



# September 2010

## The Milk River Parent Link Centre

240 – Main Street, Milk River, Alberta  
Phone 403-647-3430



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cynthia Chisholm Parenting Coach 403-647-3430</p> <p>Kerry Heggie Teen Specialist 403-752-4301</p> <p>Brett Drewry Family Counsellor 403-752-3303</p>			1	2	3	4
	6	7	8	9	10	11
	13	14	15	16	17	18
	20	21	22	23	24	25
	27	28	29	30	31	
	Stay and Play 10:00 am – Noon					
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	Stay and Play 10:00 am – Noon			Daddy & Me 6:00 - 7:30 Milk River Elementary School		

"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**

### **Milk River 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 fun 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, all available in a safe and inviting learning environment.

A day at Stay & Play: Free play--Circle time--Snack--Messy play-- Cleanup and good-bye

Drop in Thursday mornings 10:00 - Noon

## **DADDY & 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!  
September 29, 2010 (6:00 - 7:30pm)  
Milk River Elementary School

## **BEW FCSS - TEEN PROGRAM:**

Kerry Heggie offers support to youth and their families through education, counselling, and mentoring programs. 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 improve parent/teen relationships. Please call Kerry at 403-752-4301.

## **COUNSELLING - BEW FCSS:**

Professional counselling services are offered in an effort to strengthen and support individuals, families and communities. We provide these services to people experiencing stress or difficulties and for those who want to improve their lives.

Please call to make an appointment with Brett Drewry at 403-752-3303.

