

# OCTOBER 2018

ALL PROGRAMS & SERVICES ARE FREE



Phone: (403) 362-5056 #101, 327-3<sup>rd</sup> St. W.  
[parentlinkcentre@spec.ab.ca](mailto:parentlinkcentre@spec.ab.ca) [www.spec.ab.ca](http://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)

### Little Chefs

(Mondays & 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.



### Fall Fun (Wednesdays 10:00-11:00 a.m.)

Come hear stories and do crafts with your children focused around autumn.

**Sensory Bins (Fridays 10:00-11:00 a.m.)** Let your children come and explore with their senses as they use our sensory bins.

**Evening Drop In: (October 10 & 24 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, October 15 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, OCTOBER 29  
6:00-8:00 P.M.**

Join us on Monday, October 29<sup>th</sup> 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](mailto: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 successful 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**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00 	2 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	3 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Fall Fun 10:00-11:00	4 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	5 <b>SPEC GENERAL STAFF MEETING</b>  6 <b>SPEC OPENS AT 1 P.M.</b>	7
8 <b>SPEC CLOSED THANKSGIVING</b> 	9 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	10 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Fall Fun 10:00-11:00 <b>Playroom Drop-In 5:00-6:30 PM</b>	11 Cessford PT 10:00-11:00 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	12 Sensory Bins 10:00-11:00	13 Bringing Baby Home 9 a.m.-4 p.m.
15 Little Chefs 10:00-11:00 Car Seat Clinic 1:00-3:00	16 Rosemary PT 10:00-11:30 <b>NO LITTLE CHEFS</b> Brooks PT 10:45-12:00	17 <b>NO PROGRAMS STAFF IN TRAINING</b>	18 Cessford PT 10:00-11:00 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	19 Sensory Bins 10:00-11:00	20 Bringing Baby Home 9 a.m.-4 p.m.
22 Little Chefs 10:00-11:00	23 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	24 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Fall Fun 10:00-11:00 <b>Playroom Drop-In 5:00-6:30 PM</b>	25 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	26 Rainier PT 10:00-11:30 Sensory Bins 10:00-11:00	27
29 Little Chefs 10:00-11:00 <b>Triple P Parenting Seminar 6:00-8:00 p.m.</b>	30 <b>NO ROSEMARY PT</b> Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	31 <b>NO INHOUSE PROGRAM</b> Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 <b>HAPPY HALLOWEEN</b> 			28 