



March 2010

The Stirling Parent Link Centre (403) 756-2254



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stacey Maynes Parenting and Family Coach (430)315-3942	1 Stay and Play 9:15-11:15	2	3 Stay and Play 9:15-11:15 Daddy and Me 6-7:30pm	4 Baby and Me 10-11:30	5 Infant Massage 10-11:30	6
	8	9	10 Stay and Play 9:15-11:15 Bringing Baby Home Class 6-8pm	11 Baby and Me 10-11:30	12 Infant Massage 10-11:30	13
Rena Proctor Parenting and Family Coach (403) 359-0828	15 Stay and Play 9:15-11:15	16	17 Stay and Play 9:15-11:15 Bringing Baby Home Class 6-8pm	18 Baby and Me 10-11:30	19	20
	22 Stay and Play 9:15-11:15	23	24 Stay and Play 9:15-11:15 Bringing Baby Home Class 6-8pm	25 Baby and Me 10-11:30	26	27
Margie Hartley Teen Specialist and Counsellor 752-4301	29 Stay and Play 9:15-11:15	30	31 Stay and Play 9:15-11:15 Bringing Baby Home Class 6-8pm			
Brett Drewry Family Counsellor (403) 752-5430						
Kristen Hoyle Public Health Nurse and Good Food Box contact (403) 752-5430 GFB=Good Food Box						

"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

BEW FCSS COUNSELLING

BEW FCSS counsellors assist in personal, teen, family, and marriage counselling.
Call for an appointment:
Brett Drewry 752-3303
Margie Hartley 752-4301

INFORMATION

We have lots of information about parenting and community resources. Just ask!

STAY AND PLAY PACKS

These are bags containing a children's book and a parenting resource booklet about some childhood issues. They are fun packs to do with your child. They may be borrowed from the Parent Link Center for one week.
Also any of the parenting books, and children's books maybe borrowed as well. Just sign them out.

What's Up at the Hub

Starting March 10th Lisa Parkins (one of our Family Counsellors) will be teaching Bringing Baby Home Class. The course helps parents understand the effect of a new-born child on the parents relationships and provides strategies on how to strengthen that relationship. You will also learn how to assist your child to grow, learn and progress and to reach her potential. Parents with any age children are able to attend these classes. There is no charge but registration is required.

Good Food Box

We are still doing the good food box. We are in need of a volunteer to take the orders to Raymond once a month. If you are interested in doing this please let me know. Otherwise if you want to do the Good Food Box you need to drop off your orders at the Raymond Health Unit, or the Raymond Parent Link Center.

STAY AND PLAY

Stay and Play is a valuable program for parents and children (birth to six years) 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.

A typical day at Stay and Play:

- Free Play
- Snack
- Circle time
- Messy Play
- Clean up and Good bye

AGES AND STAGES DEVELOPMENTAL SCREENING

Are you wondering about your child's development? Ask me for a questionnaire. I can help you fill it out if you need me to. If you have any concerns about your child's development I can help.

