



September 2010

The Taber Parent Link Centre

5009 56th Street - Phone 223-4403



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome to the Taber Parent Link Centre!			1	2	3	4
	6	7	8	9	10	11
			Stay & Play (9:30-11:30 am) (English Speaking)	Stay & Play (9:30-11:30 am) (German Speaking) Infant Massage (1:30-3pm)	Stay & Play (9:30-11:30 am) (English Speaking)	
	13	14	15	16	17	18
	Parenting & Family Coaches: Kim Forchuk and Jackie Fiorino Pre-Natal (7-9pm)		Stay & Play (9:30-11:30 am) (English Speaking)	Stay & Play (9:30-11:30 am) (German Speaking) Infant Massage (1:30-3pm)	Stay & Play (9:30-11:30 am) (English Speaking)	
	20	21	22	23	24	25
Family Counsellors: Karen Lanser Margie Hartley Youth Coach: Amanda Laturnus	PPP (9-11:30am) PPP (12:30-3pm) Pre-Natal (7-9pm)	PPP (9-11:30am) PPP (12:30-3pm) Pre-Natal (7-9pm)	Stay & Play (9:30-11:30 am) (English Speaking)	Stay & Play (9:30-11:30 am) (German Speaking) Infant Massage (1:30-3pm)	Stay & Play (9:30-11:30 am) (English Speaking)	
27	28	29	30	31		
Immunization Clinic by appointment only (Monday – Friday)	PPP (9-11:30am) PPP (12:30-3pm) Pre-Natal (7-9pm)	PPP (9-11:30am) PPP (12:30-3pm) Pre-Natal (7-9pm)	Stay & Play (9:30-11:30 am) (English Speaking) Dad & Me (6:30-8pm)	Stay & Play (9:30-11:30 am) (German Speaking) Infant Massage (1:30-3pm)	Stay & Play (9:30-11:30 am) (English Speaking)	

"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

BEW FCSS - COUNSELLING PROGRAM:

Counselling is available at the Taber Parent Link Center to provide individual, couple and family counselling services at no charge. Karen Lanser provide short term counselling on a variety of issues such as: personal, couple, relationship and/or parenting concerns, conflict resolution, communication skills, stress reduction, self esteem, grief and loss, coping strategies, life transitions, and divorce and separation. Workshops, presentations to groups and/or special interest groups can be arranged for the community if a particular need is expressed.

Karen has a special interest in working on topics related to parenting and women's issues, adjusting to life changes and seeking personal fulfillment. Please call Karen at 403-223-4403 ext. 240 to arrange a mutually convenient time to meet.

Margie Hartley counsels families in regards to parenting their children and teens. She also enjoys empowering women to overcome their challenges and reach their greatest potential. Margie has a special interest in counselling couples and individuals with their relationship concerns. Please call Margie at 403-223-4403 ext. 2763.

BETTER BEGINNINGS:

For pregnant and parenting women, offering nonjudgmental support and promoting healthy lifestyle choices. Please call a Public Health Nurse at 223-4403 to see if you qualify for coupons.

BEW FCSS - TEEN PROGRAM:

Amanda Laturnus assists teens with such things as conflict resolution, decision making, coping, self esteem, goal-setting and personal growth. She also works with parents to improved parent/teen relationships. Amanda provides presentations in schools and in the community to share positive messages for youth and families. Amanda is available Mon - Fri 8:30-4:30 and Tuesday evenings as required. Please call Kerry at 223-4403, ext. 237.

IC - IMMUNIZATION CLINICS:

Effective immediately all well baby and adult immunization clinics will be by appointment only. Please call 223-4403 to reserve a time.

PPP - PARENT PRESCHOOL PROGRAM OF SOUTHWESTERN ALBERTA:

This program is for parents of children from 16 months to 5 years. The children receive qualified instruction while parents meet separately in a nearby room for discussion or guest presentations. This program requires pre-registration and runs from September to May. Please call 320-3499 to register.

PN - PRENATAL CLASSES:

For expecting women and their partners to prepare them for pregnancy, childbirth and beyond. Please call 223-4403 to register

S & P - STAY & PLAY:

Stay & Play is a valuable program for parents and children (birth to 5 years old) to attend together. Songs, rhymes, stories, dress-up, blocks, creative art, sand and water play, are all available in a safe and inviting learning environment. Drop in and see what we're all about.

Dad & Me - Daddy, Come and Play With 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! Older siblings are welcome.

Youth for Youth Group:

Youth for Youth is an open group for youths to attend. The group is led by Amanda Laturnus (teen Specialist). The intent of the group is to offer youth aged 13-18 years old opportunities to belong to a social, non-denominational group that takes part in meetings, activities and community volunteerism. This is an opportunity for youth to meet, share interests and participate in group activities. Transportation is not provided. Call Amanada at 403-223-4403 to inquire further.

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. 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. If you require additional information please call 223-4403.