:00</p> 	<p><b>25</b> NPP GROUP #10 (Holly) Rm 228 &amp; FDC 10:00-2:30</p> <p>Hep C Support Group Lang Boardroom 12:00-1:00</p> <p>Relaxation Group (Primary Health Clinic) Rm 228 1:00-2:00</p>	<p><b>26</b> Best Beginning (Enhancing Food Bank Foods) Fernandez Rm 10:30-12:00</p>  <p>Nurturing Parenting – Philosophy &amp; Principles of Nurturing Parenting (Holly) Lang Boardroom 5:30-8:00</p>	<p><b>27</b> DENTAL EXTRACTION CLINIC 1:00-4:00</p> 
<p><b>30</b> Nurturing Parenting Workshop – Building Self-Worth in Children (Shannon) Rm 214 10:00-12:00</p>  <p>Nurturing Father Figures – Resiliency Rm 214 5:30-8:00</p>		<p><b>TAX Help</b></p>  <p>will be available again first-come, first-served on the following <b>Thursdays:</b> <b>April 5, 12, 19 &amp; 26</b> from <b>9-1:00 &amp; 4:30-8</b></p> <p><b>Note:</b> Please plan time to first complete your CUPS intake.</p>		

CUPS is Closed Saturday and Sunday



# CUPS Programming – April 2018

**CUPS 1001-10 Ave. S.W.** Info: 403-221-8780 **Child care, lunch and bus tickets are available for most programs.** Please register at the reception area on the main floor.

CUPS Education programs build the brain architecture of our children and parents. We provide support to families and focus on the relationship between a parent and child. Building a child's brain is like building a house; stable and supportive relationships lay the foundation for a healthy life.

**Nurturing Parenting Program (NP):** Register Completion of the NPP strengthens your relationships as you learn and practice nurturing parenting principles. Parents play a unique role in their child's brain development that lasts a lifetime. Nurturing Parenting is offered in a variety of formats:

- **16 group sessions:** (Tuesdays or Wednesdays) Meet other parents and learn the Nurturing Parenting principles in once a week sessions. Home visit support is available from your facilitator.
- **One-on-one in-home sessions:** Set up a personalized Nurturing Parenting program to meet specific goals for your family with an in-home coach. Includes access to a Child Development Specialist.
- **Nurturing Parenting Workshops:** Learn the basics of Nurturing Parenting in any, or all, of 10 weekly sessions. Thursday evenings from 5:30-8:00 (includes supper) or Monday mornings from 10:00-12:00.
- **Nurturing Father Figures:** Join this free 16-week program to learn how to be a healthy father figure and support the children in your life.

**ADHD Group:** Skills and support group for ADHD, contact Julie M. (403-221-8784), if interested.

**Baby and You:** A fun and informative 4-week series for new parents and babies under 12 months. These classes can help you better understand your baby and your family. Parents play an important role in their baby's brain development – it will last a lifetime! Free baby photos for participants.

**Best Beginning:** Drop-in to this ongoing Alberta Health Services program for expecting families.

**Emergency CPR/AED:** Register for this four-hour Red Cross course **April 6th** from **9:30-2:30**. Gain skills, knowledge and confidence to prevent injuries and respond to emergencies. Must have completed a recent CUPS Intake to register.

**Come Sew with Us:** Register Join Mary and Bonnie for an opportunity to use the CUPS sewing machines to make a simple sewing project or to do your mending. Space is limited to 5 sewing machines and/or child care spaces.

**Indigenous Parent Chat:** Explore Indigenous culture and traditions with Lois and Judy from the Further Education Society while building parenting/literacy skills.

**Infant Massage:** Register to learn how to massage your baby. Massage helps babies relax, fall asleep easier, and grow emotionally and physically. It does wonders for your relationship! We have dolls for you to practice the techniques on if your baby hasn't arrived yet.

**Nobody's Perfect:** Register Caregivers can make a difference in a child's life! Come out to this basic parenting class for parents with children under 5 to learn how to strengthen their parenting skills! This course covers ages and stages, discipline, health, safety, and parent self-care. Next two programs: **April 12, 13 & 14** and **May 23, 24 & 25**.

**Parent/Child Fun Time:** Drop-in and join Sarah from CanLearn Society for stories, songs and crafts with your child.

**Relaxation Group:** Drop-in (Beginner) Come learn and practice a variety of relaxation techniques with Julie M., Justin and guests from the Primary Health Clinic.

## **Non-group services:**

**Aboriginal Friendship Centre:** Drop-in to participate in smudging and to connect with Sid to find services and advocacy specifically for Indigenous persons. This is available in the lower level from 10:00-12:00 on Tuesdays.

**Calgary Legal Guidance:** Drop-in Meet with Gabriel Chen from Calgary Legal Guidance (CLG) about legal issues. Call CUPS Housing at 403-717-0922 for more information.

**Dental Extraction Clinic:** Fridays 1:00-4:00; Must see a nurse in the main clinic to get an appointment to access this service. Must be 18 years and over. Must have no other coverage for dental care.

**Student Legal Assistance:** Drop-in from 9:00-11:00 at CUPS (lower level). U of C Law students can answer questions and represent you in matters concerning civil claims, tenant/landlord issues, criminal, traffic and family courts. Resumes in May.

**Tax Help:** Help will be available at CUPS on **April 5, 12, 19 & 26** from **9:00-1:00** and **4:30-8:00** (doors lock at 6:30).

**Women's Health Clinic:** Walk-ins 8:00-8:30 Monday, Tuesday, or Thursday. After the first visit, appointments can be made in-person or by phone at 403-221-8790.

**Primary Health Clinic:** Walk-ins 8:00-10:00 Monday to Friday. After the first visit, appointments can be made in-person or by phone at 403-221-8797.

- **Hepatitis C Clinic:** Walk-ins 8:30-2:00 Thursdays. Hepatitis C/Cirrhosis/Liver Disease education and treatment planning for new patients; Hep C open support group meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesday; Women's group meets 3<sup>rd</sup> Thursday.
- **FibroScan Day:** Drop-in If you have any liver troubles or if you think you might have caused your liver some stress, stop in and find out! 8:30-12:00 and 1:00-3:30 on the first Thursday of every month.