



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






Siblings are Always Welcome !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p>  <p>Centre Closed 9:00 AM - 4:30 PM Staff Meeting</p>	<p>3</p> <p>Triple P Discussion Group Bedtime Routines 9:30 AM - 11:30 AM <i>Must Register</i></p> <p>Baby Wearing Meet-Up 1:30 PM - 3:00 PM</p>	<p>4</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p>  <p>Circle of Security 1:15 PM - 2:45 PM <i>Must Register</i></p>	<p>5</p> <p>Baby Talk- Mom & Baby Yoga 9:45 AM - 11:45 AM</p> <p>Fall Sing-a-Long 2:30 PM - 3:15 PM</p> <p>Self-Esteem (5-7 yr olds) 4:00 PM - 5:00 PM <i>Please Register</i></p> <p>Nighttime Tales 6:30 PM - 7:30 PM</p>	<p>6</p> <p>Let's Grow Together Rockyford 10:00 AM - 11:30 AM</p> <p>Let's Grow Together Standard 12:45 PM - 2:15 PM</p>	<p>7</p> <p>Read With Me! 10:00 AM - 10:45 AM</p> <p>Stay and Play 10:45 AM - 11:30 AM</p> <p>Play, Learn & Connect 1:30 PM - 3:00 PM</p>
<p>9</p> <p>Centre Closed</p> <p>Happy Thanksgiving!</p> 	<p>10</p> <p>Triple P Group 9:30 AM - 11:30 AM <i>Must Register</i></p> <p>Groovy Grandparents 1:30 PM - 3:00 PM</p>	<p>11</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Post Partum Support 10:00 AM - 11:30 AM <i>Must Register</i></p> <p>Circle of Security 1:15 PM - 2:45 PM <i>Must Register</i></p>	<p>12</p> <p>Baby Talk -Sleep 9:45 AM - 11:45 AM</p> <p>Storyland Adventure & Stay and Play 1:30 PM - 3:00 PM</p> <p>Nighttime Tales 6:30 PM - 7:30 PM</p>	<p>13</p> <p>Let's Grow Together Rockyford 10:00 AM - 11:30 AM</p> <p>Let's Grow Together Standard 12:45 PM - 2:15 PM</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>16</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>17</p> <p>Triple P Group: 9:30 AM - 11:30 AM <i>Must Register</i></p> <p>Groovy Grandparents 1:30 PM - 3:00 PM</p>	<p>18</p> <p>Coffee & Chatter 10:00 AM - 11:30 AM</p> <p>Post Partum Support 10:00 AM - 11:30 AM <i>Must Register</i></p> <p>Circle of Security 1:15 PM - 2:45 PM <i>Must Register</i></p>	<p>19</p> <p>Baby Talk- Chat 9:45 AM - 11:45 AM</p> <p>Fall Sing-a-Long 2:30 PM - 3:15 PM</p> <p>Bullying/Hands Aren't for Hitting (5-7 yr olds) 4:00 PM - 5:00 PM <i>Please Register</i></p> <p>Nighttime Tales 6:30 PM - 7:30 PM</p>	 <p>20</p> <p>Let's Grow Together Rockyford 10:00 AM - 11:30 AM</p> <p>Let's Grow Together Standard 12:45 PM - 2:15 PM</p>	

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Siblings are Always Welcome!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Triple P Group 9:30 AM - 11:30 AM Must Register Centre Closed 1:00 PM - 4:30 PM Staff Meeting Drop-In Playtime 4:30 PM - 6:00 PM	24 Preschool Talk Time/ Drop-in Playtime 9:30 AM - 11:00 AM Groovy Grandparents 1:30 PM - 3:00 PM La Leche League Meeting 6:30 PM - 8:30 PM	25 Coffee & Chatter 10:00 AM - 11:30 AM Post Partum Support 10:00 AM—11:30 AM Must Register Circle of Security 1:15 PM - 2:45 PM	26 Baby Talk- AHS Sleep 9:45 AM - 11:45 AM Centre Closed for Data Entry 1:00 PM - 4:30 PM Nighttime Tales 6:30 PM - 7:30 PM	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Telus Field Trip MUST pre-register with Parent Link! </div> Let's Grow Together-Rockyford 10:00 AM - 11:30 AM Let's Grow Together-Standard 12:45 PM - 2:15 PM	28 Centre Closed Join us at the Terrific 2 & 3 Year Old Fair 9:30 AM - 1:00 PM Hope Community
30 Triple P Group: 9:30 AM - 11:30 AM Must Register Centre Closed 1:00 PM - 4:30 PM Staff Meeting	31 Ooey Goey Sensory Play 10:00 AM - 11:00 AM  Groovy Grandparents 1:30 PM - 3:00 PM	 Find this calendar online... strathmorelibrary.ca/parentlink <i>Please Note: The 5 for Life Website is undergoing some changes. Thank you for your patience!</i>		For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076 419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org 	

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.
- **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 Wednesday evening story time run by Strathmore Municipal Library at Parent Link, October 5-Nov 16. Children can come in their pajamas! Call 403.934.5440 for more information.
- **Rural Let's Grow Together Programs: Rockyford – and Standard (Gleichen and other families Welcome!)** Running until November 10, 2017. Check your local libraries or call us for details!

- **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:** Come meet other moms interested in baby wearing options.
- **Triple P Discussion Groups:** Kids play while parents/caregivers are learning how to manage their child's behavior. Held in our playroom; source materials are provided. **Must Register.**
- **Group Triple P:** Feel out of control with some of your child's behaviors? Join an 8 week program, 5 in class, 3 by phone, that will assist you to take control back in a positive way. Childcare available but **Must Pre-register.**
- **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.**
- **Self Esteem (ages 5-7):** (Part of a 4 -part series, offered in partnership with Wheatland Crisis Society). Kids will complete 2 activities centered around building their classmates' and their own self esteem. Please note that this is an Unparented Program. **Must Register.**
- **Bullying (Hands are Not for Hitting) (Ages 5-7):** Students will listen to a short story about positive things they can do with their hands, followed by a class discussion, & then an activity surrounding the topic of kind things they can do with their hands.
- **Telus Science Centre:** MUST pre-register to attend with Parent Link!

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!").

Open: Mon. – Thurs. 9 AM – 4.30 PM and Fri. 9 AM– 3 PM unless otherwise stated.

All Programs offered Free of Charge!