



Aboriginal Friendship Centre of Calgary
“Honouring the Bonds” Parenting Program

May 11 to Sept 22, 2018

FULL PROGRAM (4 CYCLES):

Original Feeling – May 11 to June 9
Original Thought – June 15 to July 14
Original Creation – July 20 to August 18
Original Sound – August 24 to September 22

SCHEDULE

ORIGINAL FEELING

May 11 to June 9

WEEK 1

Friday, May 11 @ 4:00pm-7:00pm

Opening ceremony and welcome feast
Understanding ceremony and oral protection
Historical knowledge & parenting



WEEK 2

Saturday, May 12 @ 11:00am-2:00pm

Parenting styles
Keeping grounded
How a baby's brain develops during pregnancy

WEEK 3

Saturday, May 26 @ 11:00am-2:00pm

Baby's First Year—What to expect
 Indigenous perspectives
 Western perspectives

WEEK 4

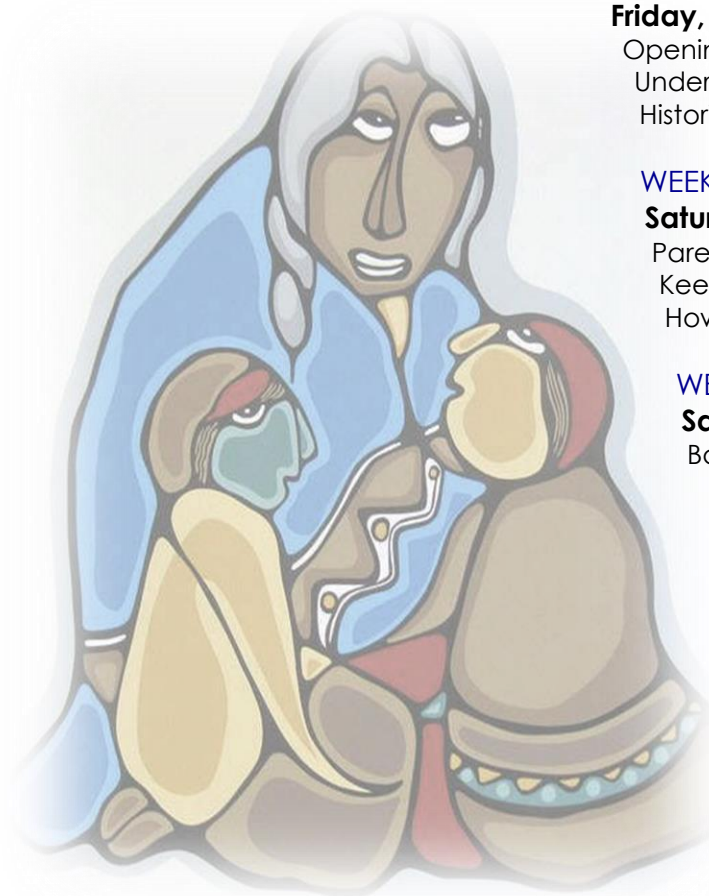
Saturday, June 2 @ 11:00am-2:00pm

Learning with your child
Ceremony & storytelling

WEEK 5

Saturday, June 9 @ 11:00am-2:00pm

Sharing Circle & Rites of passage



ORIGINAL THOUGHT

June 15 to July 14

WEEK 1

Friday, June 15 @ 4:00pm-7:00pm

Opening ceremony and welcome feast
Understanding intergenerational trauma

WEEK 2

Saturday, June 16 @ 11:00am-2:00pm

Parenting styles
How trauma affects brain development

WEEK 3

Saturday, June 23 @ 11:00am-2:00pm

Baby's Second year—What to expect
✚ Western perspectives
✚ Traditional Indigenous perspectives

WEEK 4

Saturday, July 7 @ 11:00am-2:00pm

Learning with your child
Ceremony & storytelling

WEEK 5

Saturday, July 14 @ 11:00am-2:00pm

Sharing Circle & Rites of passage

ORIGINAL CREATION

July 20 to August 18

WEEK 1

Friday, July 20 @ 4:00pm-7:00pm

Opening ceremony and welcome feast
Understanding social action

WEEK 2

Saturday, July 21 @ 11:00am-2:00pm

Putting skills to work
How trauma affects the brain

WEEK 3

Saturday, July 28 @ 11:00am-2:00pm

Baby's Third year—What to expect
✚ Indigenous perspectives
✚ Western perspectives

WEEK 4

Saturday, Aug 11 @ 11:00am-2:00pm

Learning with your child
Ceremony & story telling

WEEK 5

Saturday, Aug 18 @ 11:00am-2:00pm

Sharing Circle & Rites of passage

ORIGINAL SOUND

August 24 to September 22

WEEK 1

Friday, Aug 24 @ 4:00pm-7:00pm

Opening ceremony and welcome feast
Understanding how contemporary context affects
Parenting

WEEK 2

Saturday, Aug 25 @ 11:00am-2:00pm

Supporting your child in pre-school and beyond
Brain development, social interactions

WEEK 3

Saturday, Sept 8 @ 11:00am-2:00pm

A Child's 4th & 5th year—What to expect
✚ Indigenous perspectives
✚ Western perspectives

WEEK 4

Saturday, Sept 15 @ 11:00am-2:00pm

Learning with your child
Naming Ceremony for child & parent
Storytelling

WEEK 5

Saturday, Sept 22 @ 11:00am-2:00pm

Sharing Circle & Rites of passage
End of program

Contact:

Melissa Roy, Program Coordinator

Phone 403-270-7379 ext. 231

Cell 403-863-9959 Email: mroy@afccalgary.org