







STRATHMORE PARENT LINK

Drop in/Regular Programs

November 2018

Look for program descriptions on the back of this calendar!

Please Note that our office is closed from 12 - 1 PM everyday for lunch.


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Find this online...</i> strathmorelibrary.ca/parentlink</p>	<p>For Further Information or to Register, call Natasha, Rhonda or Shelly (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>Baby Talk - Introduction to Baby Sign Language 9:45 AM - 11:45 AM</p> <p>Working 4 Kids 9:00 AM - 4:00 PM <i>Must Register</i></p>	<p>2</p> <p>Planning & Admin Day</p>	<p>3</p> <p>1000 Books/Stay & Play 10:00 AM - 11:30 AM</p> <p>Drop-in Play 1:30 PM - 2:45 PM</p>
	<p>5</p> <p>Coffee Q&A 9:45 AM - 11:15 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>6</p> <p>Movin & Groovin 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p>Drop in Play 2:00 PM - 3:00 PM</p>	<p>7</p> <p>Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Purple Drop in Play 1:30 PM - 2:45 PM <i>Wear Purple to raise awareness of family violence prevention.</i></p>	<p>8</p> <p>Baby Talk - Rhyme Time! 9:45 AM - 11:15 AM</p> <p>Remembrance Day Craft 2:30 PM - 3:30 PM</p> 	<p>9</p> <p>Working 4 Kids 9:00 AM - 3:00 PM <i>Must Register</i></p> 
<p>12</p> <p>Centre Closed</p>  <p><i>Let's We Forget</i></p>	<p>13</p> <p>Playdough Fun! 10:30 AM - 11:30 AM</p> <p>Snipping Scissors 1:30 PM - 2:15 PM</p> 	<p>14</p> <p>Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>15</p> <p>Baby Talk-AHS Dietician: Feeding Your Baby 9:45 AM - 11:45 AM</p> <p>Drop-in Play 1:00 PM - 2:00 PM</p> <p>Growing Families Society Come & Go Tea 2:00 PM - 4:00 PM <i>PLEASE RSVP (info below)</i></p>	<p>16</p> <p>Planning & Admin Day</p>	<p>17</p> <p>Light Continental Breakfast With Dad 10:00 AM - 11:30 AM (Male Caregivers & Kids Only)</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
<p>19 Working 4 Kids (1) 9:45 AM - 11:45 AM <i>Must Register</i></p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>20 Join us to Celebrate 'National Child Day' with Strathmore Library & Parent Link in...</p> <p>Ooey Gooey (at the Library) 10:00 AM - 11:30 AM</p> <p>Groovy Grandparents 1:30 PM - 2:45 PM</p>	<p>21 Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Planning & Admin Time 1:00 PM - 4:30 PM</p>	<p>22 Baby Talk-AHS Dietician: Making Baby Food 9:45 AM - 11:45 AM</p> <p>Free Playtime! 2:00 PM - 3:30 PM</p>	<p>23 Centre Closed Staff Training</p>	<p>24  It Takes All of Us.</p> <p>For more information about family violence prevention, visit endfamilyviolence.alberta.ca</p>
<p>26 Working 4 Kids (2) 9:45 AM - 11:45 AM <i>Must Register</i></p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>25 Preschool Talk Time/ Movin & Groovin 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p>Drop-in Playtime (Featuring: What is Child-Led Play?) 1:30 PM - 2:15 PM</p>	<p>28 Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Super Sing-Along 1:30 PM - 2:15 PM</p> 	<p>29 Baby Talk - AHS: Your Birth Story 9:45 AM - 11:45 AM</p> <p>Planning & Admin Time 1:00 PM - 4:30 PM</p>	<p>30 Centre Closed Staff Training</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.
- **Coffee Q & A/Coffee & Chatter:** Children participate in interactive, imaginative play while parents enjoy meeting other parents/caregivers & interact with staff on questions about development, behavior, parenting & resources.
- **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 the Strathmore Health Unit. **Older siblings Welcome!**
- **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.
- **Light Continental 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.
- **Preschool Talk Time:** Drop-in play! A Preschool Speech Therapist will be on site for any questions you might have about your child's speech & sensory development.
- **W4Kids Program:** Have a 3-5 year old? Come learn about your child's amazing growing brain in a series of 4 sessions. Child-minding available. **MUST pre-register.**
- **Postpartum Support Group:** Being a mother can be overwhelming. Join this 8-week program, once a week with childcare provided. **Registration Required.**

- **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 some energy off!
- **Mealtime Struggles to Success:** A Registered Dietician discusses mealtime struggles & strategies for developing a healthy feeding relationship with your 1-5 year old child.
- **Growing Families Society Come and Go Tea:** Come Celebrate 22 years of GFS providing services to families in this community. RSVP to <https://www.eventbrite.ca/e/growing-families-society-come-and-go-tea-tickets-47352498598> by November 13.
- **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!"

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COMMUNITY ALWAYS**



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