

Coalhurst Parent Link Centre & Barons-Eureka-Warner FCSS

Coalhurst Elementary School - 403-320-1931

www.bewfcss.ab.ca

(Serving Coalhurst and County of Lethbridge)

www.parentlinkalberta.ca



Parenting & Family Coach

Brenda Rathwell

403-320-1931

brenda.rathwell@pallisersd.ab.ca

Family Counsellors:

Lisa Vandendungen

403-405-4466

Lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker

403-360-2111

(texting accepted)

Tanie.reid-walker@bewfcss.ab.ca



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	2	3	4	5	6	7/8
			Stay and Play 9:30-11:30 am	PPP Community Hall Registration is Required	Stay and Play 9:30-11:30 am	
	9	10	11	12	13	14/15
			Stay and Play 9:30-11:30 am	PPP Community Hall Registration is Required	Stay and Play 9:30-11:30 am	
	16	17	18	19	20	21/22
Move it, Move it! 10:00-11:30 am Coalhurst Community Hall Parents and children 0-5 years of age			Stay and Play 9:30-11:30 am	PPP Community Hall Registration is Required	Stay and Play 9:30-11:30 am	
	23	24	25	26	27	28/29
Move it, Move it! 10:00-11:30 am Coalhurst Community Hall Parents and children 0-5 years of age			Stay and Play 9:30-11:30 am	PPP Community Hall Registration is Required	Stay and Play 9:30-11:30 am	
	30	31	 <div style="background-color: #4a7ebb; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Family Night Thursday October 26, 2017 6:00 - 7:30 pm Registration is required</p> </div>			
Move it, Move it! 10:00-11:30 am Coalhurst Community Hall Parents and children 0-5 years of age						

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents.

Please be advised that information and programs on calendars are subject to change without notice.

Please refer to the Facebook page or website (www.bewfcss.ab.ca) for changes and updates.

Barons-Eureka-Warner FCSS Coalhurst Parent Link Centre

Barons-Eureka-Warner Family & Community Support Services (FCSS) assists individuals, families and communities to reach their potential through Counselling, Teen, Parenting, Senior, Volunteer and Children's Programs.

These programs are funded by provincial and municipal governments. There is minimal or NO CHARGE!

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

Join us Wednesday and Friday Morning
9:30 - 11:30 am

FAMILY NIGHT –
Registration is required

Thursday, Oct 26 6:00-7:30 pm

Brenda.rathwell@pallisersd.ab.ca or call 403-320-1931

Front doors of the school open from 5:55-6:15pm only!

Barons-Eureka-Warner FCSS

Family COUNSELLING - No Charge

Lisa Vanden Dungen specializes in relationship counseling, but is also able to work with clients on a variety of other issues such as managing conflict or stress, family issues, or personal issues. Lisa is also able to provide workshops and groups for the community if a particular need is expressed. Please call Lisa at 403-405-4466 to make an appointment.

Tanie Reid-Walker specializes in teen counselling, but she is also able to work with clients on a variety of other issues. Tanie is able to provide workshops on Building Healthy Relationships, Navigating the Teen Years and Why Try to both teens and their parents. Please call Tanie at 403-360-2111 to make an appointment.

Triple P

Positive Parenting Program

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

For more information call Brenda at 403-320-1931



(PPP) PARENT PRESCHOOL PROGRAM OF SOUTHWESTERN ALBERTA

The program offers a free, stimulating 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

When: Thursday mornings, Coalhurst Community Hall

To register call 403-320-3499 and leave a message or <http://www.parentpreschool.org>.

Learning to communicate

Young toddlers will:

- use words to greet people, ask for what they want and comment on what they like
- tell you they don't like something by shaking their head and saying "no" or "not"
- use 1 word for a whole thought (e.g., "shoe" may mean "Those are my shoes", "I need my shoes" or "I don't want to wear my shoes")
- follow simple directions (e.g., "Bring mommy your shoes")
- answer simple questions (e.g., "Do you want a drink of water?" or "Where's your blanket?")

Once toddlers know 50 words, it will be easier for you to understand what they say. Then they'll start to use them in 2-word sentences such as "More cracker" or "Mommy, go".

<http://www.healthyparentshealthychildren.ca/toddlers-1-and-2-year-olds/growing-and-learning-with-your-toddler/learning-to-communicate/>

Move it, Move it!

Active play is important both for good health and building gross motor skills. Developing **gross motor skills** is an essential part of childhood! These skills are first acquired during infancy and early childhood, and they are continually built upon, improved, and better controlled throughout childhood and into adulthood. This program inspires movement and large muscle development through activities and play.

Grown-ups together with their children birth to five years of age are welcome to attend.

Drop in Mondays, October 16th - December 4th

10:00 - 11:30 am

Coalhurst Community Hall

For more information, contact Brenda.

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents.

Please be advised that information and programs on calendars are subject to change without notice.

Please refer to the Facebook page or website (www.bewfcss.ab.ca) for changes and updates.