



Barons-Eureka-Warner
Family & Community Support Services

www.bewfcss.ab.ca

September 2010

The Coaldale Parent Link Centre

(Serving Coaldale and County)

2012 - 18th Street - Phone 403-345-6577



Alberta

www.parentlinkalberta.ca

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|----------|---|----------|
| <p>Welcome to the Coaldale Parent Link Centre</p> <p>Parenting & Family Coaches: Sheila Roth and Maria Klassen Assistant Coach: Janet Fekete (403-345-6577)</p> <p>Counsellor: Lisa Parkin</p> <p>Teen Programs: Teen Specialist Tanie Reid, (403-345-3000)</p> | | | 1 | 2 | 3 | 4 |
| | | 6 | 7 | 8 | 9 | 10 |
| | 13 | 14 | 15 | 16 | 17 | 18 |
| | <p>Stay & Play (9:30 - 11:30 am) (1:00 - 3:00 pm)</p> | | | | <p>Stay & Play (9:30 - 11:30 am)</p> | |
| | 20 | 21 | 22 | 23 | 24 | 25 |
| | <p>Stay & Play (9:30 - 11:30 am) (1:00 - 3:00 pm)</p> | <p>PPP (9:00 - 11:30 am) (12:30 - 3:00 pm)</p> | <p>PPP (9:00 - 11:30 am)</p> | | <p>Stay & Play (9:30 - 11:30 am)</p> | |
| | 27 | 28 | 29 | 30 | | |
| | <p>Stay & Play (9:30 - 11:30 am) (1:00 - 3:00 pm)</p> | <p>Birthday Check-up Party (see 2nd page for details) PPP (9:00 - 11:30 am) (12:30 - 3:00 pm)</p> | <p>PPP (9:00 - 11:30 am)</p> | | | |

"Tumbling on the grass with a loving adult or friend is essential for healthy brain development. It not only lets off energy but it actually enhances higher brain development." Margot Sunderland

These programs are funded by provincial and municipal governments. There is NO CHARGE! www.bewfcss.ab.ca

BEW FCSS

Coaldale Parent Link Centre

Barons-Eureka-Warner Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen's, Parenting's, Senior's, Volunteer and Children's Programs.

These programs are funded by provincial and municipal governments. There is **NO CHARGE!**

Stay & Play

Stay & Play is a valuable drop-in program for parents and children (birth to 5 years old) to attend together.

- **No charge**
- Registration is not required
- Songs, rhymes, stories, blocks, dress-up, science, & much more
- Safe and inviting environment

A typical day at Stay & Play:

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



BIRTHDAY CHECK-UP PARTY:

for Children 5 years & under

If your child has a birthday in September, please come to our **Birthday Check-up Party**. You will be asked to fill out a questionnaire about the growth and development of your child. The results of the check-up will be shared with you. You will receive fun activity ideas on how to promote typical development

Call Sheila or Maria to register.

INFANT MASSAGE:



Would you like to learn how massage can benefit you and your baby?

Research shows that touch is essential for healthy growth and development.

Massaging your baby can help:

- soothe your baby
- promote strong parent-child relationships
- relieve colic or "gassy spells"
- stimulate circulatory and gastrointestinal systems
- baby learn to relax
- baby sleep longer and deeper

In this 5 week course, you will learn the special massage strokes that can benefit both you and your baby. (The fees for this course are covered by your municipality @\$100 value).

Dates: Oct 7 - Nov 4

Pre-registration is required.

Please register by September 30, 2010

For more information please call

Sheila Roth @ 403-345-6577.

Connecting parents to the resources in their community.

- Parent Education
- Family Support
- Information Referrals
- Early Childhood Development.

COUNSELLING – BEW FCSS:

BEW FCSS counsellors are available for counselling services Monday through Friday 8:30 - 4:30 pm. Please call to make an appointment with Lisa Parkin or Tanie Reid at 403-345-3000.

We invite all family members to join us at Stay & Play –
Moms, Dads, and Grandparents