



STRATHMORE PARENT LINK

Drop in/Regular Programs



March 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
2 <u>Community Conversation</u> in ... Coffee Q & A 9:30 AM - 11:00 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	3 <u>Latino Craft & Comida</u> 10:00 AM - 11:30 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	4 <u>Community Conversation</u> in ... Coffee & Chatter 9:30 AM - 11:00 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	5 <u>Centre Closed</u> 9:00 AM - 4:30 PM	6 <u>Post-Partum Support Group</u> 10:00 AM - 11:30 PM Must Register <u>Centre Closed</u> 1:00 PM - 4:30 PM	7
9 <u>Centre Closed</u> 9:00 AM - 4:30 PM	10 <u>Triple P Seminar 3</u> <u>Raising Resilient Children</u> 9:30 AM - 11:30 AM Must Register <u>Centre Closed</u> 1:00 PM - 4:30 PM	11 <u>Centre Closed</u> 9:00 AM - 4:30 PM	12 <u>Baby Talk 101- (AHS Nurse Q & A)</u> 9:30 AM - 11:30 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	13 <u>Post-Partum Support Group</u> 10:00 AM - 11:30 PM Must Register <u>Centre Closed</u> 1:00 PM - 4:30 PM	<div> Find this calendar online... https://www.aspenfamily.org/programs/ </div>
16 <u>Centre Closed</u> 8:30 AM - 4:30 PM	17 <u>Centre Closed</u> 8:30 AM - 4:30 PM	18 <u>Centre Closed</u> 8:30 AM - 4:30 PM	19 <u>Baby Talk-Feeding Your Baby</u> 9:30 AM - 11:30 AM <u>Centre Closed</u> 1:00 PM - 4:30 PM	20 <u>Post-Partum Support Group</u> 10:00 AM - 11:30 PM Must Register <u>Centre Closed</u> 1:00 PM - 4:30 PM	
23 <u>Centre Closed</u> 8:30 AM - 4:30 PM	24 <u>Centre Closed</u> 8:30 AM - 4:30 PM	25 <u>Centre Closed</u> 8:30 AM - 4:30 PM	26 <u>Centre Closed</u> 8:30 AM - 4:30 PM	27 <u>Centre Closed</u> 8:30 AM - 4:30 PM	28 <u>Centre Closed</u> 8:30 AM - 4:30 PM


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
23 <u>Centre Closed</u> 8:30 AM - 4:30 PM 	24 <u>Centre Closed</u> 8:30 AM - 4:30 PM	25 <u>Centre Closed</u> 8:30 AM - 4:30 PM 	26 <u>Centre Closed</u> 8:30 AM - 1:00 PM <u>Meal Planning Support Group with Dabin Choi, Registered Dietician</u> 1:30 PM - 3:00 PM	27 <u>Postpartum Support Group</u> 10:00 AM - 11:30 PM Must Register <u>Centre Closed</u> 1:00 PM - 4:30 PM	<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>
30 <u>Centre Closed</u> 8:30 AM - 4:30 PM	31 <u>Centre Closed</u> 8:30 AM - 4:30 PM 	<p>As of March 31 all Parent Links in Alberta will be closing. Watch for more information on new programs coming your way! Join us for our Community Conversations in March, where we will be sharing our news about this!</p>			<div> <p>For Further Info. or to Register, call Rhonda, Leonor, or Tiffany (403) 983-0076</p> <p>419B - 2nd Street, Strathmore, AB plc-strathmore@aspenfamily.org</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.
- **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.**
- **Triple P Seminar:** Participants are advised to attend all 3 sessions if possible. Limited childminding available but **MUST** pre-register.
- **Craft Programs:** Aimed at those who love to cut, glue, colour, draw and create, and those who want to learn more about these things!
- **Latino Craft & Comida** - Come enjoy a Latino craft and music, followed by café (coffee) and postre (dessert), while learning more about the Latino culture in a fun way! **No Registration required.**

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!