














# STRATHMORE PARENT LINK

## Drop in/Regular Programs

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



# August 2018








Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076</b></p> <p>419B - 2<sup>nd</sup> Street, Strathmore, AB  <a href="mailto:plc-strathmore@aspenfamily.org">plc-strathmore@aspenfamily.org</a></p>  		<p><b>1</b></p> <p><b>Triple P Discussion Group in Coffee &amp; Chatter "Managing Fighting &amp; Aggression"</b>            9:30 AM - 11:30 AM</p> <p><b>Playdough Fun!</b>            1:30 PM - 2:30 PM</p>	<p><b>2</b></p> <p><b>Mother Goose in the Park</b>            10:00 AM - 11:00 AM            All Ages Welcome!</p> <p><b>Drop-In Playtime</b>            1:30 PM - 3:00 PM</p>	<p><b>3</b></p> <p><b>Planning &amp; Admin Day</b></p> 	<p><b>4</b></p> <p><b>Drop-In Playtime</b>            10:00 AM - 11:30 AM</p>  <p><b>Play, Learn &amp; Connect</b>            1:30 PM - 2:30 PM</p>
<p><b>6</b></p> <p><b>Centre Closed</b></p> <p>Happy Heritage Day!</p> 	<p><b>7</b></p> <p><b>Infant Massage</b>            10:00 AM - 11:00 AM  <b>MUST REGISTER</b></p> <p><b>Join us in Standard - Make &amp; Take Scented Bath Salts</b>            1:00 PM - 2:30 PM</p>	<p><b>8</b></p> <p><b>Triple P Discussion Group in Coffee &amp; Chatter "Developing Good Bedtime Routines"</b>            9:30 AM - 11:30 AM</p> <p><b>Meet Me at the Park</b>  <i>École Brentwood Elementary School</i>            1:30 PM - 2:30 PM</p>	<p><b>9</b></p> <p><b>Mother Goose in the Park</b>            10:00 AM - 11:00 AM            All Ages Welcome!</p> <p><b>Drop-In Playtime</b>            1:30 PM - 2:30 PM</p> 	<p><b>10</b></p> <p><b>Planning &amp; Admin Day</b></p> 	<p><b>11</b></p> <p><b>Join 5 for Life for ... Sport Saturday</b>            1:00 PM - 2:00 PM  <i>Kinsmen Park</i></p> <p><i>Dads/male caregivers: Bring the kids down to the Amphitheatre in Kinsmen Park, and join us for some fun sports activities!</i></p>
<p><b>13</b></p> <p><b>Parent Café: Heart Math</b>  <b>MUST REGISTER!</b>            9:45 AM - 11:45 AM</p> <p><b>Centre Closed</b>            1:00 PM - 4:30 PM            Staff Meeting</p> <p><b>Drop-In Playtime</b>            5:00 PM - 7:00 PM</p>	<p><b>14</b></p> <p><b>Infant Massage</b>            10:00 AM - 11:00 AM  <b>MUST REGISTER</b></p> <p><b>Ice Cream in the Park</b>  <i>Gleichen</i>            1:30 PM - 2:30 PM</p>	<p><b>15</b></p> <p><b>Triple P Discussion Group in Coffee &amp; Chatter "Dealing with Disobedience"</b>            9:30 AM - 11:30 AM</p> <p><b>Meet Me at the Park</b>  <i>Westmount Elementary School</i>            1:30 PM - 2:30 PM</p>	<p><b>16</b></p> <p><b>Mother Goose in the Park</b>            10:00 AM - 11:00 AM            All Ages Welcome!</p> <p><b>1000 Books</b>            1:30 PM - 2:15 PM</p> <p><b>Stay &amp; Play</b>            2:15 PM - 3:00 PM</p>	<p><b>17</b></p> <p><b>Planning &amp; Admin Day</b></p> 	<p><b>18</b></p>   

Siblings are Always Welcome!

Continued on back of page...

Open: Mon. - Fri. 9 AM - 4.30 PM unless otherwise indicated.

All Programs offered Free of Charge!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> <b>Meet Me at the Park</b> Wheatland Elementary School 10:00 AM - 11:00 AM  <b>Centre Closed</b> 1:00 PM - 4:30 PM Staff Meeting	<b>21</b> <b>Stroller Walk</b> 10:00 AM - 11:00 AM  <b>Ice Cream in the Park</b> Rockyford 1:30 PM - 2:30 PM 	<b>22</b> <b>Coffee &amp; Chatter</b> 10:00 AM - 11:30 AM  <b>Craft and Create</b> 1:30 PM - 2:30 PM	<b>23</b> <b>Mother Goose in the Park</b> 10:00 AM - 11:00 AM All Ages Welcome!  <b>Drop-In Playtime</b> 1:30 PM - 3:00 PM	  <b>Planning &amp; Admin Day</b>	<b>25</b> <b>Telus! Calgary Science Centre</b> <b>Must Register</b> 
<b>27</b> <b>Meet Me at the Park</b> Sacred Heart Academy 11:00 AM - 11:45 AM  <b>Centre Closed</b> 1:00 PM - 4:30 PM Staff Meeting  <b>Drop-In Playtime</b> 5:00 PM - 7:00 PM	<b>28</b> <b>Infant Massage</b> 10:00 AM - 11:00 AM <b>MUST REGISTER</b>  <b>Stroller Walk</b> 10:00 AM - 11:00 AM   <b>Paint in the Park</b> 1:30 PM - 2:45 PM	<b>29</b> <b>Coffee &amp; Chatter</b> 10:00 AM - 11:30 AM   <b>Let's Build It!</b> 1:30 PM - 2:45 PM	<b>30</b> <b>Meet Me at the Park</b> Wheatland Elementary School 10:00 AM - 11:00 AM  <b>Afternoon Storytime</b> 1:30 PM - 2:00 PM  <b>Stay and Play</b> 2:00 PM - 3:00 PM	<b>31</b> <b>Planning &amp; Admin Day</b> 	 <b>Find this online...</b>  <a href="http://strathmorelibrary.ca/parentlink">strathmorelibrary.ca/parentlink</a>

**Program Descriptions:**

- **Drop-in Play/Stay & Play/Play, Learn, & Connect:** Children participate in interactive play activities & parents connect with other parents/caregivers & Parent Coaches. Parenting and child development information & resources are available.
- **Coffee Q & A/Coffee & Chatter:** Children participate in interactive, imaginative play while parents enjoy meeting other parents/caregivers and interact with staff on questions about development, behavior, parenting & resources.
- **Stroller Walk:** Meet at the North end of Kinsmen Park for a walk & playtime afterwards at the newly renovated playground. Come burn off some energy! *In the event of inclement weather Parent Link Centre Playroom will be open!*
- **1000 Books (Ages birth - Kindergarten):** Read with your child and 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](http://strathmorelibrary.ca/1000books).
- **Telus Science Centre:** **MUST** register to attend with Parent Link!
- **Triple P Discussion Groups:** Come for 1 or all 4 of these great parenting topics. Kids play while parents/caregivers learn ways to manage their child's behavior; held in our playroom, free materials provided. **Please register.**
- **Mother Goose in the Park:** In partnership with Strathmore Municipal Library & 5 for Life; rhymes, stories, songs, games & activities. Come with your blanket to sit on. Meet behind the Amphitheatre in Kinsmen Park. **All Ages Welcome!** Program will move to the Library should weather prove unsuitable. **No registration.**
- **Ice Cream in the Park:** Come join with 5 for Life, Strathmore Municipal Library, & Parent Link in one of the rural settings for songs, rhymes, stories, a craft, and of course, ice cream! Bring your blanket or chair to sit on. **All Ages Welcome!**
- **Paint in the Park:** Meet at the amphitheater in Kinsmen Park for some creative painting.

- **Meet Me at the Park:** Meet in different school playgrounds to play with old friends and meet new ones. Meeting point: playground closest to parking lot. Bring water, sunscreen, bug spray. *In case of inclement weather meet at Parent Link.*
- **Make & Take (in Standard):** Make & take home soothing bath salts in your favourite scent; at Standard Municipal Library, supplies provided, children welcome.
- **Infant Massage:** A 4 week program (Please note: running August 7 - September 4) where parents & caregivers of babies up to 1 year learn how to use massage techniques to help baby and enhance bonding. **Must Register**
- **Craft 'N' Create:** Join us to cut, glue, draw, colour and create!
- **Afternoon Storytime:** Bring your favourite stuffy or teddy bear & join us for a story!
- **Parent Café: Heart Math:** Come and learn how to recognize and regulate emotions with techniques from Heart Math. **Limited Space...Please REGISTER!**
- **Sport Saturday (5 For Life Program):** Dads/male caregivers, Bring the kids down to the Amphitheatre in Kinsmen Park, join us for some fun sports activities. **Everyone Welcome!**
- **Planning/Admin Time:** Office is open 8:30 - 4:30, no programs are running.

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 full!"

**Open: Mon. – Fri. 9 AM – 4.30 PM unless otherwise indicated.**



**PEOPLE FIRST,  
COMMUNITY ALWAYS**



**All Programs offered Free of Charge!**