



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!



June 2017

Alberta Children's Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>	<p>For Further Information or to Register, call Veronica, Lily or Rhonda (403) 983-0076</p> <p>419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</p> 		<p>1 Centre Closed 9:00 AM - 1:00 PM</p> <p>Ages & Stages Activity Sensational Sand Sensory Play 1:15 PM - 2:30 PM</p>	<p>2 Rockyford Let's Grow Together Rockyford Library 9:45 AM - 11:15 AM</p> <p>Gleichen Let's Grow Together Gleichen Anglican Church Hall 1:00 PM - 2:30 PM</p>	<p>3 Drop-In Playtime 10:00 AM - 11:30 AM</p> <p>Play, Learn & Connect 1:30 PM - 3:00 PM</p>
<p>5 Coffee Q & A 9:30 AM - 11:00 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM</p> <p>Staff Meeting</p> <p>Drop-In Playtime 4:30 PM - 6:00 PM</p>	<p>6 Raising Resilient Children 9:30 AM - 11:30 AM <i>Must Register</i></p> <p>Drop-In Playtime 1:30 PM - 3:00 PM</p>	<p>7 Centre Closed 9:00 AM - 1:00 PM Staff Training</p>  <p>Babywearing Meet-up 1:30 PM - 3:30 PM</p>	<p>8 Baby Talk- Roots of Empathy 9:45 AM - 11:45 AM</p> <p>1000 Books 1:30 PM - 2:15 PM</p> <p>Stay & Play 2:15 PM - 3:00 PM</p>	<p>9 Rockyford Let's Grow Together Rockyford Library 9:45 AM - 11:15 AM</p> <p>Gleichen Let's Grow Together Gleichen Anglican Church Hall 1:00 PM - 2:30 PM</p>	<p>10 Centre Closed</p> <p>Don't forget DAD!</p> <p>Father's Day is June 18th</p>
<p>12 Coffee Q & A 9:30 AM - 11:00 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM</p> <p>Staff Meeting</p>	<p>13 Stroller Walk/Stay & Play 9:30 AM - 11:00 AM</p> <p>Loose Parts 1:30 PM - 2:15 PM</p> <p>Stay & Play 2:15 PM - 3:00 PM</p>	<p>14 Coffee & Chatter 10:00 AM - 11:30 AM</p>  <p>Groovy Grandparents 1:30 PM - 3:00 PM</p>	<p>15 Baby Talk- Father's Day Craft 9:45 AM - 11:45 AM</p> <p>Father's Day Craft 1:30 PM - 2:15 PM</p> <p>Stay & Play 2:15 PM - 3:00 PM</p> <p>Paint & Refresh 7:00 PM - 9:00 PM <i>Call Hope Bridges to Register 403.983.3640</i></p>	<p>16 Rockyford Let's Grow Together Rockyford Library 9:45 AM - 11:15 AM</p> <p>Last Class Gleichen Let's Grow Together Gleichen Anglican Church Hall 1:00 PM - 2:30 PM</p>	<p>17 Join us for the... Get to Know Your Neighbour Festival!</p> <p>Breakfast With Dad 10:00 AM - 11:30 AM</p> <p>Drop-In Playtime 1:30 PM - 3:00 PM</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!

Siblings are Always Welcome!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 <u>Toddler Sleep Session</u> (Ages 2½ - 5 years) 9:30 AM -11:30 AM <i>Please Register</i> Centre Closed 1:00 PM - 4:30 PM Staff Meeting Drop-In Playtime 4:30 PM – 6:00 PM	20  <u>Stroller Walk/ Stay & Play</u> 9:30 AM - 11:00 AM Centre Closed Staff Training 1:00 PM - 4:30 PM	21 <u>Coffee & Chatter</u> 10:00 AM -11:30 AM  Groovy Grandparents 1:30 PM - 3:00 PM	TELUS Science Centre- MUST pre-register to attend with Parent Link!  Baby Talk – AHS- Growth & Development 9:45 AM - 11:45 AM Lego and Block Fun! 1:30 PM - 2:15 PM Stay & Play 2:15 PM - 3:00 PM	23 Centre Closed Staff Training 9:00 AM - 1:00 PM  Play, Learn & Connect 1:30 PM - 3:00 PM	24 Centre Closed
26 Coffee Q & A 9:15 AM - 10:00 AM Centre Closed 10:15 AM - 4:30 PM Staff Development	27 <u>Preschool Talk Time/ Drop-in Play</u> 9:30 AM -11:30 AM Coffee Q & A 1:30 PM - 3:00 PM La Leche League Meeting 6:30 PM - 8:30 PM	28 Coffee & Chatter 10:00 AM -11:30 AM Drop-In Playtime 1:30 PM - 3:00 PM	29 Baby Talk – TBD 9:45 AM - 11:45 AM Canada Day Craft 1:30 PM - 2:15 PM Stay & Play 2:15 PM - 3:00 PM	30 Groovy Grandparents (Grandparents & Kids Only) 9:30 AM - 11:00 AM Play, Learn & Connect 1:30 PM - 3:00	<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p>Find this calendar online... strathmorelibrary.ca/parentlink</p> <p>or</p> <p>5forlifeforever.com</p> <p>We appreciate our community partners!</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! No registration required.**
- **Coffee & Chatter:** Children **0-6 years** participate in interactive, imaginative play while parents enjoy coffee or tea & have the opportunity to meet other parents/ caregivers who are experiencing the ups and downs of parenting.
- **Breakfast with Dad:** Children **0-6 years** with their father or a significant male adult - enjoy breakfast, play time and time with other dads.
- **Craft Programs (All ages):** Fun, creative ways for you & your child to explore different ways to play together.
- **La Leche League Meeting:** To encourage, promote, and provide mother-to-mother breastfeeding support. Children, spouses and caregivers welcome.
- **Coffee Q & A:** Enjoy a cup of coffee/tea & get resources/information, and help finding answers to questions about your child's development and behavior. Drop-ins welcome!
- **Mom's Night Out!: (No children please):** Come & get a break from the everyday challenges. Hang out, get pampered, have some food & relax!! This is an evening for moms, grandmothers, nannies, aunties & dayhome providers. **Please Register**
- **Groovy Grandparents:** Drop-In Playtime for Grandparents & Kids. Coffee and tea

provided. Join us also for Stroller Walk, Tuesday mornings. **No registration required!**

- **1000 Books/ Read With Me (Ages birth-kindergarten):** Read with your child at home, Parent Link, or the Library (or anywhere!) & track your reading to win prizes every 50 books! Pick up your reading log at PLC or the library or go on-line: strathmorelibrary.ca/1000-books
- **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.
- **Stroller Walk:** Come for a walk in Kinsmen Park, meet at North end parking lot. Enjoy the outdoors and a play time after (inclement weather: meet at Parent Link).
- **Babywearing Meet-up:** Come meet other moms interested in baby-wearing options.
- **Triple P Seminars:** Raising Resilient Children. Participants are advised to have attended all 3 sessions. Childminding available but must pre-register. **Must Register**
- **Sleep session:** Come meet in a group with an infant & toddler sleep coach, Whitney Miller, from WeeSleep. Get information & tips about your child's sleep issues. **Please Register**

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!").

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