



# April 2010

## The Stirling Parent Link Centre

(403) 756-2254



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Stacey Maynes</b> Parenting and Family Coach 403 315-3942				1	2	3
				Baby and Me 10-11:30		
<b>Rena Proctor</b> Parenting and Family Coach 403 752 4301	5	6	7	8	9	10
	No Programming Easter Break		GFB orders Due			
<b>Margie Hartley</b> Teen Specialist and Counsellor 403 752-4301	12	13	14	15	16	17
	Stay and Play 9:15-11:15		Stay and Play 9:15-11:15 Daddy and Me 6-7:30	Baby and Me 10-11:30		
<b>Brett Drewry</b> Family Counsellor 403 752-3303	19	20	21	22	23	24
	Stay and Play 9:15-11:15		Stay and Play 9:15-11:15	Baby and Me 10-11:30 GFB order to be picked up		
<b>Kristen Hoyle</b> Public Health Nurse and Good Food Box contact 403 752-3303 <b>GFB=Good Food Box</b>	26	27	28	29	30	
	Stay and Play 9:15-11:15		Stay and Play 9:15-11:15	Baby and Me 10-11:30		

"3 things release the calming chemical oxytocin in a baby's brain; loving touch, sucking and warmth."  
Margot Sunderland

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### **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**

**This our last month at this Parent Link Center. We will be closing at the end of April. Hopefully we will be moving into our new location. Programming will be starting in September.**

### **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.