



January 2012



The Coaldale Parent Link Centre

(Serving Coaldale and County of Lethbridge)

Phone 403-345-6577

www.bewfcss.ab.ca

www.parentlinkalberta.ca

**Welcome
to the
Coaldale
Parent Link
Centre!**

Parenting & Family
Coaches



Sheila Roth
Maria Klassen
Janet Fekete

403-345-6577

Counsellors
Lisa Parkin
Tanie Reid-Walker
403-345-3000

Teen Programs
Tanie Reid-Walker
403-345-3000



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
<p>Together with your child, use leftover holiday boxes to create play structures. Let their imagination go! Enjoy.</p> 					
	10	11	12	13	14
<p>Thank you for your patience during our transition to the new location. We are excited to move in and begin programming for our families. Our new location will be located at 2107 – 13 Street. Start date for January is to be determined. Please check your e-mail or contact us if you have any questions. Looking forward to serving you in 2012!</p>					
	16				21
23	24	25	26	27	28
<p>Stay & Play will be offered on Monday morning/afternoon and Friday mornings.</p>			<p>Infant Massage 10 - 11:30 am Contact - Sheila Roth</p> 		
	31	<p>“Parenting The Strong Willed Child” Starts February 1st</p>		 <p>Starting in February... Move it ! Move it !</p>	

BEW FCSS 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, Senior's, Volunteer and Children's Programs. These programs are funded by provincial and municipal governments. There is **NO CHARGE!**

Stay and Play:

Stay & Play is a valuable program for parents and children (birth to 5 year 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.

TRIPLE P PARENTING PROGRAM

The Triple P Parenting Program is an internationally recognized parenting program which promotes positive caring relationships between parents and their children. This program helps parents develop effective strategies for dealing with a variety of behaviours and common developmental issues.

For more information, call 403-345-6577/3000
Triple P Practitioner - Maria Klassen

*We invite all family members to
join us at Stay & Play -
Moms, Dads, and Grandparents*

COUNSELLING - BEW FCSS:

BEW FCSS counsellors are available for counselling services Monday through Friday 8:30 - 4:30 pm. Please call to make an appointment with Lisa Parkin or Tanie Reid-Walker at 403-345-3000



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).

Dates: January 26 - February 23

Pre-registration is required.

Please register by January 19

For more information call Sheila Roth @ 345-6577.

Birthday Check-up Party

- Complete a short questionnaire about the growth and development of your child
- Results of the check-up will be shared with you
- Receive fun activity ideas on how to promote typical development



When: Thursday, February 16, 2012

Place: Coaldale Parent Link Centre

Please call 345-6577 to register

Parent Preschool Program of South Western Alberta

Parent Preschool offers a free, stimulation 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

Program runs from September to May

To Register call 403-320-3499

And leave a message.

- Move it ! Move it ! -



Join Maria for an afternoon of gross motor activities. Take some time to work out your brain and your body ! Grown-ups together with their children are welcome to attend.

Let's Move it ! Move it !

This program inspires movement and gross motor skill development through activities and play. It improves socialization, listening skills, self-expression, fitness, coordination, flexibility and balance in a relaxed format. Classes are designed to instill self-confidence, self-esteem, courage, safety and comfort.

Contact **Maria** Klassen 403-345-3000 or 403-345-6577

