

# MARCH 2019

ALL PROGRAMS & SERVICES ARE FREE



## parentLINKcentre



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### 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 Picassos (Mondays 1:30-2:30 p.m.)

Ms. Melissa is calling all artists! Bring your children in for some creative painting. This program is for children of all ages. Children will get to practice their fine motor skills while holding brushes and other painting mediums.

**MUST REGISTER TO ATTEND**



### 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 is limited to 12 participants.

**MUST REGISTER TO ATTEND**

### Animal Fun (Wednesday 10:00-11:00 a.m.)

Do your children have pets, enjoy animals; big and small? Then this program is for them. Ms. Karen will have crafts, stories and activities in order to explore animals in our lives.



**Evening Drop-In (March 6 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.



### Sensory Bins

(Friday, March 1, 8, 15 & 29 10:00-11:00 a.m.)

Join Karen as we explore sensory bins, crafts, games and MESSY play!!!

**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, MARCH 25  
4:00-6:00 P.M.

Join us on Monday, March 25 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 the PLC Staff at  
McDonald's on Wednesday,  
March 20 for activities, a  
craft and some fun.  
5:00-7:00 p.m.**



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				Sensory Bins 10:00-11:00 Rainier PT 10:00-11:30	1 2
4 Little Picassos 1:30-2:30	5 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	6 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Animal Fun 10:00-11:00 <b>Playroom Drop-In 5:00-6:30 PM</b>	7 Cessford PT 9:30-11:00 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	8 9 Sensory Bins 10:00-11:00	3
11 Little Picassos 1:30-2:30	12 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	13 <b>NO DUCHESS PT</b> Bassano PT 10:00-11:30 Animal Fun 10:00-11:00	14 Cessford PT 9:30-11:00 Brooks PT 10:45-12:00 Tiny Tots 1:00-2:30	15 16 Sensory Bins 10:00-11:00	 17 St. Patrick's Day
18 Little Picassos 1:30-2:30	19 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	20 <b>NO BASSANO PT</b> Duchess PT 10:00-11:30 Animal Fun 10:00-11:00 <b>McDonald's Family Fun Night 5:00-7:00 p.m.</b>	21 Brooks PT 10:45-12:00 <b>NO TINY TOTS</b>	22 23 <b>PLAYROOM OPEN FOR DROP-IN</b>	24
25 Little Picassos 1:30-2:30 <b>Triple P Seminar 4:00-6:00 p.m.</b>	26 Rosemary PT 10:00-11:30 Little Chefs 10:00-11:00 Brooks PT 10:45-12:00	27 Bassano PT 10:00-11:30 Duchess PT 10:00-11:30 Animal Fun 10:00-11:00	28 Cessford PT 9:30-11:00 Brooks PT 10:45-12:00 <b>NO TINY TOTS</b>	29 30 Sensory Bins 10:00-11:00 Rainier PT 10:00-11:30	