

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Find this calendar online... strathmorelibrary.ca/parentlink</p>  <p>Please Note: The 5 for Life Website is undergoing some changes. Thank you for your patience!</p>		<p>1 <u>Coffee & Chatter</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>Circle of Security</u> 1:15 PM - 2:45 PM Must Register</p>	<p>2 <u>Baby Talk– Feeding Your Baby</u> 9:45 AM - 11:45 AM</p> <p><u>Fall Sing-a-Long</u> 2:30 PM - 3:15 PM</p> <p><u>Angry Octopus (5-7 yrs)</u> 4:00 PM - 5:00 PM <i>Please Register</i></p> <p><u>Nighttime Tales</u> 6:30 PM - 7:30 PM</p>	<p>3 <u>Let's Grow Together-Rockyford</u> 10:00 AM - 11:30 AM</p> <p><u>Let's Grow Together-Standard</u> 12:45 PM - 2:15 PM</p>	<p>4 <u>Breakfast With Dad</u> 10:00 AM - 11:30 AM (Male Caregivers & Kids only)</p> <p>Moms, kids & caregivers please join us for... <u>Play, Learn & Connect</u> 1:30 PM - 3:00 PM</p>
<p>6 <u>Coffee Q & A</u> 10:00 AM - 11:30 AM</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM <u>Staff Meeting</u></p>	<p>7 <u>Groovy Grandparents</u> 9:30 AM - 10:30 AM</p> <p><u>Baby Wearing Meet-Up</u> 1:30 PM - 3:00 PM</p>	<p>8 <u>Coffee & Chatter</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>Circle of Security</u> 1:15 PM - 2:45 PM Must Register</p>	<p>9 <u>Baby Talk– Making Baby Food</u> 9:45 AM - 11:45 AM</p> <p><u>Storyland Adventure</u> 1:30 PM - 2:15 PM</p> <p><u>Stay and Play</u> 2:15 PM - 3:00 PM</p> <p><u>Nighttime Tales</u> 6:30 PM - 7:30 PM</p>	<p>10 <u>Let's Grow Together-Rockyford</u> 10:00 AM - 11:30 AM</p> <p><u>Let's Grow Together-Standard</u> 12:45 PM - 2:15 PM</p>	 <p>For more information about family violence prevention, visit endfamilyviolence.alberta.ca</p>
<p>13 <u>Centre Closed</u></p> 	<p>14 <u>Movin & Groovin</u> 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p><u>Purple Drop in Play</u> 1:30 PM - 3:00 PM <i>Wear Purple to raise awareness of family violence prevention.</i> endfamilyviolence.alberta.ca</p>	<p>15 <u>Coffee & Chatter</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>Circle of Security</u> 1:15 PM - 2:45 PM Must Register</p>	<p>16 <u>Baby Talk- Chat time</u> 9:45 AM - 11:45 AM</p> <p><u>Fall Sing-a-Long</u> 2:30 PM - 3:15 PM</p> <p><u>Bucket Filling (5-7 yrs)</u> 4:00 PM - 5:00 PM <i>Please Register</i></p> <p><u>Nighttime Tales</u> 6:30 PM - 7:30 PM</p>	<p>17 <u>Groovy Grandparents, featuring... 'Cut & Paste'</u> with Tessa 9:30 AM - 11:00 AM</p> <p><u>Centre Closed for Data Entry</u> 1:00 PM - 4:30 PM</p>	<p>18 <u>Triple P Seminars</u> 9:30 AM - 3:00 PM Sacred Heart Academy</p> <p>Call to Register</p>

Siblings are Always Welcome !

Continued on back of page...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20 Celebrate 'National Child Day' with Strathmore Library & Parent Link Loose Parts (at the Library) 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>21</p> <p>Let's Build! 9:30 AM - 11:00 AM</p> <p>Drop-in Playtime 1:30 PM - 2:45 PM</p>	<p>22</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Post Partum Support 10:00 AM—11:30 AM Must Register</p> <p>Drop-in Playtime 1:30 PM - 3:00 PM</p>	<p>23</p> <p>Baby Talk—AHS - What to Do if my Baby Chokes? 9:45 AM - 11:45 AM</p> <p>Pajama Fun Playtime! 1:30 PM - 3:00 PM</p>	<p>24</p> <p>Telus SPARK Field Trip- MUST pre-register to attend with Parent Link!</p> <p></p> <p>(Centre Closed)</p>	<p>25</p> <p>Positive Parenting Program (Triple P):</p> <p></p> <p>Tips and tools to help make parenting easier through quick, private consultations or scheduled group sessions</p>
<p>27</p> <p>Rhyme Time 10:00 AM - 10:30 AM</p> <p>Stay & Play 10:30 AM - 11:30 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>28</p> <p>Preschool Talk Time/ Movin & Groovin 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p>Join us at Gleichen Community Centre 1:00 PM - 3:00 PM Must Register</p> <p>La Leche League Meeting 6:30 PM - 8:30 PM</p>	<p>29</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Post Partum Support 10:00 AM - 11:30 AM Must Register</p> <p>1000 BOOKS Stay & Play 1:30 PM - 3:00 PM</p>	<p>30</p> <p>Baby Talk—Wonderful Wigglers 9:45 AM - 11:45 AM</p> <p>Centre Closed for Data Entry 1:00 PM - 4:30 PM</p>	<p>For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076</p> <p></p> <p>419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</p> <p> PEOPLE FIRST. COMMUNITY ALWAYS</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! 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.
- **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!
- **Groovy Grandparents:** Drop-in playtime for grandparents & kids. Coffee & tea provided.
- **Post Partum Support:** Being a mother can be overwhelming. Join an 8 week program, once a week with child care & snacks. **Must Register.**
- **Night time Tales:** A weekly Thursday evening story time run by Strathmore Municipal Library at Parent Link. Come in your pajamas! Call 403.934.5440 for more information.
- **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:** Meet other moms interested in baby wearing options.
- **Circle of Security:** An 8-week parenting program that is relationship-based. Learn what decades of research has shown, about how secure parent-child relationships can be supported

and strengthened. **Childcare will be available but must pre-register.**

- **Angry Octopus (ages 5-7):** (Part of a 4 -part series, offered in partnership with Wheatland Crisis Society). Students will listen to a story about ways to manage their anger, then participate in breathing exercises and practicing mindfulness when confronted with angry feelings. A short activity will follow about ways they can manage their angry feelings more constructively. This is an Unparented Program. **Must Register.**
- **Building Social & Emotional Character (Have you filled a bucket today?) (Ages 5-7):** Students will be read the book "Have You Filled a Bucket Today?" followed by a class discussion and coloring activity surrounding the book. **Must Register.**
- **Telus Science Centre:** Families MUST pre-register to attend with Parent Link!
- **Triple P Seminars: The Power of Positive Parenting, Raising Confident, Competent Children, & Raising Resilient Children.** These sessions will be held at Sacred Heart Academy. **Must Pre-Register**
- **Wonderful Wiggles:** Join the Occupational Therapist for a discussion on the importance of crawling and why we shouldn't rush walking.
- **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.
- **Gleichen Community Centre:** Offered in partnership with Growing Families Society. Join us to make soup gift jars and participate with your child in circle & play time. **To Register, call Angie at 403-361-7216 by Nov 17.**

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!").