



# CUPS Programming – November 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 Central Intake on the 2<sup>nd</sup> floor.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>FibroScan Day</b> (Liver Health Scan) Health Clinic 8:30-12:00 & 1:00-3:30 <b>Best Beginning</b> (Momentum) Fernandez Rm 10:30-12 <b>Creative Studio (Linda) –</b> <b>Room 228 1-3:00</b> <b>Nurturing Parenting –</b> <b>Praising Children (Holly &amp;</b> <b>Julie)</b> Lang Boardroom 5:30- 8:00	<b>2</b> <b>DENTAL EXTRACTION</b> <b>CLINIC: 1pm-4pm</b> 
<b>5</b> <b>Nurturing Parenting</b> <b>Workshop –</b> <b>Communicating with</b> <b>Respect</b> (Shannon) Rm 214 10:00-12:00  <b>Come Sew with Us</b> (Mary) Room 214 1:00-3:00  <b>Nurturing Father Figures -</b> (Chelsea) 5:00-7:30	<b>6</b> <b>Nurturing Parent 18</b> <b>Week Group</b> (Holly and Michelle) Rm 214- 10:00-2:30  	<b>7</b> <b>Student Legal Assistance</b> 9:00-11:00 Room 012 <b>Nurturing Parent 18 Week</b> <b>Group</b> (Shannon and Chelsea) Rm 214- 10:00-2:30 <b>Parent/Child Fun Time</b> FDC – 1:00 -2:00 <b>Relaxation Group</b> (Primary Health Clinic) Room 228 1:00-2:00	<b>8</b> <b>Best Beginning</b> (Building a Healthy Baby) Fernandez Rm 10:30-12   <b>Creative Studio (Linda) –</b> <b>Room 228 1-3:00</b>  <b>Nurturing Parenting –</b> <b>Alternatives to Spanking</b> (Holly & Julie) Lang Boardroom 5:30-8:00	<b>9</b> <b>DENTAL EXTRACTION</b> <b>CLINIC: 1pm-4pm</b> 
<b>12</b> <b>CUPS</b> <b>CLOSED</b> <b>In Lieu of</b> <b>Remembrance</b> <b>Day</b>  	<b>13</b> <b>Nurturing Parent 18</b> <b>Week Group</b> (Holly and Michelle) Rm 214- 10:00-2:30  <b>ADHD Group</b> 10-12:00 Rm 228  	<b>14</b> <b>Nurturing Parent 18 Week</b> <b>Group</b> (Shannon and Chelsea) Rm 214- 10:00-2:30 <b>Parent/Child Fun Time</b> FDC – 1:00 -2:00  <b>Hep C Support Group</b> Room 228 12-1:00  <b>Relaxation Group</b> (Primary Health Clinic) Room 228 1:00-2:00	<b>15</b> <b>Best Beginning</b> (Postpartum) Fernandez Rm 10:30-12  <b>Hep C Women's Group</b> <b>Rm 228 11:30-1:00</b>  <b>Creative Studio (Linda) –</b> <b>Room 228 1-3:00</b> <b>Nurturing Parenting –</b> <b>Learning Positive Ways to</b> <b>Deal with Stress and</b> <b>Anger</b> (Holly & Julie) Lang Boardroom 5:30-8:00	<b>16</b> <b>DENTAL EXTRACTION</b> <b>CLINIC: 1pm-4pm</b> 
<b>19</b> <b>Nurturing Parenting</b> <b>Workshop – Building Self-</b> <b>Worth in Children</b> (Shannon) Rm 214 10:00-12:00  <b>Nurturing Father Figures -</b> (Chelsea) 5:00-7:30	<b>20</b> <b>Nurturing Parent 18</b> <b>Week Group</b> (Holly and Michelle) Rm 214- 10:00-2:30  <b>ADHD Group</b> 10-12:00 Rm 228  	<b>21</b> <b>Student Legal Assistance</b> 9:00-11:00 Room 012 <b>Nobody's Perfect 1 &amp; 2</b> <b>Multipurpose Room</b> 10:00-12 and 1-2:00 <b>Nurturing Parent 18 Week</b> <b>Group</b> (Shannon and Chelsea) Rm 214- 10:00-2:30 <b>Parent/Child Fun Time</b> FDC – 1:00 -2:00 <b>Relaxation Group</b> (Primary Health Clinic) Room 228 1:00-2:00	<b>22</b> <b>Nobody's Perfect 3 &amp; 4</b> Rm 214 10:00-12 and 1-2:00 <b>Best Beginning</b> (Saving Food Dollars) Fernandez Rm 10:30-12 <b>Creative Studio (Linda) –</b> <b>Room 228 1-3:00</b> <b>Nurturing Parenting –</b> <b>Philosophies and</b> <b>Practices of NP</b> (Holly & Julie) Lang Boardroom 5:30-8:00	<b>23</b> <b>Nobody's Perfect 5 &amp; 6</b> Rm 214 10:00-12 and 1-2:00  <b>DENTAL EXTRACTION</b> <b>CLINIC: 1pm-4pm</b> 
<b>26</b> <b>*LATE START: CUPS OPENS</b> <b>AT 10:00*</b> <b>Nurturing Parenting</b> <b>Workshop –</b> <b>Understanding Feelings</b> (Shannon) Rm 214 10:00-12:00 <b>Come Sew with Us</b> (Mary) Room 214 1:00-3:00 <b>Nurturing Father Figures -</b> (Chelsea) 5:00-7:30	<b>27</b> <b>Nurturing Parent 18</b> <b>Week Group</b> (Holly and Michelle) Rm 214- 10:00-2:30  <b>ADHD Group</b> 10-12:00 Rm 228	<b>28</b> <b>Student Legal Assistance</b> 9:00-11:00 Room 012 <b>Nurturing Parent 18 Week</b> <b>Group</b> (Shannon and Chelsea) Rm 214- 10:00-2:30 <b>Parent/Child Fun Time</b> FDC – 1:00 -2:00 <b>Hep C Support Group</b> Lang Boardroom 12-1:00 <b>Relaxation Group</b> (Primary Health Clinic) Room 228 1:00-2:00	<b>29</b> <b>Best Beginning</b> (Safety) Fernandez Rm 10:30-12  <b>Creative Studio (Linda) –</b> <b>Room 228 1-3:00</b>  <b>Nurturing Parenting –</b> <b>Philosophies and</b> <b>Practices of NP</b> (Holly & Julie) Lang Boardroom 5:30-8:00	<b>30</b> <b>DENTAL EXTRACTION</b> <b>CLINIC: 1pm-4pm</b> 

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.



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**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:

- **18 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 (5:30-8:00, includes supper) or Monday mornings from 10-12:00.
- **Nurturing Father Figures:** Join this free 12-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 & 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.

**Come Sew with Us:** Register Join Mary 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.

**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 & stages, discipline, health, safety, and parent self-care. Next program: **November 21,22,23.**

**Parent/Child Fun Time** – Drop-in & 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:**

**Dental Extraction Clinic:** Fridays 1pm-4pm; Must see a nurse in the main clinic 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). UofC Law students can answer questions & represent you in matters concerning civil claims, tenant/landlord issues, criminal, traffic & family courts.

**Tax Help:** October 4<sup>th</sup> 9:00 – 1:00

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

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

- **Hepatitis C Clinic:** Walk-ins 8:30-2:00pm Thurs. Hepatitis C/Cirrhosis/Liver Disease education & treatment planning for new patients; Hep C open support group meets 2<sup>nd</sup> & 4<sup>th</sup> Wed.; Women's group 3<sup>rd</sup> Thurs.
- **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-noon & 1:00-3:30 on the first Thursday of every month.