







Look for program descriptions on the back of this calendar!



June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Find this calendar online... strathmorelibrary.ca/parentlink</i></p>	<p>For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076</p>  <p>PEOPLE FIRST. COMMUNITY ALWAYS</p> <p>419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</p>			<p>1</p> <p>Planning & Admin Day</p> 	<p>2</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 2:00 PM - 2:45 PM</p>
<p>4</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>5</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Groovy Grandparents 1:30 PM – 2:45 PM</p>	<p>6</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Playdough Fun! 1:30 PM – 2:30 PM</p>	<p>7</p> <p>Baby Talk– Feeding Your Baby 9:45 AM - 11:15 AM</p> <p>Rockyford Let's Grow Together 12:45 PM - 2:15 PM</p>	<p>8</p> <p>Planning & Admin Day</p> 	<p>9</p> <p><i>Honour the Seniors in your life during Seniors Week June 4-9</i></p>
<p>11</p> <p>Triple P Seminar 2 Raising Confident, Competent Children in Coffee Q & A 9:45 AM – 11:45 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>12</p> <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Little Sprouts 1:30 PM - 2:15 PM <i>Please Register</i></p> <p>Stay and Play 2:15 PM - 3:00 PM</p>	<p>13</p> <p>Childhood Anxiety Coffee Q & A 10:00 AM - 11:30 AM</p> <p>Father's Day Craft 'N' Create 1:30 PM - 2:30 PM</p>	<p>14</p> <p>Baby Talk– Making Baby Food 9:45 AM - 11:15 AM</p> <p>Rockyford Let's Grow Together 12:45 PM - 2:15 PM Last Class</p>	<p>15</p> <p>Planning & Admin Day</p> 	<p>16</p> <p>Join us For... Newsy Neighbour Festival Downtown Strathmore Look for us at 5 For Life Box City 10:00 AM - 4:00 PM</p> <p>Play, Learn & Connect 2:15 PM - 3:00 PM</p>

Siblings are Always Welcome!

Continued on back of page...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18 Techniques in Mindfulness 10:00 AM – 11:30 AM MUST REGISTER</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>19 TELUS Science Centre- MUST pre-register to attend with Parent Link</p>  <p>Stroller Walk 10:00 AM - 11:00 AM</p> <p>Little Sprouts 1:30 PM - 2:15 PM <i>Bring a rock to paint</i> <i>Please Register</i></p> <p>Stay and Play 2:15 PM - 3:00 PM</p>	<p>20 Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Heart Math in Gleichen 1:00 PM - 3:30 PM</p>	<p>21 9th Annual Walk for Reconciliation Start: Harry Hays Bldg. End: Fort Calgary 8:00 AM - 11:00 AM</p> <p>Baby Talk– Guiding your Child to have Empathy for Others 9:45 AM - 11:45 AM</p> <p>1000 Books 1:30 PM - 2:15 PM</p>	<p>22 Closed for Training</p> 	<p>23 June 18 - 23</p>  <p>Family Day Festival & Pow Wow Former Indian Village South end of Stampede Park 9:00 AM - 9:00 PM</p>
<p>25 Triple P Seminar 3 Raising Resilient Children In Coffee Q & A 9:45 AM – 11:45 AM</p> <p>Centre Closed 1:00 PM – 4:30 PM Staff Meeting</p>	<p>26 Stroller Walk 10:00 AM - 11:00 AM</p> <p>Little Sprouts 1:30 PM - 2:15 PM <i>Please Register</i></p> <p>Stay and Play 2:15 PM - 3:00 PM</p>	<p>27 Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Drop-In Playtime 1:30 PM - 2:45 PM</p>	<p>28 Baby Talk– Chat time 9:45 AM - 11:45 AM</p> <p>Play In The Park! 1:30 PM - 2:15 PM</p>	<p>29 Planning & Admin Day</p> 	<p>30 Drop-In Playtime 10:15 AM-11:30 AM</p> <p>Play, Learn & Connect 1:30 PM-2:30 PM</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, child development information 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.
- **Preschool Talk Time:** Drop-in to play! A Pre-school Speech Therapist on site for questions you may have about your child’s speech and 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!
- **Triple P Seminars:** Participants are advised to attend all sessions. Limited childminding, **MUST** pre-register.



- **Craft ‘N’ Create:** Join us to cut, glue, draw, colour and create!
- **Techniques in Mindfulness:** Learn mindful techniques for children, adults and the whole family to reduce anxiety and improve mood.
- **Childhood Anxiety Coffee Q & A:** Come and feel free to ask questions about childhood anxiety. Drop-in play for the kids.
- **Little Sprouts:** A gardening experience for little people and their caregiver (ages 2-5). **Please Register**
- **Heart Math in Gleichen:** Join us at the Gleichen & District Community Hall to learn how to recognize and regulate emotions with techniques from *HeartMath*.
- **Box City:** Join us at Strathmore’s annual Newsy Neighbour Festival. Come join 5 for Life and create a painted city made from cardboard boxes!
- **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 is full!”)