






# January 2012



## Raymond Parent Link Centre

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

[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B&amp;M</b> <b>Baby &amp; Me</b>	2	3	4	5	6	7
<b>S&amp;P</b> <b>Stay &amp; Play</b>						
	9	10	11	12	13	14
<b>RPP</b> <b>Raymond Parent Preschool</b>	School starts 	<b>POWER to PARENT</b> 6-8 PM Call 403-752-4301 to register	First Baby 11:30 S&P 1:00-3:15  Family Night Live 6:30-8:15 pm		<b>S&amp;P 9-11</b> <b>BABY &amp; ME</b> 11-12 After School Adventures	
<b>Parenting &amp; Family Coaches:</b> <b>Nancy Keeler,</b> <b>Mary-Rose McMullin</b>	16	17	18	19	20	21
<b>Counsellor:</b> BEWFCSS counsellors assist in personal, teen, family, and marriage counselling free of charge. Margie Hartley, Family Counsellor, will be available for appointments at the Community Health office (403-752-5430). Please leave a message and she will return your call.	<b>RPP</b> 9:00-11:15 <b>RPP</b> 1:00-3:15	<b>BIRTHDAY CHECKUP PARTY</b> 9 or 10:30 AM Call 752-4301 to register <b>POWER to PARENT</b> 6-8 PM	<b>RPP 9:00-11:15</b> First Baby 11:30 <b>S&amp;P 1:00-3:15</b>	<b>RPP 9-11:15</b> <b>RPP 1-3:15</b>	<b>S&amp;P 9-11</b> <b>BABY &amp; ME</b> 11-12 After School Adventures	
	23	24	25	26	27	28
	<b>RPP</b> 9:00-11:15 <b>RPP</b> 1:00-3:15	<b>Infant Massage</b> 10:00-11:30 am Call 752-4301 to register <b>POWER to PARENT</b> 6-8 PM	<b>RPP 9:00-11:15</b> First Baby 11:30 <b>S&amp;P 1:00-3:15</b>	<b>RPP 9-11:15</b> <b>RPP 1-3:15</b>	<b>S&amp;P 9-11</b> <b>BABY &amp; ME</b> 11-12 After School Adventures	
	30	31	February 1			
	<b><u>NO RPP</u></b> (PD Day)	<b>Infant Massage</b> 10:00-11:15 am <b>POWER to PARENT</b> 6-8 PM	<b>RPP 9:00-11:15</b> First Baby 11:30 <b>S&amp;P 1:00-3:15</b>			

With support from Provincial & Municipal governments, all services are available at minimal or **no charge** to residents. [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

Please be advised that information on calendars is subject to change without notice.  
Please note programs may be cancelled due bad weather or lack of response.

## **BEW FCSS**

### **Raymond Parent Link Centre**

Eureka-Warner Family & Community Support  
Centres (FCSS) assists individuals, families and  
communities to reach their potential through Counselling,  
Parenting,  
Senior's, Volunteer and Children's Programs.  
These programs are funded by provincial and  
municipal governments. There is **NO CHARGE!**

## **POWER TO PARENT**

### **8 Tuesday evenings**

**Jan 10- Mar 6, 6:00-8:00 pm**

Practical suggestions for parenting  
children (of all ages) with attachment  
in mind.

Call Nancy at 403-752-4301 to register.

## **AFTER SCHOOL ADVENTURES**

### **Meet to eat lunch (bring your own).**

Who: Children GRADES 3-6  
When: Fridays, 12:00 pm – 3:00 pm  
Where: Parent Link Centre  
What: Gym time, crafts/cooking, active  
games, FUN!!

For more info or registration forms  
call 403-752-4301.

**NO ACTIVITY ON PD DAYS**

## **ASQ BIRTHDAY CHECK-UP PARTY**

When: TUESDAY, January 17  
Time: 9:00 or 10:30 am  
Where: Raymond Parent Link Centre

- Complete a short questionnaire with your child about their growth and development
- Receive fun activity ideas on how to promote typical development

## **FIRST BABY & ME** (post-natal class)

A discussion group for parents of new babies.  
We'll talk about feeding, sleeping, and safety  
issues. Bring your baby and enjoy a morning  
out!

**NO CHILDCARE OFFERED**

Date: EVERY WEDNESDAY

11:30 am-12:45 pm

Location: Raymond Parent Link Centre

**STARTS AGAIN JANUARY 11, 2012**

## **BABY & ME**

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 baby and enjoy a morning out!

**EVERY FRIDAY 11:00 am-12:00 pm**

Child care will be available for preschool  
siblings.

**STARTS again JANUARY 13, 2012**

## **FAMILY NIGHT LIVE**

**Activities, Laughs, and Healthy Snacks!**  
**Please RSVP to help us arrange for  
food/caregivers!**

**Wednesday, JANUARY 11, 6:30–8:15 pm**

Who: For kids 6-12 years old with an adult  
When: Monthly on the first Wednesday of  
every month.

Where: At the Raymond Parent Link Centre  
(SW corner of the Elementary School)  
**PLEASE REGISTER** at the

Parent Link Centre 403-752-4301

## **INFANT MASSAGE**

Connection, relaxation, and  
happy times for mom and baby!  
5 Tuesdays, 10:00-11:30 am  
Next session: January 24-February 28  
(no class Feb. 21)  
Call Mary-Rose at 403-752-4301 ext 1  
to register.



## **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.

### **A Typical day at Stay & Play:**

Free Play-Snack-Circle  
Time-Messy Play-  
Tidy Up Time-Time to Go

Wednesdays 1:00-3:15 pm

Fridays : 9:00am-11:00 am

**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 Margie Hartley  
at 403-752-5430.

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