



STRATHMORE PARENT LINK

Drop in/Regular Programs



October 2018

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

Siblings are Always Welcome !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Coffee Q & A 9:45 AM - 11:00 AM</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>2</p> <p>Stroller Walk at Kinsmen Park 10:30 AM - 11:30 AM</p> <p>Triple P Group 1:00 PM - 3:00 PM <i>Must Register</i></p>	<p>3</p> <p>Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Playdough Fun 1:30 PM - 2:45 PM</p>	<p>4</p> <p>Baby Talk - Handle With Care 9:45 AM - 11:45 AM</p> <p>Let's Grow Together Rockyford 12:45 PM - 2:15 PM</p>	<p>5</p> <p>Planning & Admin Day</p>	<p>6</p> <p>Centre Closed</p> <p>Happy Thanksgiving!</p> 
<p>8</p> <p>Centre Closed</p> <p>Happy Thanksgiving!</p> 	<p>9</p> <p>Stroller Walk at Kinsmen Park 10:30 AM - 11:30 AM</p> <p>Triple P Group 1:00 PM - 3:00 PM <i>Must Register</i></p>	<p>10</p> <p>Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>1000 Books/Stay & Play 1:30 PM - 3:00 PM</p>	<p>11</p> <p>Baby Talk Alberta Health Services -What to Do if Baby Chokes 9:45 AM - 11:45 AM</p> <p>Let's Grow Together Rockyford 12:45 PM - 2:15 PM</p>	<p>12</p> <p>Planning & Admin Day</p> 	<p>Positive Parenting Program (Triple P):</p>  <p><i>Tips and tools to help make parenting easier through quick, private consultations or scheduled group sessions</i></p>
<p>15</p> <p>Centre Closed 9:00 AM - 4:30 PM Staff Meeting</p> 	<p>16</p> <p>Stroller Walk at Kinsmen Park 10:30 AM - 11:30 AM</p> <p>Triple P Group 1:00 PM - 3:00 PM <i>Must Register</i></p>	<p>17</p> <p>Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>W4Kids Information Session 1:30 PM - 3:00 PM</p>	<p>18</p> <p>Baby Talk - Rhyme Time 9:45 AM - 11:45 AM</p> <p>Let's Grow Together Rockyford 12:45 PM - 2:15 PM</p> <p>Drop-in Playtime 5:00 PM - 7:00 PM</p>	<p>19</p> <p>Planning & Admin Day</p>	<p>20</p> <p>Join us at....</p> <p>5 for Life's</p> <p>2/3 Year Old Fair 9:30 AM - 12:30 PM</p> <p>HOPE Church</p> 

Continued on back of page...

Open: Mon. - Fri. 9 AM - 4.30 PM unless otherwise indicated.

All Programs offered Free of Charge!

Siblings are Always Welcome!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>22 Telus Field Trip Must Register to attend with Parent Link</p> <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p> <p>Foster Care Information Session 6:00 PM - 7:00 PM</p>	<p>23</p> <p>Preschool Talk Time Drop-in Playtime 9:30 AM - 11:00 AM</p> <p>Groovy Grandparents 1:30 PM - 2:45 PM</p>	<p>24 Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Drop-in Play 1:30 PM - 2:45 PM</p>	<p>25 Baby Talk - Dental Discussion 9:45 AM - 11:15 AM</p> <p>Let's Grow Together Rockyford 12:45 PM - 2:15 PM</p>	<p>26</p> <p>Planning & Admin Day</p>	<p>27</p> <p>Light Continental Breakfast With Dad 10:00 AM - 11:30 AM (Male Caregivers & Kids Only)</p>		
<p>29 Ooey Gooye Hallowe'en Fun 10:00 AM - 11:00 AM</p>  <p>Centre Closed 1:00 PM - 4:30 PM Staff Meeting</p>	<p>30 Centre Closed 9:00 AM - 1:00 PM Staff Training</p> <p>"Mealtime Struggles to Mealtime Success" in Drop-in Play 1:30 PM - 2:30 PM</p>	<p>31 Post Partum Support Group 10:00 AM - 12:00 PM</p> <p>Dress-up (if you like) Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>W4Kids 1:30 PM - 3:00 PM</p>	<p><i>Find this online...</i></p> <p>strathmorelibrary.ca/parentlink</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>	

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.
- **Telus Spark Field Trip: MUST** register to attend with Parent Link!
- **Triple P Group:** Feel out of control with some of your child's behaviours? This 5 week program will assist you to take control back in a positive way. **Registration Required.**
- **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 Seminar:** 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.**

Open: Mon. - Fri. 9 AM - 4.30 PM unless otherwise indicated.

- **Foster Care Information Session:** There is a need for foster parents in the Strathmore area! Come and hear more and ask any questions you may have.
- **Handle With Care:** Simple interactive strategies that promote the mental health of children from birth to 6 years old
- **Dental Discussion:** Let's Talk Teeth! Learn proper oral hygiene habits and techniques with Chestermere Life Path Wellness & Chestermere Station Pediatrics Dentistry
- **Postpartum Support Group:** Being a mother can be overwhelming. Join this 8-week program, once a week with childcare provided. **Registration Required.**
- **Mealtime Struggles to Success:** A Registered Dietician discusses mealtime struggles & strategies for developing a healthy feeding relationship with your 1-5 year old child.
- **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!"



All Programs offered Free of Charge!