



September 2010



The Picture Butte Parent Link Centre

607 Highway Avenue North - Phone 403-732-5470

www.bewfcss.ab.ca

www.parentlinkalberta.ca



**Welcome
to the
Picture
Butte
Parent Link
Centre**

Parenting & Family
Coach:
Sheila Roth
(345-6577)

Counsellors:
Lisa Parkin
(331-7595)
and
Tanie Reid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10	11
13	14	15	16	17	18
Stay & Play (9:30 -11:30 am)					
20	21	22	23	24	25
Stay & Play (9:30 -11:30 am)		PPP (9:00 - 11:30 am)	PPP (9:00 - 11:30 am)		
27	28	29	30		
Birthday Check-up Party (see 2 nd page for details)		PPP (9:00 - 11:30 am)	PPP (9:00 - 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

BEW FCSS

Picture Butte 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:

Mondays: 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:

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 (self-esteem, use recovery, etc.) 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 403-331-7595. **No Charge.**

BEW FCSS - TEEN COUNSELLING:

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 Parent Link Centre 403-345-3000 or e-mail her at Tanie.Reid@albertahealthservices.ca to make an appointment. **No Charge.**



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 at 732-5470 to register.

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: Wednesday and Thursday 9-11:30 am
To register call 320-3499, leave a message.

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).

Pre-registration is required.

If you are interested or would like more information please call
Sheila Roth @ 403-732-5470.