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Calgary AB
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March 2017



Awo Taan Healing Lodge Society—Family Wellness Center

Monday	Tuesday	Wednesday	Thursday	Friday
Hours of Operation Mon & Thursday 9 AM—8:30 PM Tues, Wed, Fri 9 AM—5 PM	  	1 Woman's Wellness Circle Begins @ 10:30 AM Circle of Safety Begins at 12:30 PM	2 Grandmother Turtle @ 10 AM Call to register 6:30 PM Triple P Seminar Series	3 Staff Development
6 Coffee 4 mom & Play 4 babe! @ 10 AM 5PM doors open for Woman's Healing Circle @ 6:15 PM	7 Landlord and Tenant Information Session @ 11:30 AM  Learn new strategies through Triple P tip Sheets @ 2:30 PM	8 Woman's Wellness Circle Begins @ 10:30 AM Circle of Safety Begins at 12:30 PM	9 Grandmother Turtle @ 10 AM Call to register 6:30 PM Triple P Seminar Series	10 Staff Development
13 Coffee 4 mom & Play 4 babe! @ 10 AM 5PM doors open for Woman's Healing Circle @ 6:15 PM	14 Story Time! @ 10 AM Ages and Stages @ 2 PM Learn new strategies through Triple P tip Sheets @ 2:30 PM	15 Woman's Wellness Circle Begins @ 10:30 AM Circle of Safety Begins at 12:30 PM	16 Grandmother Turtle @ 10 AM Call to register 6:30 PM Triple P Seminar Series	17 Office Closed
20 Coffee 4 mom & Play 4 babe! @ 10 AM 5PM doors open for Woman's Healing Circle @ 6:15 PM	21 Landlord and Tenant Information Session @ 11:30 AM  Learn new strategies through Triple P tip Sheets @ 2:30 PM	22 Woman's Wellness Circle Begins @ 10:30 AM Circle of Safety Begins at 12:30 PM	23 Grandmother Turtle @ 10 AM Call to register 6:30 PM Survival Guide DVD	24 Staff Development
27 Coffee 4 mom & Play 4 babe! @ 10 AM 5PM doors open for Woman's Healing Circle @ 6:15 PM	28 Story Time! @ 10 AM Ages and Stages @ 2 PM Learn new strategies through Triple P tip Sheets @ 2:30 PM	29 Woman's Wellness Circle Begins @ 10:30 AM Circle of Safety Begins at 12:30 PM	30 Grandmother Turtle @ 10 AM Call to register 6:30 PM Drop in Triple P Tip Sheets	31 Staff Development

If you are in immediate crisis involving family violence please call our 24 hour crisis line at (403) 531-1972 or (403) 531-1976

Welcome to Awo Taan Healing Lodge Society - Family Wellness Centre

Awo Taan Parent Link Centre (PLC) is guided by Native Cultural values and traditional teachings which enables us to provide high quality, comprehensive, accessible, community based programs that comply with province wide standards of excellence. PLC is able to provide a broad and evolving continuum of programs and services to children, parents, and families that are striving to live in peace and are building a safe and healthy family through community support.

Triple P (Positive Parenting Program)

Triple P is a multi-level system of intervention for parents of children and adolescents who have or are at risk of developing behavior problems. It implements preventative approaches that parents can use in the effective management of a multitude of behaviors. Through Triple P education we are able to promote positive caring relationships between parents and their children. Triple P can be done on a 1-1 basis or in a group setting. Tip Sheets are also available for those who want to work on targeted behaviors.

ASQ's

This developmental screening tool is easy to read and finish. It is designed to help parents identify 5 skill areas in a child's development, These are; Communication skills, Gross motor skills, Fine motor skills, Problem Solving skills, and Personal-social skills. For the month of February we will be focusing on Communication Skills and their development.

Seminar Series

Seminar series is a condensed parenting program. This program runs for 3 weeks for approximately 1.5 hours per session. A certificate is available at the end of completion. Topics covered are as follows: The power of parenting, raising confident competent children, and raising resilient children.

Grandmother Turtle

Learn the seven sacred teachings, (Love, Wisdom, Respect, Truth, Humility, Honesty, and Courage), with your child through play, songs, dancing, drumming, and traditional story time.

Presentations and workshops

Increase your knowledge and improve skills through attending workshops and presentations in areas of literacy, parenting, nutrition, childcare, housing, and much more!

Woman's Healing Circles

Woman's healing circles consists of smudging and gaining awareness of family violence, personal growth, and relationship dynamics. Is facilitated by a Family Violence Prevention Worker with an Elder present for guidance, teaching, and support. Each week is a different topic based around breaking the cycle of abuse, prevention, healthy relationships, empowerment, and self-care.

Some services also provided are a toy and resource lending library, parent and tot drop in play time, as well as information and referral services. Outreach services are available on site.

Thank you for your consideration. If you have any questions or to set up a meeting and do an intake please contact main reception at (403) 531-1880 ext.100. Via email at emilym@awotaan.org.