



April 2010



The Taber Parent Link Centre

5009 56th Street - Phone (403) 223-4403

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---------------------------------------|---|---|----------|
| <p>Welcome to the Taber Parent Link Centre!</p> <p>Parenting & Family Coaches: Kim Forchuk and Jackie Fiorino</p> <p>Family Counsellors: Garry Chrusch Karen Lanser</p> <p>Teen Specialist: Kerry Heggie</p> <p>Immunization Clinic by appointment only (Monday – Friday)</p> | | | | 1 | 2 | 3 |
| | | | | Stay & Play (9:30-11:30 am) | No Programs Enjoy Your Family! | |
| | 5 | 6 | 7 | 8 | 9 | 10 |
| | | PSWC (6-8pm) | No Programs Enjoy Your Family! | No Programs Enjoy Your Family! | No Programs Enjoy Your Family! | |
| | 12 | 13 | 14 | 15 | 16 | 17 |
| | PPP (9-11:30am) PPP (12:30-3pm) PN - early preg (7-9pm) | PPP (9-11:30am) PPP (12:30-3pm) PSWC (6-8pm) | YMTD (9:30-11:30am) | Stay & Play (9:30-11:30 am) | Stay & Play (9:30-11:30 am) | |
| | 19 | 20 | 21 | 22 | 23 | 24 |
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| | 26 | 27 | 28 | 29 | 30 | |
| | PPP (9-11:30am) PPP (12:30-3pm) | PPP (9-11:30am) PPP (12:30-3pm) PSWC (6-8pm) | Daddy & Me (6:30-8pm) | Stay & Play (9:30-11:30 am) | Stay & Play (9:30-11:30 am) | |

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

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 PROGRAM:

Counselling is available at the Taber Parent Link Center to provide individual, couple and family counselling services at no charge. Garry Chrusch and Karen Lanser provide short term counselling on a variety of issues such as: personal, couple, relationship and/or parenting concerns, conflict resolution, communication skills, stress reduction, self esteem, grief and loss, coping strategies, life transitions, and divorce and separation. Workshops, presentations to groups and/or special interest groups can be arranged for the community if a particular need is expressed.

Garry Chrusch is most interested in providing a group setting for men to address men's issues. Please call Garry at 403-223-4403, extension #236. Garry's hours of work are Tuesdays from noon to 8:30pm as well as Wednesdays, Thursdays, Fridays and Saturdays from 9-5pm.

Karen has a special interest in working on topics related to parenting and women's issues, adjusting to life changes and seeking personal fulfillment. Please call Karen at 403-223-4403 extension #240 to arrange a mutually convenient time to meet.

BETTER BEGINNINGS:

For pregnant and parenting women, offering nonjudgmental support and promoting healthy lifestyle choices. Please call a Public Health Nurse at 223-4403 to see if you qualify for coupons.

BEW FCSS - TEEN PROGRAM:

Kerry Heggie is available at the Taber Family Hub to provide short-term counselling with teens and their families at no charge. Kerry assists teens with such things as conflict resolution, decision making, coping, self esteem, goal-setting and personal growth. She also works with parents to improved parent/teen relationships. Kerry provides presentations in schools and in the community to share positive messages for youth and families. Kerry is available Mon - Fri 8:30-4:30 and Tuesday evenings as required. Please call Kerry at 223-4403, ext. 237.

IC - IMMUNIZATION CLINICS:

Effective immediately all well baby and adult immunization clinics will be by appointment only. Please call 223-4403 to reserve a time.

PPP - PARENT PRESCHOOL PROGRAM OF SOUTHWESTERN ALBERTA:

This program is for parents of children from 16 months to 5 years. The children receive qualified instruction while parents meet separately in a nearby room for discussion or guest presentations. This program requires pre-registration and runs from September to May. Please call 320-3499 to register.

PN - PRENATAL CLASSES:

For expecting women and their partners to prepare them for pregnancy, childbirth and beyond. Please call 223-4403 to register

S & P - STAY & PLAY:

Stay & Play is a valuable program for parents and children (birth to 5 years old) to attend together. Songs, rhymes, stories, dress-up, blocks, creative art, sand and water play, are all available in a safe and inviting learning environment. Drop in and see what we're all about.

Dad & Me - Daddy, Come and Play With Me...

Playing together: a father's other responsibility. Actually, it's a great opportunity for Dad's and their children (birth to 5 years). What your children get out of playing with Dad: fun, safety, new ideas, positive attention from someone they love, and a memory bank of good times spent with Dad! Older siblings are welcome.

PSWC - PARENTING THE STRONG-WILLED CHILD

Parents of children ages 2 -6 years of age whose behaviour is resistant and oppositional. This course runs over 7 sessions held once a week. You will be learning a series of five skills that when put together, should have a significant impact on your child's behaviour. The course will involve group discussion as well as learning and practicing skills. For questions or to register call Erin Moland or Kim Forchuk at 223- 4403.

YMTD - You Make the Difference in Helping your Child Learn:

You know your child best and care about him the most. You want to help them grow up to be the best they can be. This workshop helps you to understand how to connect with your child and how you can facilitate the kind of learning that leads to success. The course runs weekly for 8 weeks. Childcare available upon request. To register please call 223-4403.

Youth for Youth Group:

Youth for Youth is an open group for youths to attend. The group is led by Kerry Heggie (teen Specialist). The intent of the group is to offer youth aged 13-18 years old opportunities to belong to a social, non-denominational group that takes part in meetings, activities and community volunteerism. This is an opportunity for youth to meet, share interests and participate in group activities. Transportation is not provided. Call Kerry at 403-223-4403 to inquire further.