



STRATHMORE PARENT LINK

Drop in/Regular Programs

Look for program descriptions on the back of this calendar!

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



May 2019


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For Further Information or to Register, call Natasha, Rhonda or Verona (403) 983-0076</p> <p>419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</p>		<p>1 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM</p> <p><u>Postpartum Support Group</u> 10:00 AM - 12:00 PM</p> <p><u>Storyland Adventure</u> 1:45 PM - 2:30 PM</p> <p><u>Movers N' Shakers</u> Continues next week</p> <p><u>Melody Makers</u> Continues next week</p>	<p>2 <u>Baby Talk - Making Baby Food</u> 9:45 AM - 11:45 AM</p> <p><u>Rockyford Let's Grow Together</u> 1:15 PM - 2:45 PM</p>	<p>3 <u>Free Play</u> 10:00 AM - 11:30 AM</p> <p><u>Snipping Scissors</u> 1:30 PM - 2:30 PM</p>	<p>4 <u>Playdough Fun!</u> 10:00 AM - 11:00 AM</p> <p><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</p> <p><u>Drop In Play</u> 5:00 PM - 7:00 PM</p>	<p>7 <u>Stroller Walk</u> 9:30 AM - 10:30 AM</p> <p><u>Mother's Day Craft</u> 1:30 PM - 2:30 PM</p>	<p>8 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM</p> <p><u>Postpartum Support Group</u> 10:00 AM - 12:00 PM</p> <p><u>Movers N' Shakers</u> 1:30 PM - 2:30 PM Please Register</p> <p><u>Melody Makers</u> 2:30 PM - 3:30 PM Please Register</p>	<p>9 <u>Baby Talk - Chat Time</u> 9:45 AM - 11:45 AM</p> <p><u>Rockyford Let's Grow Together-Tile Craft with Growing Families Society</u> 1:15 PM - 2:45 PM</p>	<p>10 <u>Play, Learn & Connect</u> 10:00 AM - 11:30 AM</p> <p><u>Build It!</u> 1:45 PM - 3:00 PM</p>	<p><i>Strathmore Parent Link acknowledges the traditional territory of the Blackfoot tribes Siksika, Kainai, Piikani, & Amskapi Piikani. Also, the Treaty 7 signators Tsuu Tina and the Stoney Nakoda (Morley) and most recently the Metis of Region 3.</i></p>
<p>13 <u>French Immersion in Strathmore</u> In <u>Coffee Q & A</u> 10:00 AM - 11:30 AM</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM</p>	<p>14 <u>Groovy Grandparents</u> 10:15 AM - 11:30 AM</p> <p><u>Mindful Moments</u> 2:30 PM - 3:30 PM</p>	<p>15 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM</p> <p><u>Postpartum Support Group</u> 10:00 AM - 12:00 PM</p> <p><u>Movers N' Shakers</u> 1:30 PM - 2:30 PM Please Register</p> <p><u>Melody Makers</u> 2:30 PM - 3:30 PM Please Register</p>	<p>16 <u>Baby Talk - AHS - Summer Safety with Baby</u> 9:45 AM - 11:45 AM</p> <p><u>Rockyford Let's Grow Together</u> 1:15 PM - 2:45 PM</p> <p><u>Drop In Play</u> 5:00 PM - 7:00 PM</p>	<p>17 <u>Playtime on the Park</u> 9:45 AM - 11:30 AM</p> <p><u>Playdough Fun!</u> 1:30 PM - 2:30 PM</p>	<p>18 <u>Play at the Park WITH DAD!</u> 10:00 AM - 11:30 AM (Male Caregivers & Kids Only)</p> <p>Moms, Kids & All Caregivers please join after for...</p> <p><u>Free Play</u> 1:30 PM - 2:45 PM</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
20 <u>Centre Closed</u> Happy Victoria Day! 	21 <u>Stroller Walk</u> 9:30 AM - 10:30 AM <u>Mindful Moments</u> 2:30 PM - 3:30 PM	22 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM <u>Postpartum Support Group</u> 10:00 AM - 12:00 PM <u>Movers N' Shakers</u> 1:30 PM - 2:30 PM <i>Please Register</i> <u>Melody Makers</u> 2:30 PM - 3:30 PM <i>Please Register</i> <div style="float: right; border: 1px solid black; padding: 2px;">Last Class</div>	23 <u>Baby Talk - Chat Time!</u> 9:45 AM - 11:45 AM <u>Rockyford Let's Grow Together - AHS - Let's Talk about Speech</u> 1:15 PM - 2:45 PM	24 <u>Centre Closed</u> 1:00 PM - 4:30 PM Staff Training 	25 <u>Join 5 For Life Early Childhood Committee Celebrate Your Child 4/5 year old Fair</u> <u>Ecole Brentwood Elementary School</u> <u>9:30 AM—1:00 PM</u> <i>Please Register</i>
27 <u>Mealtime Struggles to Success in Coffee Q & A</u> 10:00 AM - 11:30 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	28 <u>Preschool Talk Time In Drop In Play Time</u> 9:30 AM - 10:30 AM <u>Mindful Moments</u> 2:30 PM - 3:30 PM	29 <u>Coffee & Chatter</u> 10:00 AM - 11:30 AM <u>Free Play</u> 1:30 PM - 3:00 PM <u>A Community Approach To Healthy Children Conference: Adverse Childhood Experiences</u> 9:00 AM - 4:00 PM <i>Registration Required</i>	30 <u>Centre Closed Aspen HOPE Awards</u> 9:00 AM - 1:00 PM <u>Rockyford Let's Grow Together - AHS - Registered Dietician</u> 1:15 PM - 2:45 PM <u>Drop-In Play</u>	31 <u>Craft and Create</u> 10:00 AM - 11:00 AM <u>Drop-in Play</u> 1:30 PM - 3:00 PM	<div style="border: 2px dashed black; padding: 10px; text-align: center;"> <p>Find this calendar online...</p> <p>strathmorelibrary.ca/parentlink</p> </div>

Program Descriptions:

- **Drop-in Play/Stay & Play/Free Play/Play, Learn, & Connect:** Children participate in interactive play activities & parents connect with other parents/caregivers & Parent Coaches. Parenting & child development information & resources 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!**
- **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.
- **Baby Talk-Your Child's Development:** join AHS Occupational Therapist, Carla Meakin, M. OT, to talk about your child's sensory and motor development. Pick up some tricks you didn't know you didn't know!
- **Movers N'Shakers (ages 18 - 36 months):** A 6 week program in partnership with Chestermere Kidz1st Network Parent Link, where you and your child will learn songs & techniques to help distract, excite, and calm your child. Bang on drums, shake tambourines, dance with ribbons with new friends! **Please Register**
- **Melody Makers (ages 3 - 6 years):** A 6 week program in partnership with Chestermere Kidz1st Network Parent Link. Children will participate with their caregiver in music related activities that include songs, dance, instruments, & imaginative play. **Please Register**
- **Storyland Adventure:** A story, rhymes and craft, all rolled into one!

- **Postpartum Support Group:** Being a mother can be overwhelming! Join this 8 week program, once/week (child care provided). **Must Register—call for details.**
- **Playtime In The Park:** (All Ages) Meet at the North parking lot of Kinsmen Park. Dress appropriately for the weather. *In the event of inclement weather, the Parent Link Centre Playroom will be open!*
- **A Community Approach To Healthy Children Conference:** An incredible opportunity for parents to attend a local conference discussing Adverse Childhood Experiences. Professionals \$60 registration fee, Parents subsidized fee only \$25 (*includes lunch & refreshments*) thanks to funding through 5 for Life Early Childhood Committee and Kidz 1st Network Parent Link Centre Chestermere. For more info or to register call 403-361-7216 or visit <https://www.eventbrite.ca/e/adverse-childhood-experiences-aces-tickets-55657854140>
- **Rockyford Let's Grow Together:** A weekly program at the Rockyford Library for parents/caregivers and children 0-6 years: playtime, songs, rhymes, activities, stories & more!

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!"

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



All Programs offered Free of Charge!