



Barons-Eureka-Warner  
Family & Community Support Services

[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

# September 2010

## The Coalhurst Parent Link Centre

Located in the Coalhurst Elementary School

510 51<sup>st</sup> Avenue - Room 115 - Phone 403-320-1931



Alberta

[www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Welcome to the Coalhurst Parent Link Centre</b></p> <p>Parenting &amp; Family Coach Brenda Rathwell</p> <p>Counsellors: Lisa Parkin and Tanie Reid</p>			1	2	3	4
	6	7	8	9	10	11
	13	14	15	16	17	18
	Drop-in & Play (9:00 am - 12:00 pm)	<b>Birthday Check-up Party</b> (see 2 <sup>nd</sup> page for details)	Stay & Play (9:30 - 11:30 am)		Stay & Play (9:30 - 11:30 am)	
	20	21	22	23	24	25
	PPP (9:00 - 11:30 am) (12:30 - 3:00 pm)		Stay & Play (9:30 - 11:30 am)		Stay & Play (9:30 - 11:30 am)	
	27	28	29	30		
	Drop-in & Play (9:00 am - 12:00 pm) PPP (9:00 - 11:30 am) (12:30 - 3:00 pm)		Stay & Play (9:30 - 11:30 am)			

"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](http://www.bewfcss.ab.ca)

**BEW FCSS**  
**Coalhurst 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 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:

Wednesdays: 9:30 - 11:30 am

Fridays: 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: (No Charge)**

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 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 403-320-1931.

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 Community Health 403-345-3000 to make an appointment or e-mail her at

[Tanie.Reid@albertahealthservices.ca](mailto:Tanie.Reid@albertahealthservices.ca)

**BIRTHDAY CHECK-UP PARTY:**

for Children 5 years & under

If your child has a birthday in July, August or 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

**Please phone Brenda Rathwell to register  
403-320-1931**

***What's New at the  
Coalhurst Parent Link Centre:***

**YOU MAKE THE DIFFERENCE**

Parent-Child Interact Program for Mothers and/or Fathers and Their Young Children.

How you connect with your young child affects:

- how he/she feels about him/herself
- his/her chances to learn.

Come & learn about this information.

**Dates: Starting Monday, Oct 18**

**Time: 9:30 - 11:30 am**

**Location: Coalhurst Parent Link Centre**

Please call to register.

**DROP-IN AND PLAY:**

Open Play Drop in Day: Come and Play anytime from 9:00 am - 12:00 pm. No organized activities, no snack time, no circle time, just come and play with your child(ren). No Cost to you and your family.

**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: Mondays (9:00 - 11:30 am) and (12:30 - 3:00 pm)

Location: Coalhurst Community Centre

To register: call 403-320-3499 and leave a message.