



# February 2012



## The Coaldale Parent Link Centre

(Serving Coaldale and County of Lethbridge)

2107 - 13 Street Phone 403-345-6577

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

[www.parentlinkalberta.ca](http://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		
		1	2	3	4		
		<p><b>February start date at the new location is to be determined.</b></p> <p>Stay &amp; Play will be offered in our present location at the <b>Community Health Building</b> Mondays: 9:30-11:30 am and 1:00 -3:00 pm Fridays: 9:30- 11:30 am Please check your e-mail or contact us if you have any questions.</p> <p><b>PLEASE CHECK BACK FOR ANY CHANGES IN PROGRAMMING.</b></p>			Stay & Play 9:30 - 11:30 am		
6					9	10	11
Stay & Play 9:30 - 11:30 am 1:00 - 3:00 pm						Stay & Play 9:30 - 11:30 am	
13					16	17	18
Stay & Play 9:30 - 11:30 am 1:00 - 3:00 pm						Stay & Play 9:30 - 11:30 am	
		23	24	25			
		27	28	29			

Coaldale HUB  
Grand Opening  
February 20th



**Family  
Day**

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.

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)

## 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

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

### 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

## 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!**

### BABY & ME

**Dates: Thursdays**  
**March 1 - April 7, 2012**  
**10:00 - 11:30 am**



A great opportunity for parents of children newborn to 18 months to learn about the challenges and rewards of parenting. Bring your baby and enjoy a morning out.

Get new ideas - Address concerns - Make new friends - Dynamic presenters  
**Pre-registration is required.**  
For more information please call Janet Fekete at **403-345-6577**



### 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.

**Dates: Thursday mornings January 26 - February 23**  
Pre-registration is required.  
For more information contact 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, April 26, 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 a time 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 listening skills, fitness, coordination, and balance in a relaxed format. Classes are designed to instill self-confidence, and comfort.

**Tuesday 10:00-11:00 am**

Location: Coaldale Parent Link

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

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