



March 2010



# The Coalhurst Parent Link Centre

Located in the Coalhurst Elementary School - 510 51<sup>st</sup> Avenue - Room 115 - Phone 320-1931



**Welcome  
to the  
Coalhurst  
Parent Link  
Centre**

**Parenting & Family  
Coach**  
Brenda Rathwell  
  
**Counsellors:**  
Lisa Parkin and  
Tanie Reid

| Monday                                                                                                   | Tuesday | Wednesday                                   | Thursday                                  | Friday                                                                                                              | Saturday |
|----------------------------------------------------------------------------------------------------------|---------|---------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------|
| 1                                                                                                        | 2       | 3                                           | 4                                         | 5                                                                                                                   | 6        |
| <b>PPP</b><br>(9:00 - 11:30 am)<br>(12:30 - 3:00 pm)                                                     |         | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am) |                                           | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am)                                                                         |          |
| 8                                                                                                        | 9       | 10                                          | 11                                        | 12                                                                                                                  | 13       |
| <b>Drop-in &amp; Play</b><br>(9:00 am - 4:00 pm)<br><b>PPP</b><br>(9:00 - 11:30 am)<br>(12:30 - 3:00 pm) |         | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am) |                                           | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am)                                                                         |          |
| 15                                                                                                       | 16      | 17                                          | 18                                        | 19                                                                                                                  | 20       |
| <b>Drop-in &amp; Play</b><br>(9:00 am - 4:00 pm)<br><b>PPP</b><br>(9:00 - 11:30 am)<br>(12:30 - 3:00 pm) |         | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am) |                                           | <b>Developmental<br/>Check ups</b><br>9:00 am - 1:00 pm<br>(Phone Brenda at<br>403-320-1931 for<br>an appointment.) |          |
| 22                                                                                                       | 23      | 24                                          | 25                                        | 26                                                                                                                  | 27       |
| <b>Drop-in &amp; Play</b><br>(9:00 am - 4:00 pm)<br><b>PPP</b><br>(9:00 - 11:30 am)<br>(12:30 - 3:00 pm) |         | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am) | <b>Daddy &amp; Me</b><br>(6:00 - 7:30 pm) | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am)                                                                         |          |
| 29                                                                                                       | 30      | 31                                          |                                           |                                                                                                                     |          |
| <b>Drop-in &amp; Play</b><br>(9:00 am - 4:00 pm)<br><b>PPP</b><br>(9:00 - 11:30 am)<br>(12:30 - 3:00 pm) |         | <b>Stay &amp; Play</b><br>(9:30 - 11:30 am) |                                           |                                                                                                                     |          |

"When a child is not helped with her intense feelings - alarm systems in her lower brain can be made to be overactive in later years." Margot Sunderland

Sponsored by: Barons-Eureka-Warner Family & Community Support Services. All services provided at NO CHARGE unless indicated (\$\$). [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

## **BEW FCSS**

### **Coahurst Parent Link Centre**

Barons-Eureka-Warner Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen, Parenting, Senior and Volunteer Programs. Your taxes are providing these programs at your Parent Link Centre. Please take advantage of these programs at **NO CHARGE!**

### **STAY & PLAY:**

Stay & Play is a valuable program for parents and children (birth to 5 years old) to attend together. There is no charge and registration is not required. Come drop in and see what we're all about!

Songs, rhymes, stories, sand and water play, dress-ups and housekeeping, blocks, science and creative art are all available in a safe and inviting learning environment.

Drop-in on:

Wednesdays: 9:30 - 11:30 am

Fridays: 9:30 - 11:30 am

A Typical day at Stay & Play:

Free Play - Snack - Circle Time - Messy

Play - Tidy Up Time - Time to Go

### **DADDY & ME:**

Daddy & me is an opportunity for Dad's to have a night out with their child/ren (birth to 5 years).

No charge, drop in and have some fun.

Thursday, March 25, 2010 (6:00 - 7:30 pm)

Last one for the school year.

### **BEW FCSS - COUNSELLING: (No Charge)**

Lisa Parkin will be available to provide counselling services at no charge. Although Lisa specializes in marriage and relationship counselling, she is also able to work with clients on a variety of other issues such as family conflict, personal issues and play therapy with children. She is also able to provide workshops and groups for the community if a particular need is expressed. Please call Lisa at 403-320-1931.

Tanie Reid will also be available to provide counselling services at no charge. Although Tanie specializes in teen counselling, she is also able to work with clients on a variety of other issues. Tanie is able to provide workshops on building healthy relationships and Why Try to both teens and their parents. Please call Tanie at the Coaldale Community Health 403-345-3000 to make an appointment or e-mail her at [Tanie.Reid@albertahealthservices.ca](mailto:Tanie.Reid@albertahealthservices.ca)



### **Wondering about your child's development?**

**Is your child ready for preschool/kindergarten?**

An opportunity to participate in a developmental check up is coming March 19<sup>th</sup> (9:00 am - 1:00 pm) in Coalhurst. You can find out, if your child is achieving his or her developmental milestones and will be prepared to arrive at preschool/ kindergarten ready to learn. All parents with children between 2 and 5 years of age are encouraged to participate to learn more about their child's development and the community resources and programs available. If you have any questions talk to your Parent & Family Coach. For more information or to book an appointment contact Brenda Rathwell at 403-320-1931.

### ***What's New at the Coalhurst Parent Link Centre:***

# **NEW!**

### **DROP-IN AND PLAY:**

Starting Mar. 8

Open Play Drop in Day: Come and Play anytime from 9:00-4:00pm. No organized activities, no snack time, no circle time, just come and play with your child(ren). No Cost to you and your family.

### **FAMILY NIGHT:**

Families with children 0-12 years of age. Free time in the gym, snack, free time in the Stay and Play Room 3. Staff from BEWFCSS will be present. A once a month event. Watch for more information.

### **PARENT PRESCHOOL PROGRAM OF SOUTHWESTERN ALBERTA:**

Parent Preschool offers a free, stimulating education program for your child(ren), as well as an informative and exciting speaker program for parents or caregivers.

Who: children 16 months - 5 years and their parents/caregivers

When: Mondays (9:00 - 11:30 am) and (12:30 - 3:00 pm)

Location: Coalhurst Community Centre

To register: call 403-320-3499 and leave a message.