



STRATHMORE PARENT LINK
















Drop in/Regular Programs

January 2020

Look for program descriptions on the back of this calendar!

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








Siblings are Always Welcome !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For Further Info. or to Register, call Rhonda, Leonor, or Tiffany (403) 983-0076</p> <p>419B - 2nd Street, Strathmore, AB</p> <p>plc-strathmore@aspenfamily.org</p>		<p>1</p> <p><u>Centre Closed</u> 8:30 AM - 4:30 PM</p> <p>HAPPY NEW YEAR!</p>  	<p>2</p> <p><u>Baby Talk- Sensory Baby Play</u> 9:30 AM - 11:30 AM</p> <p><u>Drop-in Play</u> 1:30 PM - 3:00 PM</p> 	<p>3</p> <p><u>Playdough Fun!</u> 10:00 AM - 11:30 AM</p>  <p><u>Storytime!</u> 1:30 PM-2:15 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>6</p> <p><u>Coffee Q & A</u> 9:30 AM - 11:00 AM</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM</p>  	<p>7</p> <p><u>Baby Cuddler Information Session</u> 9:00 AM - 11:00 AM</p> <p><u>Drop-In Gross Motor Play</u> 1:30 PM - 3:00 PM <i>Aspen Commons (Lower Level of Parent Link)</i></p>	<p>8</p> <p><u>Coffee & Chatter</u> 9:30 AM - 11:00 AM</p> <p><u>Express Yourself Dancing! (Ages 3-6)</u> <u>Come get your wiggles out!</u> 2:00 PM - 3:00 PM</p> 	<p>9</p> <p><u>Baby Talk – 0-12 m old Ages & Stages Party</u> 9:30 AM - 11:30 AM</p> <p><u>Sensory Fun (Water Table)</u> 1:30 PM - 2:30 PM</p> <p><u>Stay & Play</u> 2:30 PM – 3:30 PM</p>	<p>10</p>  <p><u>Working 4 Kids</u> 9:30 AM - 12:00 PM</p> <p><u>Drop-in Play</u> 1:30 PM - 2:45 PM</p> 	<p>11</p> <p><u>Car Building with Dad</u> 10:00 AM - 11:30 AM</p> 
<p>13</p> <p><u>Coffee Q & A</u> 9:30 AM - 11:00 AM</p> <p><u>Centre Closed</u> 1:00 PM - 4:30 PM</p>	<p>14</p> <p><u>Rhyme Time Snow Fun!</u> 10:00 AM - 11:00 AM</p> <p><u>Groovy Grandparents</u> 1:45 PM - 3:00 PM</p> 	<p>15</p> <p><u>Coffee & Chatter</u> 9:30 AM - 11:00 AM</p> <p><u>Storyland Adventure!</u> 1:30 PM-2:15 PM</p> 	<p>16</p> <p><u>Baby Talk – How Can the Pregnancy Care Centre Help YOU?</u> <u>Info. Session</u> 9:30 AM - 11:30 AM</p>  <p><u>Animal Moves! (Ages 3-6)</u> 1:30 PM - 2:45 PM</p>	<p>17</p> <p><u>Craft Time!</u> 10:00 AM - 10:45 AM</p> <p><u>Stay & Play</u> 10:45 AM - 11:30 AM</p> <p><u>Drop-in Play</u> 1:30 PM - 3:00 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>

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
20 <u>Coffee Q & A</u> 9:30 AM - 11:00 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM  	21  <u>Movin' & Groovin'</u> 9:30 AM - 10:30 AM Strathmore Civic Centre <u>Centre Closed</u> 1:00 PM - 4:30 PM 	22 <u>Coffee & Chatter</u> 9:30 AM - 11:00 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM <u>Blanket Exercise</u>  6:00 PM - 9:00 PM <i>Please Register</i>	23 <u>Baby Talk – Feeding Your Baby</u> 9:30 AM - 11:30 AM <u>Meal Planning Support Group with Dabin Choi, Registered Dietician</u> 1:30 PM - 3:00 PM <u>Mom “Me Time Moments”</u> <u>Gratitude Book Making</u> 5:30 PM - 7:30 PM	24 <u>Rhyme Time</u> 9:30 AM - 10:15 PM <u>Stay & Play</u> 10:15 AM – 11:00 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	25 <u>Chinese Lantern Craft</u> 10:00 AM - 10:45 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM 
27 <u>Drop-In Gross Motor Play</u> 9:30 AM - 11:00 AM Aspen Commons (Lower Level of Parent Link) <u>Triple P Seminar 1: Power of Positive Parenting</u> 1:30 PM - 3:30 PM Must Register	28 <u>Preschool Talk-Time in Drop-in Play</u> 9:30 AM - 11:30 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	29 <u>Coffee & Chatter</u> 9:30 AM - 11:00 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	30 <u>Baby Talk – Making Baby Food</u> 9:30 AM - 11:30 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	31 <u>Postpartum Support Group</u> 9:30 AM - 11:00 AM Must Register <u>Centre Closed</u> 1:00 PM - 4:30 PM	<div> <p><i>Find this calendar online...</i></p>  <p>https://www.aspenfamily.org/programs/</p> </div>

Program Descriptions:

- **Watch for programs in Aspen Commons:** Join in programs in our expanded, newly renovated space!
- **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.
- **Groovy Grandparents:** Drop-In Playtime for Grandparents & Kids. Coffee & tea provided. **No registration required!**
- **Mom “Me Time Moments”:** Just take a moment to practice the art of Gratitude-make a Gratitude Book! Gratitude is amazing...it gives us the ability to flip 'negatives' into 'POSITIVES'! Light refreshments and snacks provided. **Please Call to Register.**
- **Postpartum Support Group:** Being a mother can be overwhelming! This is a 9 week program, once per week (childcare provided). **Must Register.**
- **Meal Planning** - We know meal planning is hard— but we are here for each other! Drop in for the kids to play while you get ideas from a registered Dietician with AHS and other families. **No registration required.**
- **Movin' & Groovin':** A gross motor, parented program at the Civic Centre runs monthly

until the weather warms up. Sponsored by the Town of Strathmore. Come burn energy!

- **Blanket Exercise:** The KAIROS Blanket Exercise program is a unique, participatory history lesson – developed in collaboration with Indigenous Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation among Indigenous and non-Indigenous peoples. **Limited space so Please Register Early!**
- **Triple P Power of Positive Parenting Seminar:** Participants are advised to attend all 3 sessions (2 in February), if possible. Limited childminding, **MUST** pre-register.
- **Craft:** A crafty program aimed at those who love to cut, glue, colour, draw and create!
- **1000 Books (Ages birth - Kindergarten):** Read with your child at home, Parent Link or the Library (or anywhere!). You can 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.
- **Animal Moves! (Ages 3-6):** Let's have some fun, practicing & pretending together!
- **Car Building With Dad (All Ages):** Come make your very own car out of a cardboard box, that you can sit in and really drive!

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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All Programs offered Free of Charge!