



# September 2010

## The Raymond Parent Link Centre



Located in the south end of Raymond Elementary School - Phone 403-752-4301

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B&amp;M BABY AND ME</b>			1	2	3	4
<b>S&amp;P Stay &amp; Play</b>			STAY & PLAY 1-3:15 pm	STAY & PLAY 9-11:15 am GFC orders due by 3	STAY & PLAY 9-11:15 am BABY & ME 11:30-1:00	
<b>GFC Good Food Club</b>	6	7	8	9	10	11
<b>Parenting &amp; Family Coaches: Nancy Keeler, Mary-Rose McMullin</b>	LABOUR DAY NO PROGRAMS		STAY & PLAY 1-3:15 pm	STAY & PLAY 9-11:15 am	STAY & PLAY 9-11:15 am BABY & ME 11:30-1:00	
<b>Counsellors: BEWFCSS counsellors assist in personal, teen, family, and marriage counselling free of charge. Call Brett Drewry 403-752-5430 Teen Specialist: Kerry Heggie 403-752-4301 ext 2</b>	13	14	15	16	17	18
	RPP 8:30-11:15 RPP 1:00-3:15	<b>BIRTHDAY CHECK-UP PARTY</b> To register call Rena 752-4301	RPP 9-11:15 S&P 1-3:15 pm	S&P 9:00-11:30 RPP 1:00-3:15 <i>*Good Food Club PICKUP and FOOD DEMO</i>	STAY & PLAY 9-11:15 am BABY & ME 11:30-1:00	
	20	21	22	23	24	25
	RPP 8:30-11:15 RPP 1:00-3:15	<b>COPEing with Toddler Behavior</b> 6-8 pm	RPP 9-11:15 S&P 1-3:15 pm	S&P 9:00-11:30 RPP 1:00-3:15	STAY & PLAY 9-11:15 am BABY & ME 11:30-1:00	
	27	28	29	30		
	RPP 8:30-11:15 RPP 1:00-3:15	<b>COPEing with Toddler Behavior</b> 6-8 pm	RPP 9-11:15 S&P 1-3:15 pm  FAMILY NIGHT LIVE	S&P 9:00-11:30 RPP 1:00-3:15		

"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

Sponsored by: Barons-Eureka-Warner Family & Community Support Services. All services provided at NO CHARGE unless indicated (\$\$). [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

**\*\*If your child has a birthday this month,  
please come to our  
BIRTHDAY CHECK-UP PARTY  
September 14, 9-11. Call Rena to register.  
403-752-4301**



### **COPEing with Toddler Behavior**

A fun, interactive course to help you COPE!!!!  
For parents of children 18-36 months  
**This course will be offered Tuesday evenings  
September 21–November 9 , 6-8 PM  
Childcare available; free of charge  
Call Mary-Rose to register 752-4301**

### **Family Night Live**

**Activities, Laughs, and Healthy Snacks!**

**WED., Sept.29 , 6: 00pm-7:30pm**

Who: For kids 6-12 years old with an adult  
When: Monthly on the last Wednesday of every month.  
(except Dec. and June)  
Where: Raymond Parent Link Centre  
(SW corner of the Elementary School)  
RSVP: **403-752-4301 (Parent LinkCentre) by March 23** to help us arrange for food/caregivers.

*Childcare will be provided for children  
1½-5 years of age.*

## **What's Up at the Centre**

### **RPP - RAYMOND PARENT PRESCHOOL**

Fun and learning for children 2-4 years old with a parent/caregiver. Includes parent conversation/presentations/parenting info.

#### **Classes start:**

**Monday, Sept.13 - 9 am & 1:00 pm**

**Wednesday, Sept.15 - 9:00 am**

**Thursday, Sept.16 - 1:00 pm**

**(This will be the Stay & Play & Learn class)**

#### **REGISTRATION:**

You may register in August at the Parent Link Centre, or on the day you would like to attend. Each class will be limited to first 18 children, age 2 and 3 years, with their parent/caregiver. If we have more kids, we will split the class to accommodate everyone.

You may also request a registration form at the Raymond Parent Link Centre facebook page.

### ***BABY & ME***

**(FORMERLY MUMS THE WORD)**

A great opportunity for parents of babies (up to 24 months) to meet others. Come to get new ideas and to make new friends. We'll talk about how your baby learns and grows, and any concerns you might have. Bring your babe and enjoy a morning out!

**Every FRIDAY from 11:30-12:45**

Child care will be available for siblings.

## **S&P - 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 Tuesday mornings 9:00-11:30**

**Wednesday afternoons 1:00-3:15 pm**

**and/or Thursday and Friday mornings**

**9:00-11:30 am**



## **GOOD FOOD BOX**

A grab bag of fruits and veggies at wholesale prices. Pay \$10.50 on the first Thursday of the month and pick up your food on the third Thursday at the Parent Link Centre. Sign up for the food demo at 4:00 pm on pickup day. You can make and take home something yummy!! For free!!!!

#### **ORDERS DUE:**

**Thursday, SEPT 2 by 3 PM.**

**NO LATE ORDERS!**

#### **PICKUP:**

**THURSDAY SEPT 16**

**3:30 pm - 5:00 pm**

**(ask if you need to pick up earlier)**