

The Dalhousie Digest

5432 Dalhart Rd NW T3A 1V6 403-286-2555 admin@dalhousiecalgary.ca

www.dalhousiecalgary.ca



*Happy
St. Patrick's Day*

**Outdoor Spring Soccer
Registration Open
info@soccertech.ca**

Check our website at www.dalhousiecalgary.ca for Community Center programs and services, general community information and more.



Dalhousie Community Association

5432 Dalhart Road NW • 403-286-2555 • admin@dalhousiecalgary.ca

Executive Directors

President, Ron Cornish.....403-247-2575
Vice President, Sunny Wangwang-sunny@outlook.com
Vice President, Jonathon Maynardjgmaynard@gmail.com
Treasurer, Nancy Moshernancymoshercma@gmail.com
Secretary, John Piera403-202-0640

Elected Directors

Brent Clarkbrentclark@yahoo.ca
Iris Hau.....403-202-0640
Christine Wutzke403-286-5288
Lesley Bloxham.....
James Fongjameshowfong@gmail.com
Petro Babak.....petro@ualberta.ca

Group Representatives

Dalhousie Out of School Care (DOSCC)587-437-8218
Dalhousie Soccer Office, www.dalhousiecalgary.ca
Guiding.....Guide Centre, 403-283-8348
Kindergarten & Junior Kindergarten www.dcakids.com, 403-288-1050
Playschool 403-286-2339
Scouting..... Maurice, 403-286-0459, maurice_shevalier@shaw.ca

Elected Representatives

Councillor.....Sean Chu, 403-268-3727
MLAPrasad Panda, 403-288-4453, Calgary.Edgemont@assembly.ab.ca
MP Len Webber, Len.Webber@parl.gc.ca

The next board meeting will be
Tuesday, March 10 at 7:00 p.m. at
the Dalhousie Community Centre.
All Dalhousie residents
are welcome to attend.



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make an impression

- 32 Calgary communities
- more than 80,000 homes
- over 200,000 residents
- Unlimited response

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Varsity in the NW; Saddle Ridge, Skyview Ranch (including Redstone) in the NE;
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today at 403-880-1819 or email Pam@SuburbanJournals.ca**

www.SuburbanJournals.ca

In Our Community

Join Us For Musical Theatre Camp This Summer!

Dates: July 13-17 9:30 a.m. – 2:30 p.m.

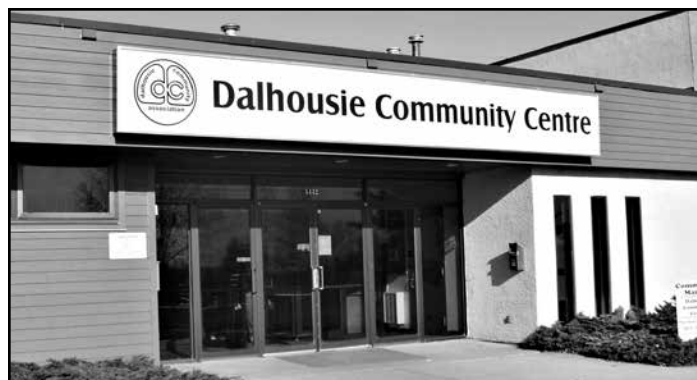
Ages: 7+

Price: \$150

Contact: admin@dalhousiecalgary.ca

Help Wanted!

Do you have a special skill that you could share with our Out of School Care program children? Do you have a rock or fossil collection, do you knit, embroider, baker, sew or are you a word carver? We have over one hundred young inquisitive minds that would love to see your hobby and learn new things. We are also looking for a volunteer that would sew dress-up pieces of clothing (aprons, caps, sashes and tunics that the children can use in the dramatic play area? All fabric's, ribbons, patterns etc. are supplied. Email gm@dalhousiecalgary.ca or call Marsha at 587-437-8217



Winter Community Office Hours

Monday – Thursday 9:00 a.m. – 9:00 p.m.

Friday 9:00 a.m. – 3:00 p.m.

Saturday 9:00 a.m. – 4:00 p.m.

Sunday 9:00 a.m. – 12:00 p.m.

The centre will be closed if there are no programs or events over the fall months. Call the centre for current office hours.

*If you are looking to speak to someone about a potential booking or to view a room, please email admin@dalhousiecalgary.ca or call 403-286-2555 to make an appointment!

Community Office Staff

General Manager: Marsha, gm@dalhousiecalgary.ca, 587-437-8217

Finance: finance@dalhousiecalgary.ca, 403-286-2555

Out of School Care: 587-437-8218

Reception/Events Booking: admin@dalhousiecalgary.ca,
403-286-2555

2019 Indoor Grassroots Soccer In Dalhousie

Each session includes activities that follow our preferred model of PTP – Play (Games) Train (Movement, Coordination & Technique) Play (Games) which creates a fun and engaging program in a learning environment. All sessions are delivered by our SoccerTech staff. Register at www.soccertech.ca

- **U5/U6 Coed Programs** (Born 2014 – 2015)
Fridays | 6:15- 7:15pm | Dalhousie School
(8 sessions-\$125)
- **U7/ U8 Coed Programs** (Born 2012 – 2013)
Fridays | 7:15- 8:15pm | Dalhousie School
(8 sessions-\$125)

Program is at H.D. Cartwright School (In the Dalhousie Community Center parking lot)

Dalhousie Babysitter List

Name	Age	Contact	Babysitting Course Taken	First Aid/CPR Certified
Noushafarin	16	587-500-4963	Yes	Yes
Cassandra	27	604-908-1781	Yes	Yes
Addison	14	403-660-1251	Yes	–
Alexander	11	403-474-1617	Yes	–
Helen	12	403-719-1234	Yes	–
Claudia	12	403-592-0992	Yes	–

We highly suggest you conduct reference checks for any babysitter you contact. The babysitter list is provided as a service to the community and area. To be added to the list, please email admin@dalhousiecalgary.ca

DALHOUSIE SUMMER DAY CAMPS

The Dalhousie Community Association will be offering weekly Summer Day Camps this summer! We are looking forward to another fun-filled summer with a different themed camp planned for every week. Registration is OPEN!

- **Week 1—All Around The World—July 6-10**
- **Week 2 – Cowboys vs. Aliens—July 13-17**
- **Week 3 – Science, Science, Science! - July 20-24**
- **Week 4 – Under The Sea—July 27-31**
- **Week 5 – Time Travellers—August 10-14**
- **Week 6 – Princesses and Pirates—August 17-21**

Cost: \$200/week—no daily rates—Subsidy is NOT available.

- A DCA Membership for the current year (September 2019-August 2020) must be purchased
- Children must be attending Grades 1,2,3,4,5 or 6 in Fall 2020.
Information available at www.dalhousiecalgary.ca or via email at admin@dalhousiecalgary.ca
- Cost includes before care (7:00-9:00 a.m.) and after care(4:00-6:00 p.m.)
- Payment for DCA Membership is due upon registration (if applicable) and registration fee is due at time of registration, or up to any time by the noon on Monday a week before the camp starts. E.g. If you child is attending Week 2, you must make payment by July 13th before 12:00 p.m. if you want your child in the camp that week. If you are looking to withdraw, the same deadline applies to withdraw.



Dalhousie Community Preschool News

Dalhousie Preschool is a co-operative, parent-run Preschool that operates under the umbrella of the Dalhousie Community Association. It offers a warm and accepting environment for your child to begin his or her school career. Dedication and experienced teachers and assistants recognize each child as an individual and make him or her feel worthwhile. Our Reggio Emilia inspired, play based program has been serving the community for over 30 years!

Why Choose us?

- Play based program
- Fun in class field trips (Reptile visits, Mad Science, Absolute Dance, etc.)
- Monthly music program
- Daily outdoor play time (weather permitting)
- Large playground on the property
- Access to large auditorium/gym on cold weather days
- High level of parent involvement so you can have an input in your and your child's preschool experience
- Fun social events! (dances, movie nights, buddy nights, Mothers Day Tea, Donuts for Dads)
- Halloween Parade, Christmas concert and year end Pancake Breakfast in which all families are invited to attend.
- Link to the Alberta Child Care Subsidy Program

Programs:

- 3 Year old Program Tues/Thurs Mornings (9:30 – 11:30)
2020/2021 School Years fees for this class are \$160 per month
- 4 Year old Program Mon/Wed/Fri Mornings (9:30 – 11:30)
2020/2021 School Years fees for this class are \$200 per month
- 3/4 Year old Program year Mon/Wed/Thurs Afternoon (1:00 – 3:30)
This program is for 3 and 4 year olds and is a combination of the 3 and 4 year old programs. This class is available as a 2 day (Monday and Wednesday only) a week option, for \$160 per month OR a 3 day a week option for \$200 per month.

If you have any inquiries or questions about the preschool or would like a tour of the classroom please contact: registar@dcpreschool.ca or visit www.DCPrechool.ca

So Many Reasons to be a Casino Volunteer

How many times have you handed out more than \$100,000 cash in one night? It's a pretty incredible experience and it happened to me when I was a volunteer cashier for a charity several years ago. In fact, I handed out over \$127,000 including \$29,000 to one person!

Being a cashier is only one of 5 volunteer positions, the others being Manager, Banker, Chip Runner, Money Counter. Each day, there are 21 (ironically!) volunteer positions to be filled and the casino runs for two days.

But the main reason it is worthwhile to volunteer at the casino for the Dalhousie Community Association (DCA) is that for our efforts, we receive \$40,000- \$60,000. Conservatively, each volunteer is generating over \$100/hour by volunteering for the DCA!

That's not all! In addition, you receive a free meal, drinks and snacks. Finally, you get to meet your neighbours and share your joys or concerns about living in Dalhousie.

There are afternoon shifts, evening shifts and night shifts to work around your other scheduled commitments. You can sign up with your friends and work during the same shift. To volunteer contact Ron McKellar at 403-999-9911 or email rmckellar@procyonenergy.ca.

By John Piera



Spring and Summer Pickleball

Are you interested in learning more about how to play pickleball or improve your skills? We are looking to host pickleball workshops on the tennis courts in the parking lot of the DCA! If you would like more information about the pickleball workshops, please email admin@dalhousiecalgary.ca! Dates and times to be announced.

Dalhousie Out of School Care - Registrations

On Monday, February 3rd, 2020 the Dalhousie Out of School Care hosted an Open House Registration for our Current Families at the Dalhousie Community Association. The registration process will continue until Friday, February 21st, 2020. On Monday, March 2nd, 2020, we will host another Open House Registration; however, this event will be for the General Public. Registration at this point will be on-going and will operate "First Come, First Served". These opportunities offer parents/guardians the chance to register their children in our Before and/or After School Child Care Programs. We have programs located in the West Dalhousie School (K – Grade 6), the Dalhousie Elementary (Spanish) School (K – Grade 5) and at the Dalhousie Community Association (Kindergarten). For more information regarding child care options, please contact Sharon Evans-Borrice at doscdirector@dalhousiecalgary.ca

**"Either you run the DAY,
or the DAY runs you."
—Jim Rohn**



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FAMILY GAME NIGHT

Where: Dalhousie Community Centre—Conference Room

When: Mondays 6:00 p.m.—8:00 p.m.

February 10th— April 6th (with exception to Feb. 17)

Cost: FREE * MUST have a 2019-2020 DCA membership

Please bring your card with you!

Details:

- Sign in at the front counter, then take out the game you wish to play!
- Self-directed program
- Hot chocolate, water, and/or juice provided
- Feel free to bring your own family games to play!

Email admin@dalhousiecalgary.ca for more information



Employees of the Month

Hassani

Congratulations to our staff Hassani Borrice for being selected as Employee of the Month for January 2020. As Child Development Assistant in our Dalhousie Elementary (Spanish) School Program, Hassani goes the distance in offering Physical Literacy Programming to the children. Hassani, as a versatile team member, visits our multiple locations and challenges our children mentally, physically and developmentally. Whether in the classroom, in the Field, on the Courts or at the Playground, Hassani has the children moving and learning. Way to go Hassani!



Alyssa

Congratulations to our staff Alyssa Manigbas for being selected as Employee of the Month for February 2020. Alyssa comes to us from Quebec and speaks fluent French, Tagalog and English. Her diversity and ability to communicate in different languages offers so much more richness to our program. As Child Development Supervisor in our Dalhousie Elementary (Spanish) School Program, Alyssa rises to every occasion! No matter the task at hand, Alyssa is always ready for a challenge and her helpful, willing attitude makes her a Fan Favorite to the children, their families and the staff. Way to go Alyssa!



DCA Spring Day Camp

When: March 23rd—March 27th, 2020

7:00 a.m.—9:00 a.m. (Before Care)

9:00 a.m.—4:00 p.m. (Camp)

4:00 p.m.—6:00 p.m. (After Care)

Where: Dalhousie Community Centre— Out of School Care Room

Cost: \$185/child

* No subsidy available.

Registration Opens January 27th, 2020 at the Dalhousie Community Centre

Events In and Around Calgary

Calgary Home & Garden Show:

February 27 – March 1, BMO Centre. The show has more than 550 hundred exhibitors and experts offering great products and ideas for landscaping, decorating and renovating your home. You can also expect to see internationally known designers sharing their secrets of the trade and inspiring the home decorator. Everything Home and Garden! www.calgaryhgs.com

Harry Potter and the Prisoner of Azkaban in

Concert: March 12 – 14, Southern Alberta Jubilee Auditorium. Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban in Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by the music of the Calgary Philharmonic Orchestra performing John Williams' unforgettable score as Harry soars across the big screen. www.calgaryphil.com

Alberta Ballet in Peter Pan:

March 18 – 21, Southern Alberta Jubilee Auditorium. Alberta Ballet is excited to bring this classic family production to the Jubilee stages in the spring of 2020. Fairytale ballets have become a constant in our repertoire, and we can't think of a better story to share with the young and young at heart. www.albertaballet.com

Grape Escape Saturday:

March 21, BMO Centre. Calgary's favourite festival with over 100 booths and hundreds of products to sample. It's not just wine! Try local beer, spirits, cocktails and even nibbles from food booths. Grape Escape sells out so get your tickets early online. www.coopwinespiritsbeer.com

Calgary International Salsa Congress:

March 26 – 29, Hyatt Regency. On March 26 to 29, Calgary will welcome the Salsa world's best international performers and world famous salsa dancers for a weekend of workshops, performances, salsa music, and dancing. Be mesmerized by a theatre-style production featuring some of the best salsa dancers in the world, local professionals, and troupes from all over North America, flown in for one weekend only. Spectacular salsa showcases and after parties will take place Friday, Saturday and Sunday at the elegant Hyatt Regency Imperial Ballroom. www.danceevent.ca/cisc/home?utm_source=url&utm_medium=url&utm_campaign=cisc-vanity-url



medium=url&utm_campaign=cisc-vanity-url

6th Annual Rock-A-Palooza Rock N' Gem Show!

March 26 – 29, Spruce Meadows. Our resident Indiana Jones of Minerals is at it again and the mineral kingdom will never be the same. The crystal kingdom has called to this gemstone junkie, and he has traveled the world to bring his favorites back to you! So mark your calendars Rockhounds, to join Chris and his band of adventurous souls for a four day mineral experience you will never forget! www.canadagemshows.com/

Calgary Outdoor Adventure Show:

March 21, BMO Centre. Over 200 Exhibitors offering the latest camping gear, paddle sports, outdoor clothing, scuba diving & ultimate adventure travel destinations! PLUS - over 60 adventure presentations to help you plan your next adventure. www.outdooradventureshow.ca/calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



Calgary Public Library

March Break at the Library

Looking for fun? Find it at the Library! There are plenty of free programs for school-aged kids and teens happening all the time – especially when school is out. Come geek out with robots, build up your public speaking skills, play some tabletop and video games, or drop in for an arts and crafts camp. Whether you want to kick back and relax during March Break, or just catch up on your schoolwork, we've got the program for you at calgarylibrary.ca/march-break



Activity Book, a partnership between Calgary Public Library and the Calgary Fire Department, teaches kids all about home safety through colouring sheets, puzzles, and games designed for school-aged learners. Pick up yours for free at any Library or fire hall. Learn more about fire safety at calgarylibrary.ca/fire

Check out our online newsstand

Your Central Library recently appeared in the New York Times as one of their 52 Places to Visit in 2019 – but did you know that you can read this acclaimed paper for free with your Library card? Your Library membership gives you free access to tons of magazines through our Digital Library. Browse local and international newspapers on PressReader, flip through popular titles like *People* and *Chatelaine* on Flipster, or read about us in the New York Times! Start reading for free at calgarylibrary.ca

Calgary Public Library

Hot Off the Press: Your new Fire Safety Activity Book

Did you know that Calgarians are at the greatest risk of fire in their homes? To stay safe, it's crucial to make sure every member of your family knows about fire prevention, including your kids. The new Fire Safety



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|------------|-------------|
| BLARNEY | LIMERICK |
| CELTIC | LUCKY |
| CLOVER | MAGIC |
| EMERALD | MARCH |
| GOLD | PARTY |
| GREEN | PATRICK |
| HOLIDAY | POT |
| IRELAND | RAINBOW |
| IRISH | SAINT |
| JIG | SEVENTEENTH |
| LEPRECHAUN | SHAMROCK |

A R C E M E R A L D P I T X D P N Y
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A I M I R I S H I X Y Y D T U U X H

Rent A Room At The DCA!

Do you have a weekly program that you are looking to host somewhere? Or perhaps a monthly meeting spot, or somewhere to get some extra dance practice in? We may have the space for you! We have a large Auditorium, three 50 person capacity rooms, and a Dance Studio. Below are our Monday-Friday time frames that we can currently book for! Email admin@dalhousiecalgary.ca for a rental inquiry form, or check out our website at www.dalhousiecalgary.ca for more details and pictures about each room!

Mondays: Auditorium 11:00 a.m. – 6:00 p.m., Phoenix Room 9:00 a.m. – 5:00 p.m., Sunrise Room 12:00 p.m. – 4:00 p.m., 7:00 p.m. – 9:00 p.m., Conference Room 4:00 p.m. – 9:00 p.m., and Dance Studio 9:00 a.m. – 3:00 p.m.

Tuesdays: Auditorium and Phoenix Room 9:00 a.m. – 9:00 p.m., Sunrise Room 9:00 a.m. – 12:00 p.m., 6:00 p.m. – 9:00 p.m., Conference Room 4:00 p.m. – 9:00 p.m., and Dance Studio 9:00 a.m. – 9:00 p.m.

Wednesdays: Auditorium 9:00 a.m. – 12:00 p.m., 4:00 p.m. – 7:00 p.m., Phoenix Room 1:00 p.m. – 6:00 p.m., 8:00 p.m. – 9:00 p.m., Sunrise Room 4:00 p.m. – 9:00 p.m., Conference Room 4:00 p.m. – 9:00 p.m., and Dance Studio 9:00 a.m. – 3:00 p.m.

Thursdays: Auditorium 9:00 a.m. – 6:00 p.m., Phoenix Room 9:00 a.m. – 5:00 p.m., 7:00 p.m. – 9:00 p.m., Sunrise Room 9:00 a.m. – 6:00 p.m., Conference Room 3:00 p.m. – 6:00 p.m., and Dance Studio 11:00 a.m. – 3:00 p.m., 7:00 p.m. – 9:00 p.m.

Fridays: Phoenix and Sunrise Room 9:00 a.m. – 3:00 p.m., Dance Studio 11:00 a.m. – 3:00 p.m.

Are you looking for a space to host a major event? The Dalhousie Community Centre hosts many large events throughout the year including:

- Weddings
- Family Reunions
- Birthdays
- Engagement Parties
- Communion
- Comedy Nights
- Concerts
- And More!

Email admin@dalhousiecalgary.ca for more information or visit our website at www.dalhousiecalgary.ca

Dalhousie Comm. Assoc.

Classifieds *To place your classified ad call the Dalhousie Community Centre at 403-286-2555*

- **Will Do Odd Jobs:** Junk removal, small indoor / outdoor jobs, yard work, tree / hedge trimming, garden work. Need anything done or help call Warren: 403-286-4348
- **Fall Cleanup/Snow Shoveling - Yard Care** \$20-\$25/ Cleaning eavestroughs from \$60. Snow Shoveling from \$100/month (vacation coverage available). Call/text Derek at 403-826-4169 or dbstew63220@gmail.com
- **Electrician:** WestPro Electrical Services provides quality customer-focused service at affordable rates. For more info and a free quote call Marco at 403-891-3257 or visit www.westproelectrical.ca

Shh! A neighbourhood secret! We've got...

Live Music Concerts

For over 30 years at your
Dalhousie Community Centre



*an annual
13-concert Season
Fri nites Sept-April*

Award-winning Canadian and International Folk artists

Come join us, for an evening - or a Season.

Kick back, have a pint, get sociable and enjoy great music in a quiet, listening environment.

Check them out online at calgaryfolkclub.com

**"Be the change that you wish to see in the world."
– Mahatma Gandhi**

Never Miss Your Collection Day – Sign Up for Free Weekly Reminders

Did you know that The City provides free reminders for your blue, green and black cart pickup days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. Get instant access to your pickup schedule, plus useful tips for using your blue, green and black carts. You'll also receive notifications about any changes to your collection schedule.

Sign up for free collection day reminders at calgary.ca/collection. You can get notifications by:

- Text message
- Email
- Telephone (this is a voice recording that can go to a mobile or landline)
- Downloading the Garbage Day app on your smartphone



There's also an option to print your own calendar. Don't have access to a printer at home? Ask a family member or friend to print the calendar for you, or print it for free at a Calgary Public Library location.

Tell a neighbour, friend or family member to sign up too! If they need a bit of help, download the app on their iPhone/Android or sign them up for the type of reminders that work best for them, such as email or telephone. Visit calgary.ca/collection to learn more.

City of Calgary

Keep Calm and Build a Kit

The power is out. The roads are impassible. Do you have what you need to take care of your family until the situation improves?

A 72-hour kit doesn't have to be expensive and it doesn't have to take up a lot of space. It just helps you take care of yourself, staying safe and comfortable, so that we as first responders can take care of those in greatest need.

Here are some tips to help you get started:

- *Make it a family activity.* Include your kids on the discussion and use it as a way to talk about emergencies, how you plan to communicate with one another about your whereabouts and how to evacuate the house if needed.
- *Start slow.* Store what you can today and accumulate other items bit by bit. Start with even one or two food cans each grocery trip.

- *Let it roll:* Make sure your kit is 'to-go' friendly, with wheels or able to be easily transported to your vehicle in case.
- *Date stamp it:* Pick a date to revisit restock items and write your inspection date on tape on the side of the kit. Put a recurring date in your calendar to see whether there are items to replace.

So what do you put inside? Important documents, flashlight, radio, candles, food stuffs, items for kids and pets. The best kit is the one that works for you and your family. Visit calgary.ca/getready to learn more.

City of Calgary

DID YOU KNOW??

Honey is the only natural food which never spoils.



Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) or Depression with a Seasonal Pattern, can start to peak in the early fall and usually starts to lift in the spring and summer. Approximately 15-20% of Canadians experience some degree of SAD in their lifetime and it is estimated that 10% of all depression cases are related to SAD. Most of us have experienced the “winter blues” (especially by the time March rolls around) however, SAD is beyond feeling a bit down). People living with SAD can be significantly impacted in their everyday lives. If you think SAD is affecting you, it might help to learn a bit more about this disorder. If symptoms are severe, it is always a good idea to seek professional help.



SAD can include a wide range of symptoms from depression, irritability, sensitivity in interpersonal relationships, low energy, tiredness, and feelings of lethargy despite usually getting an appropriate amount of sleep (usually too much sleep). Our bodies react (circadian rhythms) to sunlight – like a battery charge. When the energy source is lower (light), our bodies respond by ‘powering down’ (SAD symptoms).

Treatment for SAD may include light therapy (light box or outdoors) vitamins (speak to your physician), regular exercise, and counselling/therapy, and of course engaging in an overall healthy and balanced lifestyle. Treatment need not be complicated as most people struggle with the more mild symptoms of SAD. Try going outside when the weather permits, go to indoor facilities when it is too cold (my favorites are the Zoo and Devonian Gardens) or even better - take those skates out of the garage, have a winter ‘picnic’, learn to ski, snowshoe, or any number of activities. Think outside the box – and keep your battery charged.

Elizabeth Forbes, Registered Psychologist

Coalitions Collaborating for Impact

Five Things To Do Every Day to Build Your Family’s Brains!

Science confirms that serve and return interactions help build and develop a young child’s brain. Imagine a tennis match between you as a caregiver and your child, but instead of smashing a ball back and forth over a tennis net, you’re passing various forms of communication between you! From eye contact, touch, singing, to simple games like ‘peek-a-boo’... these interactions, when repeated through a young person’s early life, are the bricks that lay a solid and healthy foundation for all future development.



So, what are some ways you can build that foundation?

- **Read** every day to your children, for at least fifteen minutes, and make it as joyful an experience as you can! Books are one of the most powerful ways to make serve-and-return interactions.
- **Talk** all day and have as many conversations as you can with your child. The back-and-forth of conversation is what helps our children grow as learners.
- **Sing** and encourage chanting, rhyming, and movement to help strengthen brain connections. Music lights up so many different parts of the brain at the same time!
- **Play** together in any moment and every moment that you can. Play is our brains’ favourite way to learn and helps knowledge stick in our memories.
- **Love** your child and express that bond in every way you can. Your relationship with your child is one of the best resources they have as learners.

Coalitions Collaborating for Impact (CCI) consists of parents, community members, organizations and professionals who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children based on the Early Development Instrument.

*Adapted from Calgary Reads
Calgary NW Early Childhood Coalitions*