



Look for program descriptions on the back of this calendar!


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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Find this calendar online...</i></p> <p><a href="https://www.aspenfamily.org/programs/">https://www.aspenfamily.org/programs/</a></p>	<p><b>1</b></p> <p></p> <p><u><b>Ages &amp; Stages Drop-in Play</b></u> 10:00 AM - 11:00 AM</p> <p><u><b>Play in the Park</b></u> 1:30 PM - 2:30 PM</p>	<p><b>2</b></p> <p><u><b>Postpartum Support Group</b></u> 10:00 AM - 11:30 AM <i>Please Register</i></p> <p><u><b>Coffee &amp; Chatter</b></u> 9:30 AM - 11:00 AM</p> <p><u><b>Let's Grow Together</b></u> 1:00 PM - 2:30 PM Rockyford Library <i>Please Register</i></p>	<p><b>3</b></p> <p><u><b>Baby Talk– Making Baby Food</b></u> 9:30 AM - 11:30 AM</p> <p><u><b>Free Play</b></u> 2:15 PM - 3:30 PM</p>	<p><b>4</b></p> <p><u><b>Rhyme Time</b></u> 9:45 AM - 10:15 AM</p> <p><u><b>Stay &amp; Play</b></u> 10:15 AM - 11:30 AM</p> <p><u><b>Stroller Walk</b></u> 1:30 PM - 2:30 PM</p>	<p><b>5</b></p> <p><u><b>Circle of Security</b></u> 10:00 AM - 12:00 PM <i>Please Register</i></p> <p><u><b>Scavenger Hunt with Dad</b></u> 1:30 PM - 2:30 PM <b>Kinsmen Park</b></p> <p></p>
<p><b>7</b></p> <p><u><b>Coffee Q &amp; A</b></u> 9:30 AM - 11:00 AM</p> <p></p> <p><u><b>Centre Closed</b></u> 1:00 PM - 4:30 PM</p>	<p><b>8</b></p> <p><u><b>Mealtime Struggles</b></u> in <u><b>Drop-In Play</b></u> 10:00 AM - 11:30 AM</p> <p><u><b>Discussion Group - Managing Fighting &amp; Aggression</b></u> 1:30 PM - 3:30 PM <i>Please Register</i></p>	<p><b>9</b></p> <p><u><b>Postpartum Support Group</b></u> 10:00 AM - 11:30 AM <i>Please Register</i></p> <p><u><b>Coffee &amp; Chatter</b></u> 9:30 AM - 11:00 AM</p> <p><u><b>Let's Grow Together</b></u> 1:00 PM - 2:30 PM Rockyford Library <i>Please Register</i></p>	<p><b>10</b></p> <p><u><b>Baby Talk- Rhymes &amp; Chat</b></u> 9:30 AM - 11:30 AM</p> <p><u><b>Storytime!</b></u> 1:30 PM - 2:15 PM</p>	<p><b>11</b></p> <p><u><b>Play in the Park</b></u> 10:00 AM - 11:00 AM</p> <p><u><b>Free Play</b></u> 1:30 PM - 3:00 PM</p>	<p><i>Strathmore Parent Link acknowledges the traditional territory of the Blackfoot tribes Siksika, Kainai, Piikani, &amp; 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><b>14</b></p> <p><u><b>Centre Closed</b></u> 9:00 AM - 4:30 PM</p> <p><i>Happy Thanksgiving!</i></p> <p></p>	<p><b>15</b></p> <p><u><b>Sensory Play - Water Table Fun!</b></u> 10:00 AM - 11:00 AM</p> <p><u><b>Groovy Grandparents</b></u> 1:45 PM - 3:00 PM</p>	<p><b>16</b></p> <p><u><b>Postpartum Support Group</b></u> 10:00 AM - 11:30 AM <i>Please Register</i></p> <p><u><b>Intro to Heart Math in Coffee &amp; Chatter</b></u> 9:30 AM - 11:00 AM With Joanne Simpson, AHS</p> <p><u><b>Let's Grow Together</b></u> 1:00 PM - 2:30 PM Rockyford Library <i>Please Register</i></p>	<p><b>17</b></p> <p><u><b>Baby Talk– Ages and Stages</b></u> 9:30 AM - 11:30 AM</p> <p><u><b>Play, Learn &amp; Connect</b></u> 1:30 PM - 2:45 PM</p>	<p><b>18</b></p> <p><u><b>Playdough Fun!</b></u> 10:30 AM - 11:30 AM</p> <p><u><b>Free Play</b></u> 1:30 PM - 3:00 PM</p> <p></p>	<p><b>19</b></p> <p><u><b>Circle of Security</b></u> 10:00 AM - 12:00 PM <i>Please Register</i></p> <p></p>

Continued on back of page

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>  <b>Coffee Q &amp; A</b> 9:30 AM - 11:00 AM  <b>Centre Closed</b> 8:30 AM - 4:30 PM 	<b>22</b> <b>Preschool Talk Time</b> in <b>Drop-In Play</b> 9:30 AM - 11:30 AM  <b>Discussion Group -</b> <b>Developing Good Bedtime</b> <b>Routines</b> 1:30 PM - 3:30 PM <b>Please Register</b>	<b>23</b> <b>Postpartum</b> <b>Support Group</b> 10:00 AM - 11:30 AM <b>Please Register</b>  <b>Coffee &amp; Chatter</b> 9:30 AM - 11:00 AM  <b>Let's Grow Together</b> 1:00 PM - 2:30 PM Rockyford Library <b>Please Register</b>	<b>24</b> <b>Baby Talk-</b> <b>Fostering Empathy in Your</b> <b>Child</b> 9:30 AM - 11:30 AM  <b>1000 Books</b> 1:30 PM - 2:15 PM  <b>Stay &amp; Play</b> 2:15 PM - 3:15 PM  <b>Mom "Me Time Moments"</b> 5:30 PM - 7:30 PM <b>Please Register</b>	<b>25</b> <b>TELUS SPARK</b> <b>SCIENCE CENTRE</b> <b>Must Register to</b> <b>Attend with Parent</b> <b>Link</b>  <b>Sensory - Color Your</b> <b>World!</b> 2:30 PM - 3:15 PM	<b>26</b> <b>Circle of Security</b> 10:00 AM - 12:00 PM <b>Please Register</b>   <b>Join us at the...</b> <b>5 for Life</b> <b>2 &amp; 3 Year Old Event</b> 9:30 AM - 1:00 PM <b>Hope Community</b> <b>Covenant Church</b>
<b>28</b> <b>Learn Hand Games</b> in <b>Coffee Q &amp; A</b> 10:00 AM - 11:00 AM  <b>Centre Closed</b> 1:00 PM - 4:30 PM  <b>Circle of Security</b> 5:30 PM - 7:00 PM <b>Please Register</b>	<b>29</b> <b>Sensory Play -</b> <b>Sand Table Fun!</b> 10:00 AM - 11:00 AM  <b>Stay &amp; Play</b> 10:30 AM - 11:30 AM   <b>Ages &amp; Stages</b> <b>Birthday Party for</b> <b>4-5 Year Olds</b> 1:30 PM - 2:30 PM	<b>30</b>  <b>Postpartum</b> <b>Support Group</b> 10:00 AM - 11:30 AM <b>Please Register</b>  <b>Coffee &amp; Chatter</b> 9:30 AM - 11:00 AM  <b>Let's Grow Together</b> 1:00 PM - 2:30 PM Rockyford Library <b>Please Register</b>	<b>31</b>  <b>Baby Talk - Baby</b> <b>Hallowe'en Party</b> 9:30 AM - 11:30 AM  <b>Circle Time</b> 1:30 PM - 2:00 PM  <b>Stay &amp; Play</b> 2:00 PM - 3:30 PM	<b>Positive</b> <b>Parenting</b> <b>Program</b> <b>(Triple P):</b>   <i>Tips and tools to help make parenting easier through quick, private consultations or scheduled group sessions</i>	<b>For Further Info.</b> <b>or to Register, call</b> <b>Rhonda, Leonor, or</b> <b>Tiffany</b> <b>(403) 983-0076</b>  <b>419B - 2<sup>nd</sup> Street,</b> <b>Strathmore, AB</b>  <a href="mailto:plc-strathmore@aspenfamily.org">plc-strathmore@aspenfamily.org</a>

#### 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.
- **Stroller Walk:** Meet at the South end of Kinsmen Park, by the splash park, for a walk and to play afterwards at the playground. Come burn off some energy! *In the event of inclement weather Parent Link Centre Playroom will be open!*
- **Play 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!*
- **Groovy Grandparents:** Drop-In Playtime for Grandparents & Kids. Coffee & tea provided. **No registration required!**
- **Triple P Discussion Groups:** Come for 1 or all 4 of these great parenting topics. Kids play while parents/caregivers are learning how to manage their child's behavior. These sessions are held in our playroom & resource materials are provided. **Must Register.**
- **Circle of Security:** An 6-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.**

- **Scavenger Hunt With Dad:** Children ages 0 - 6 can have a lot of fun in a scavenger hunt with dad (or uncle, grandpa, etc.) Meet at the South end of Kinsmen Park, by the splash park. *In the event of inclement weather Parent Link Centre Playroom will be open!*
- **Mom's Program:** This is a program for Moms to have a little break from their kids! Enjoy learning about self-care activities and relax! It will feel great to relax and pamper yourself! **Please Call to Register.**
- **Mealtime Struggles:** A Registered Dietician shares information about mealtime struggles & strategies for developing a healthy feeding relationship with your 1 - 5 year old.
- **Postpartum Support Group:** Being a mother can be overwhelming! Join this 9 week program, once per week (childcare provided). **Must Register—call for details.**
- **Sensory Play - WaterTable / Sand Table Fun!:** Join us in some sensory adventures! Please bring extra clothes, especially for the water table fun!
- **ASQ Birthday Party:** Celebrate your child who has turned 4 or 5 in the last year, with some birthday activities and information about development. **Siblings Welcome!**

**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.**

LOOO! .....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!**