



March 2010



The **Picture Butte Parent Link Centre**

607 Highway Avenue North - Phone 732-5470



**Welcome  
to the  
Picture  
Butte  
Parent Link  
Centre**

Parenting & Family  
Coach:  
Sheila Roth

Counsellors:  
Lisa Parkin and  
Tanie Reid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
<b>Stay &amp; Play</b> (9:30 -11:30 am)		<b>PPP</b> (9 - 11:30 am)	<b>PPP</b> (9 - 11:30 am)	<b>Child Developmental Check ups</b>	
8	9	10	11	12	13
<b>Stay &amp; Play</b> (9:30 -11:30 am)		<b>PPP</b> (9 - 11:30 am)	<b>PPP</b> (9 - 11:30 am)		
15	16	17	18	19	20
<b>Stay &amp; Play</b> (9:30 -11:30 am)		<b>PPP</b> (9 - 11:30 am)	<b>PPP</b> (9 - 11:30 am)		
22	23	24	25	26	27
<b>Stay &amp; Play</b> (9:30 -11:30 am)		<b>PPP</b> (9 - 11:30 am)	<b>PPP</b> (9 - 11:30 am)		
29	30	31			
<b>Stay &amp; Play</b> (9:30 -11:30 am)		<b>PPP</b> (9 - 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**

### **Picture Butte 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:

Mondays: 9:30 - 11:30 am

A Typical day at Stay & Play:

Free Play - Snack - Circle Time - Messy Play - Tidy Up Time - Time to Go

### **BEW FCSS - COUNSELLING:**

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 (self-esteem, use recovery, etc.) 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 403-331-7595. **No Charge.**

### **BEW FCSS - TEEN COUNSELLING:**

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 Parent Link Centre 403-345-3000 or e-mail her at [Tanie.Reid@albertahealthservices.ca](mailto:Tanie.Reid@albertahealthservices.ca) to make an appointment. **No Charge.**

### **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: Wednesday and Thursday 9-11:30 am

To register call 320-3499, leave a message.



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

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

An opportunity to participate in a developmental check up is being offered in Picture Butte, **March 5**. 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 register contact, Christine Kinahan, Grow Along With Me Educator, FCSS Coaldale at 403-345-3000.