

SEPTEMBER 2018

ALL PROGRAMS & SERVICES ARE FREE



Phone: (403) 362-5056 #101, 327-3rd St. W.
parentlinkcentre@spec.ab.ca www.spec.ab.ca

Parent & Tot (10:00-11:30am)

These groups are a great opportunity for parents and child care providers to meet other parents. This is also an excellent opportunity for your children to interact with other children. Activities and toys are provided for children to learn through play. Sessions take place in Bassano (Community Hall), Rosemary (South Room), Cessford (Berry Creek School), Duchess (Duchess Recreation Centre), Rainier (Alcoma School), and Brooks **10:45-12 pm** (JBS Canada Centre)

Drum Fitness (Mondays 10:00-11:00 a.m.)

Let's get moving! Do your little ones wake up with lots of energy? This high energy program will get children up and moving. This program will have your kids winding down in no time with all the gross motor movements they will be doing. Best suited for children ages 3 and up.



Little Chefs (Tuesdays 10:00-11:00 a.m.)

A hands on program for children interested in cooking, measuring, mixing and learning how to follow a recipe. Children will learn to develop problem solving skills and literacy. These sessions will run monthly and **REGISTRATION IS REQUIRED**. Space is limited to 12 participants, call Melissa to register.

Tiny Tots (Thursdays 1:00-2:30 p.m.)

An exciting program designed for children 3-5 years of age. This program is designed to allow children to experience what a day at pre-school will be like. This is a **REGISTERED** program. **SPACE IS LIMITED** Call to register for the next session.



Barnyard Farm Fun

(Fridays 10:00-11:00 a.m.) (September 21 & 28)
Join us for a tour, a story and a snack at the White Barn Fun Farm. Please contact Karen to register. Participants will meet at location.

Evening Drop In: (September 12 & 26 at 5:00-6:30 p.m.) Stop by and enjoy some downtime with your children during the evening in our playroom.

**PLAYROOM OPEN FOR DROP IN
MONDAY TO FRIDAY
8:30 a.m. to 5:00 p.m.**

Ages & Stages Questionnaire

If you are curious to see where your child is developmentally, this questionnaire can help you.



All the questions are designed for you to do on your own. If you prefer one of our staff to assist you, we can make an appointment for us to help you. We have questionnaires for children as young as 2 months up to 56 months of age. Call a PLC Staff at (403)362-5056 to make an appointment.

Car Seat Clinic (Monday, September 17 at 1:00-3:00 p.m.) Stop by the Brooks Fire Hall (504 Cassils Road) to have your car seats checked. No appointments needed. If you need more information call (403)793-6667 or (403)502-8238.



TRIPLE P SEMINAR

**MONDAY, SEPTEMBER 24
6:00-8:00 P.M.**

Join us on Monday, September 24th for an informative view on how Triple P Parenting can help you manage misbehaviours in a positive manner. To **REGISTER** please contact Ruby Tatem at (403)362-5056 or email ruby.tatem@spec.ab.ca

Bringing Baby Home

A Parenting and Relationship Program

Designed for both pregnant and new parents, the Bringing Baby Home Program will give you skills and information to recognize and cope successfully with the normal stressors of becoming a family.

The program teaches couples how to:

- Increase friendship in their relationship
- Deal effectively with conflict
- Involve dads in infant care and parenting
- Improve the quality of parent-infant interaction
- Recognize the psychological and emotional needs of their child

If you are interested, call (403)362-5056 to pre-register
Program set to run 9 a.m.-4 p.m.

Saturday, October 13 and Saturday, October 20



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
3	4	5	6	7	8
<div style="background-color: orange; color: white; padding: 10px; border: 2px solid white;"> <p>PLAYROOM OPEN FOR DROP IN 8:30 A.M.-5:00 P.M.</p> </div>					
10	11	12	13	14	15
Drum Fitness 10:00-11:00	Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Loose Parts 10:00-11:00 <div style="background-color: orange; color: white; padding: 5px; text-align: center;">Playroom Drop-In 5:00-6:30 PM</div>	Cessford PT 10:00-11:00 Brooks PT 10:45-12:00	<div style="background-color: orange; color: white; padding: 10px; border: 2px solid white;"> <p>Staff in Training</p> </div>	
17	18	19	20	21	22
Drum Fitness 10:00-11:00 Car Seat Clinic 1:00-3:00	Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Loose Parts 10:00-11:00	Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	Barnyard Farm Fun 10:00-11:00	
24	25	26	27	28	30
Drum Fitness 10:00-11:00 <div style="background-color: orange; color: white; padding: 5px; text-align: center;">Triple P Parenting Seminar 6:00-8:00 p.m.</div>	Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Loose Parts 10:00-11:00 <div style="background-color: orange; color: white; padding: 5px; text-align: center;">Playroom Drop-In 5:00-6:30 PM</div>	Cessford PT 10:00-11:00 Tiny Tots 1:00-2:30 Brooks PT 10:45-12:00	Barnyard Farm Fun 10:00-11:00 Rainier PT: 10:00-11:30	
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