

## Milk River Parent Link Centre & Barons-Eureka-Warner FCSS

321 3 Ave NE - Milk River Civic Centre - 403-752-4301

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

(serving Milk River and County of Warner)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Parent/Child Programmer:</b> <b>Myrna Sopal</b> <a href="mailto:myrna.sopal@bewfcss.ab.ca">myrna.sopal@bewfcss.ab.ca</a> 403-752-4301	2	3	4	5	6	7
			<b>Stay &amp; Play</b> 1:30 - 3:30 pm			
<b>Family Counsellor:</b> <b>Laura Devlin</b> <a href="mailto:Laura.Devlin@bewfcss.ab.ca">Laura.Devlin@bewfcss.ab.ca</a> 403-752-5430	9	10	11	12	13	14
			<b>Stay &amp; Play</b> 1:30 - 3:30 pm			
<b>Youth Outreach Programmer:</b> <b>Stephanie Gruninger</b> <a href="mailto:stephanie.gruninger@bewfcss.ab.ca">stephanie.gruninger@bewfcss.ab.ca</a> 403-752-4301	16	17	18			
		<b>Infant Massage</b> 10:00 - 11:30 am Milk River Library	<b>Stay &amp; Play</b> 1:30 - 3:30 pm			
	23	24	25			
		<b>Infant Massage</b> 10:00 - 11:30 am Milk River Library	<b>Stay &amp; Play</b> 1:30 - 3:30 pm			
	30	31		<div style="background-color: #f4a460; padding: 10px; border: 1px solid black;"> <p>Children need models more than they need critics. Joseph Joubert</p> </div>		
		<b>Infant Massage</b> 10:00 - 11:30 am Milk River Library				

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](http://www.bewfcss.ab.ca)) for changes and updates.

## Barons-Eureka-Warner 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 minimal or **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!

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

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

Wednesday afternoons 1:30-3:30 pm  
at the Milk River Civic Centre

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

### **COUNSELLING -**

#### **Barons-Eureka-Warner FCSS:**

Barons-Eureka-Warner FCSS family counsellors are available for counselling services Monday through Friday  
8:30 - 4:30 pm.

Please call Laura Devlin at  
403-752-5430 or  
Laura.Devlin@bewfcss.ab.ca

#### **Youth Outreach Programmer:**

Barons-Eureka-Warner FCSS Youth Outreach Programmer will primary support the Raymond, Stirling and County of Warner communities to support youth within the PLC's, schools, and communities.

### **ASQ DEVELOPMENT CHECKUP**

The ASQ checklist is a series of questions designed to give you an idea of how your child is developing and meeting milestones. If you would like to be on the mailing list to receive the ASQ Developmental Checklists on a regular basis please call **Myrna Sopal** at 403-752-4301.



### **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.

Ages 2 - 10 months with a parent/guardian.

Open to parents from Warner, Milk River and Coutts areas.

Childcare for older siblings will not be provided.

**Date:** Tuesdays, Oct 17<sup>th</sup> - Nov 14<sup>th</sup>

**Time:** 10:00 - 11:30 am

**Location:** Milk River Library

Need a minimum of 5 registered with babes to offer class.

To register call Myrna Sopal at 403-752-4301 or e-mail

[myrna.sopal@bewfcss.ab.ca](mailto:myrna.sopal@bewfcss.ab.ca)



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**Alberta**  
Community and  
Social Services