

# JANUARY 2019

ALL PROGRAMS & SERVICES ARE FREE



parentLINKcentre



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[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)

**Evening Drop-In (January 9 at 5:00-6:30 p.m.)** Stop by and enjoy some downtime with your children during the evening in our playroom.

### Tiny Tots (Thursday 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.



### 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.

### Winter Wonderland

(Wednesday 10:00-11:00 a.m.)

Join Karen as we explore sensory bins crafts and games arranged around the winter season.



### Tropical Paradise (Friday 10:00-11:00 a.m.)

Come explore our craft room with drinks, games, crafts as we visit a tropical paradise.



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 PLC Staff at (403)362-5056 to make an appointment.



### TRIPLE P SEMINAR

MONDAY, JANUARY 28

4:00-6:00 P.M.

Join us on Monday, January 28 for an informative view on how Triple P Parenting can help you manage misbehaviors 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)



### 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 register.

## McDonald's Family Fun Night

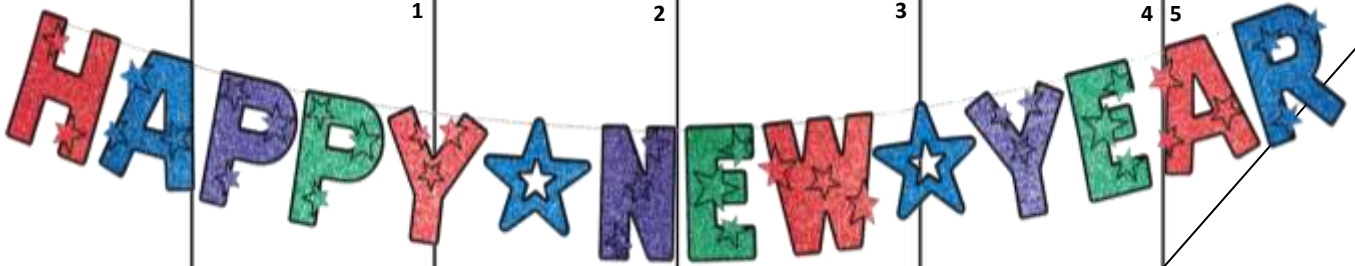


Join us at McDonald's on  
Wednesday, January 23  
for activities, a craft and  
some fun.

4:00-7:00 p.m.



# JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3	4 5	6
					
7	8 Rosemary PT 10:00-11:30 Brooks PT 10:45-12:00	9 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30  <b>Playroom Drop-In 5:00-6:30 PM</b>	10 Brooks PT 10:45-12:00	11 12	13
14 Little Chefs 10:00-11:00	15 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	16 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Winter Wonderland 10:00-11:00	17 Cessford PT 9:30-11:00 Brooks PT 10:45-12:00	18 19 Tropical Paradise 10:00-11:00	20
21 Little Chefs 10:00-11:00 Car Seat Clinic 1:00-3:00	22 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	23 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Winter Wonderland 10:00-11:00  <b>McDonald's Family Fun Night 6:00-8:00 p.m.</b>	24 Cessford PT 9:30-11:30 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	25 26 Rainier PT 10:00-11:30 Tropical Paradise 10:00-11:00	27
28 Little Chefs 10:00-11:00  <b>Triple P Seminar 4:00-6:00 p.m.</b>	29 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	30 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Winter Wonderland 10:00-11:00	31 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	