











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!



July 2018

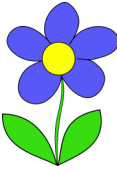

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Centre Closed</p> <p>Happy Canada Day!</p> 	<p>3</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Groovy Grandparents 1:30 PM - 2:45 PM</p>	<p>4</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Playdough Fun! 1:30 PM - 2:30 PM</p>	<p>5</p> <p>Mother Goose in The Park 10:00 AM - 11:00 AM All Ages Welcome!</p> <p>Drop-In Playtime 1:30 PM - 2:15 PM</p>	<p>6</p> <p>Planning & Admin Day</p> 	<p>7</p>  
<p>9</p> <p>Coffee Q & A 9:45 AM - 11:45 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>10</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Build It! 1:30 PM - 2:45 PM</p>	<p>11</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Drop-In Playtime 1:30 PM - 3:00 PM</p>	<p>12</p> <p>Mother Goose in The Park 10:00 AM - 11:00 AM All Ages Welcome!</p> <p>Ice Cream in the Park Hussar 1:30 PM - 2:30 PM</p>	<p>13</p> <p>Planning & Admin Day</p> 	<p>14</p> <p>Light Continental 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 - 2:30 PM</p>
<p>16</p> <p>Centre Closed 8:30 AM - 4:30 PM Staff Meeting</p>	<p>17</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Ice Cream in the Park Gleichen 1:30 PM - 2:30 PM</p>	<p>18</p> <p>Triple P Discussion Group in Coffee & Chatter 'Hassle Free Shopping' 9:30 AM - 11:30 AM</p> <p>1000 Books 1:30 PM - 2:15 PM</p> <p>Stay and Play 2:15 PM - 3:00 PM</p>	<p>19</p> <p>Mother Goose in The Park 10:00 AM - 11:00 AM All Ages Welcome!</p> <p>Drop-In Play 1:30 PM - 2:15 PM</p>	<p>20</p> <p>Planning & Admin Day</p> 	<p>21</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
23	<p>TELUS! Calgary Science Centre Must Register</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>24 Infant Massage 10:00 AM - 11:00 AM Must Register</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Ice Cream in the Park Standard 1:30 PM – 2:30 PM</p>	<p>25 Techniques in Mindfulness in Coffee & Chatter 10:00 AM - 11:30 AM MUST REGISTER</p> <p>Drop-In Playtime 2:00 PM - 3:30 PM</p>	<p>26 Mother Goose in The Park 10:00 AM - 11:00 AM All Ages Welcome!</p> <p>Drop-In Playtime 1:30 PM - 3:00 PM</p> <p>Play, Learn & Connect 5:00 PM – 7:00 PM</p>	<p>27 Planning & Admin Day</p> 	<p>28 Drop-In Play 10:00 AM - 11:30 AM</p> <p>Play, Learn & Connect 1:30 PM - 2:30 PM</p>
30	<p>Mealtime Struggles in 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 5:00 PM – 7:00 PM</p>	<p>31 Infant Massage 10:00 AM - 11:00 AM Must Register</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Ice Cream in the Park Carseland 1:30 PM – 2:30 PM</p>	 <p><i>Find this calendar online ...</i> strathmorelibrary.ca/parentlink</p> <p>For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076 419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</p>		<p>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.</p> <p>Look for our sign out on the railing that will either be GREEN (for "Come on In!") or RED (for "STOP, playroom is full!")</p>	

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.
- **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! Resumes in September. Please join us for Mother Goose in the Park!**
- **Breakfast with Dad:** Children **0-6** years with their father or a significant male adult - enjoy a light, continental breakfast, play time and time with other dads.
- **Groovy Grandparents:** Drop-in playtime for grandparents & kids.
- **Preschool Talk Time:** Drop-in to play! A Pre-school Speech Therapist on site for questions you may have about your child's speech & sensory development. (Will resume in the Fall).
- **Stroller Walk:** Meet at the North end of Kinsmen Park for a walk and to play 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.
- **Telus Science Centre:** **MUST** pre-register to attend with Parent Link!
- **Mealtime Struggles to Success:** A Registered Dietitian discusses mealtime

- struggles & strategies for developing a healthy feeding relationship with your 1-5 year old child. **Please Register**
- **Triple P Discussion Groups:** Come for 1 or all 4 of these great parenting topics. Kids play while parents/caregivers are learning how to manage their child's behavior. These sessions are held in our playroom & resource materials are provided. **Must 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 required.**
 - **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!**
 - **Techniques in Mindfulness:** Learn mindful techniques for children, adults and the whole family to reduce anxiety and improve mood.
 - **Infant Massage:** A 4 week program where parents & caregivers of babies up to 1 year learn how to use massage techniques to help baby and enhance bonding. **Must Register**
 - **Planning/Admin Time:** Office is open 8:30 - 4:30, no programs are running.



**PEOPLE FIRST,
COMMUNITY ALWAYS**



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All Programs offered Free of Charge!