


Please Note that our office is closed from 12 - 1 PM everyday for lunch.
 Look for program descriptions on the back of this calendar!

Siblings are Always Welcome!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|
| <p>2</p> <p>Centre Closed</p>  | <p>3</p> <p>Centre Closed Data Entry 9:00 AM - 12:00 PM</p> <p>Drop-In Playtime 1:30 PM - 3:00 PM</p> | <p>4</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Centre Closed Data Entry 1:00 PM - 4:30 PM</p> | <p>5</p> <p>Centre Closed Staff Training 9:00 AM - 4:30 PM</p>  | <p>6</p> <p>Play, Learn & Connect 10:00 AM - 11:30 AM</p> <p>Drop-In Playtime 1:30 PM - 2:45 PM</p>  | <p>7</p> <p>Drop-In Playtime 10:00 AM - 11:30 AM</p> <p>Play, Learn & Connect 1:30 PM - 2:45 PM</p> |
| <p>9</p> <p>Coffee Q & A 10:00 AM - 11:30 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p> <p>Drop-In Playtime 4:30 PM - 6:00 PM</p> | <p>10</p> <p>Movin' & Groovin' 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p>Post Partum Support 10:00 AM - 11:30 AM <i>Must Register</i></p> <p>Artsy Afternoon 1:30 PM - 2:30 PM Session 1 of 2</p> | <p>11</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Drop-in Play 2:00 PM - 3:00 PM</p> | <p>12</p> <p>Baby Talk- Introduction to Infant Massage 9:45 AM - 11:45 AM</p> <p>Artsy Afternoon 1:30 PM - 2:30 PM Session 2 of 2</p> | <p>13</p> <p>Storyland Adventure 10:00 AM - 10:30 AM</p> <p>Stay and Play 10:30 AM - 11:30 AM</p> <p>Puddle Jumping In The Park! 1:30 PM - 2:30 PM</p> | <p>14</p> <p>Drop-In Playtime 10:00 AM - 11:30 AM</p> <p>Play, Learn & Connect 1:30 PM - 2:45 PM</p> |
| <p>16</p> <p>Coffee Q & A 10:00 AM - 11:30 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p> | <p>17</p> <p>Post Partum Support 10:00 AM - 11:30 AM <i>Must Register</i></p> <p>Centre Closed Data Entry 1:00 PM - 4:30 PM</p> | <p>18</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Playdough Fun! 1:00 PM - 2:15 PM</p> <p>Stay & Play 2:15 PM - 3:00 PM</p> | <p>19</p> <p>Baby Talk- Rhyme Time & Chat 9:45 AM - 11:00 AM</p> <p>Centre Closed Staff Training 1:00 PM - 4:30 PM</p>  | <p>20</p> <p>1000 BOOKS 10:00 AM - 10:45 AM</p> <p>Groovy Grandparents 1:30 PM - 2:45 PM</p> <p>Mom's Night- Please Register! 6:30 PM - 8:30 PM</p> | <p>21</p> <p>Breakfast With Dad 10:00 AM - 11:30 AM (Male Caregivers & Kids Only)</p> <p>Moms, Kids & Caregivers please join us for...</p> <p>Play, Learn & Connect 1:30 PM - 2:45 PM</p> |

Continued on back of page...

Siblings are Always Welcome!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|
| <p>23 <u>Mealtime Struggles to Mealtime Success</u> in <u>Coffee Q & A (Drop-in)</u> 10:00 AM – 11:30 AM</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM Staff Meeting</p> <p><u>Let's Build!</u> 4:30 PM – 6:00 PM</p> | <p>24 <u>Preschool Talk Time & Movin & Groovin</u> 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p><u>Post Partum Support</u> 10:00 AM - 11:30 AM Must Register</p> <p><u>Drop-In Playtime</u> 1:30 PM – 2:30 PM</p> | <p>25 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM</p> <p><u>Painting Fun!</u> 1:30 PM – 2:15 PM</p> <p><u>Stay & Play</u> 2:15 PM - 3:00 PM</p>  | <p>26 <u>Baby Talk–AHS: What to Do if Baby Chokes</u> 9:45 AM - 11:45 AM</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM Except for:</p> <p><u>Volunteer 'Sundae on a Thursday' Party!</u></p> | <p>27 <u>TELUS!</u> <u>Calgary Science Centre</u> Must Register</p> <p><u>Drop-In Playtime</u> 1:30 PM – 2:45 PM</p> | <p>28 <i>April is Nutrition Month!</i></p>  <p>For Healthy Eating Resources go to...</p> <p>albertahealthservices.ca/nutrition/page2914.aspx</p> |

| | | |
|--|---|---|
| <p>30 <u>Triple P Seminar 1</u> <u>The Power of Positive Parenting</u> in <u>Coffee Q & A</u> 9:45 AM – 11:45 AM Please Register</p> | <p> Find this calendar online... strathmorelibrary.ca/parentlink</p> <p><i>And check out the <u>New 5 for Life Website</u>, where you can find our calendar!!</i> www.5forlife.ca</p> | <p>For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076</p> <p>419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</p>  <p>PEOPLE FIRST, COMMUNITY ALWAYS</p>  |
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Program Descriptions:

- **Drop-in Play/Stay & Play/Play, Learn, & Connect:** Children participate in interactive play activities & parents connect with other parents/caregivers and Parent Coaches. Parenting and child development information & resources are available.
- **Baby Talk:** Join other parents and babies **up to 12 months** to socialize & learn about relevant topics concerning parenting an infant; program offered in partnership with Strathmore Health Unit. **Older siblings Welcome!**
- **Breakfast with Dad:** Children **0-6** years with their father or a significant male adult - enjoy breakfast, play time and time with other dads.
- **Groovy Grandparents:** Drop-in playtime for grandparents & kids. Coffee & tea provided.
- **Preschool Talk Time:** Drop-in to play! A Pre-school Speech Therapist will be on site for questions you may have about your child's speech & sensory development.
- **Movin & Groovin:** This gross-motor parented program runs at the Civic Centre until the weather warms up. Sponsored by the Town of Strathmore. Come burn off some energy!
- **1000 Books (Ages birth - Kindergarten):** Read with your child at home, Parent Link or the Library (or anywhere!). You can track your reading to win prizes every 50 books! Pick up your log book at PLC or the library or go to...strathmorelibrary.ca/1000books.

- **Telus Science Centre: MUST** pre-register to attend with Parent Link!
- **Mom's Night Out: (No children please):** Come and take a break... Hang out, get pampered, have some food and relax! This evening is just for you– Moms, grandmothers, nannies, aunties & day-home providers. **Please Register.**
- **Triple P Seminar:** The Power of Positive Parenting. Participants are advised to attend all 3 sessions (Seminar 2 and 3 to follow in May). Limited childminding available but **must** pre-register.
- **Postpartum Support Group:** Being a mother can be overwhelming. Join this 8 week program, once a week with child care. **Registration Required**
- **Puddle Jumping In The Park:** (All Ages) Meet at the North parking lot of Kinsmen Park with your rubber boots on, for a splashy stroll and playtime at the newly renovated playground! Dress Appropriately (maybe bring extra clothes?!!) *In the event of inclement weather Parent Link Centre Playroom will be open!*
- **Artsy Afternoon!:** Bring in your little artist on Tues and Thurs afternoon to complete a 2 part process art piece!



Parent Link must adhere to Fire Safety Regulations such as room capacity restrictions. This means that if you are coming for a busy program, or have not registered (as applicable), you may be asked to return at another time.

LOOK!for our sign out on the railing that will either be **GREEN** (for "Come on In!") or **RED** (for "STOP, playroom is full!").

Open: Mon. – Thurs. 9 AM – 4.30 PM and Fri. 9 AM– 3 PM unless otherwise stated.

All Programs offered Free of Charge!