



# September 2010

## The Stirling Parent Link Centre



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Stacey Maynes</b> Parenting and Family Coach 403 315-3942			1	2	3	4
<b>Rena Proctor</b> Parenting and Family Coach 403 752 4301	6	7	8	9	10	11
			Stay and Play 915-11:15 Daddy and Me 6-7:30	Baby and Me 10-11:30		
<b>Kerri Heggie</b> Teen Specialist 403 752-4301	13	14	15	16	17	18
	Stay and Play 915-11:15		Stay and Play 915-11:15	Baby and Me 10-11:30	Infant Massage Course 10-11:30	
<b>Brett Drewry</b> Family Counsellor 403 752-3303	20	21	22	23	24	25
	Stay and Play 915-11:15		Stay and Play 915-11:15 Family Night Live 6-7:30	Baby and Me 10-11:30	Infant Massage Course 10-11:30	
<b>Kristen Hoyle</b> Public Health Nurse and Good Food Box contact 403 752-3303 GFB=Good Food Box	27	28	29	30	31	
	Stay and Play 915-11:15	ASQ Birthday Parties	Stay and Play 915-11:15	Baby and Me 10-11:30	Infant Massage Course 10-11:30	

"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 COUNSELLING**

BEW FCSS counsellors assist in personal, teen, family, and marriage counselling.

Call for an appointment:

Brett Drewry 752-3303

Margie Hartley 752-4301

### **INFORMATION**

We have lots of information about parenting and community resources.

Just ask!

### **STAY AND PLAY PACKS**

These are bags containing a children's book and a parenting resource booklet about some childhood issues. They are fun packs to do with your child.

They may be borrowed from the Parent Link Center for one week.

Also any of the parenting books, and children's books maybe borrowed as well.

Just sign them out.

**What's Up at the Hub  
Come see us at our new center.  
We are now located at the Old  
Lion's Hall 417 2<sup>nd</sup> st.**

**We are offering Infant Massage  
in September. Please register  
for this course.**

**We are starting a new program  
for 6-12yr olds and their  
families. "FAMILY NIGHT LIVE"  
Watch for more details.**

### **Good Food Box**

We are still doing the good food box. We are in need of a volunteer to take the orders to Raymond once a month. If you are interested in doing this please let me know. Otherwise if you want to do the Good Food Box you need to drop off your orders at the Raymond Health Unit, or the Raymond Parent Link Center.

### **STAY AND PLAY**

Stay and Play is a valuable 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, dress ups and housekeeping, blocks, science, and creative art are all available in a safe and inviting learning environment.

A typical day at Stay and Play:

Free Play

Snack

Circle time

Messy Play

Clean up and Good bye

### **AGES AND STAGES DEVELOPMENTAL SCREENING**

Are you wondering about your child's development? Ask me for a questionnaire. I can help you fill it out if you need me to. If you have any concerns about your child's development I can help.