












STRATHMORE PARENT LINK

Drop in/Regular Programs

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

February 2018

Alberta Children's Services



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>1 <u>Baby Talk– Chat time</u> 9:45 AM - 11:45 AM</p> <p><u>Centre Closed For Data Entry</u> 1:00 PM - 4:30 PM</p>	<p>2 <u>Baby's First Year- (with Preg. Care Centre)</u> 9:30 AM - 11:30 AM</p> <p>1000 BOOKS 1:30 PM - 2:15 PM</p> <p><u>Stay and Play</u> 2:15 PM - 2:45 PM</p>	
<p>5  <u>Triple P Group</u> 9:30 AM– 11:30 AM Must Register</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM Staff Meeting</p>	<p>6 <u>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>Centre Closed</u> 1:00 PM - 4:30 PM Staff Meeting</p>	<p>7 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM</p> <p><u>Centre Closed For Data Entry</u> 1:00 PM - 4:30 PM</p> 	<p>8 <u>Baby Talk– Registered Dental Assistant-Your Baby's Dental Health</u> 9:45 AM - 11:45 AM</p> <p><u>Let's Build!</u> 1:30 PM - 2:45 PM</p> 	<p>9 <u>Baby's First Year- (with Preg. Care Centre)</u> 9:30 AM - 11:30 AM</p> <p><u>Groovy Grandparents</u> 1:30 PM– 2:45 PM</p>	<p>10 <u>Drop-In Play</u> 10:00 AM - 11:30 AM</p> <p><u>Play, Learn & Connect</u> 1:30 PM - 2:45 PM</p>
<p>12 <u>Triple P Group</u> 9:30 AM– 11:30 AM Must Register</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM Staff Meeting</p> <p><u>Drop-In Playtime</u> 4:30 PM – 6:00 PM</p>	<p>13 <u>Ooey Gooley Sensory Play</u> 10:00 AM - 11:30 AM</p> <p><u>Post Partum Support</u> 10:00 AM - 11:30 AM Must Register</p> <p><u>Centre Closed For Data Entry</u> 1:00 PM - 4:30 PM</p>	<p>14 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM</p> <p><u>Drop-In Playtime</u> 2:00 PM – 3:15 PM</p> 	<p>15 <u>Baby Talk– -Strathmore Library-Baby Goose</u> 9:45 AM - 11:45 AM</p> <p><u>Playdough Fun!</u> 1:30 PM – 2:30 PM</p> 	<p>16 <u>Baby's First Year- (with Preg. Care Centre)</u> 9:30 AM - 11:30 AM</p> <p><u>Drop-In Playtime</u> 1:30 PM – 2:45 PM</p> <p><u>Mom's Night-Yoga</u> Registration Required 7:00 PM - 9:00 PM</p>	<p>Positive Parenting Program (Triple P):</p>  <p>Tips and tools to help make parenting easier through quick, private consultations or scheduled group sessions</p>

Siblings are Always Welcome !

Continued on back of page...

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

All Programs offered Free of Charge!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19 Centre Closed ❄️</p> <p>FAMILY DAY ~ UNPLUGGED ~</p> <p>Join 5 for Life's *FREE* FAMILY DAY SWIM 3:00 PM - 5:00 PM Aquatic Centre</p>	<p>20 TELUS!</p> <p>Calgary Science Centre <i>Must Register</i></p> <p>Post Partum Support 10:00 AM - 11:30 AM <i>Must Register</i></p> <p>Winter Walk & Play at the Park! 1:30 PM – 2:30 PM</p>	<p>21</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Craft 'N' Create 1:30 PM – 2:15 PM</p> <p>Stay & Play 2:15 PM - 3:15 PM</p>	<p>22</p> <p>Baby Talk– AHS– Sex after Baby/ Birth Control 9:45 AM - 11:45 AM</p> <p>Centre Closed For Data Entry 1:00 PM - 4:30 PM</p>	<p>23</p> <p>Baby's First Year- (with Preg. Care Centre) 9:30 AM - 11:30 AM</p> <p>Groovy Grandparents 1:30 PM – 2:45 PM</p> <p>❄️</p>	<p>24</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 - 3:00 PM</p>
<p>26 Centre Closed For Cleaning 9:00 AM - 4:00 PM</p> <p>Drop-In Playtime 4:30 PM – 6:00 PM</p> <p>❤️</p>	<p>27 Preschool Talk Time & 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>Centre Closed For Data Entry 1:00 PM - 4:30 PM</p>	<p>28</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Craft 'N' Create 1:30 PM – 2:15 PM</p> <p>Stay & Play 2:15 PM - 3:15 PM</p>	<p>❤️ ❤️ ❤️ ❤️</p> <div style="border: 1px dashed black; padding: 5px;">  <p><i>Find this calendar online...</i> strathmorelibrary.ca/parentlink</p> <p><i>Check out the New 5 for Life Website, where you can find our calendar!!</i> www.5forlife.ca</p>  </div>		

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!**
- **Baby's First Year:** A six week program in partnership with the Pregnancy Care Centre offering practical support, advice & encouragement to new parents, with a focus on parent-baby attachment. **Please Register.**
- **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 and sensory development.
- **Babywearing Meet-up:** Come meet other moms interested in baby wearing options. *Resumes in March*
- **Craft 'N' Create:** A crafty program aimed at those who love to cut, glue, colour, draw and create! Join us for a new craft each week!
- **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, aunts & day-home providers. **Please Register.**
- **Triple P Group:** Feel out of control of some of your child's behaviours? This is an 8 week program (3 sessions are by phone), that will assist you to take control back in a positive way. Refreshments provided. **Registration Required**
- **Postpartum Support Group:** Being a mother can be overwhelming. Join this 8 week program, once a week with child care. **Registration Required**
- **Winter Walk & Play In The Park:** (All Ages) Meet at the North parking lot of Kinsmen Park for a winter stroll and playtime at the newly renovated playground! Dress Warm!! *In event of inclement weather Parent Link Centre Playroom will be open!* ❤️

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!