

## Barons Parent Link Centre & FCSS


Barons United Church - 205 Queen Street

Phone 403-405-4466

(Serving Barons and County of Lethbridge)

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



	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Parenting &amp; Family Coach:</b> <b>Maria Klassen</b> 403-405-4466 Extension 6 <a href="mailto:maria.klassen@bewfcss.ab.ca">maria.klassen@bewfcss.ab.ca</a></p> <p><b>Family Counsellor:</b> <b>Lisa Vanden Dungen</b> 403-405-4466</p> <p><b>Teen Programs</b> <b>Teen Specialist and Counsellor:</b> <b>Tanie Reid-Walker</b></p> <p><b>Youth Empowerment Coach:</b> <b>Amanda Lawrence</b> 403-405-4466</p>	<div style="border: 2px solid green; padding: 5px;"> <p><b>Brain Awareness Week</b> March 12<sup>th</sup>-17<sup>th</sup> (Ask for details)</p>  </div>			1	2	
	6	7	8	9		
	<div style="border: 2px solid green; border-radius: 20px; padding: 10px;"> <h3>Stay &amp; Play</h3> <p>Komm und spiel mit deinen Kindern (Geburn bis 5 Jahre alt) Stay &amp; Play ist ein Programm für Eltern und Kinder. Mittwoch: 9.30 bis 11.30</p> <p>Come and play with your children (0 to 5 years old). Stay &amp; Play is a program for adults &amp; children. Wednesdays: 9:30-11:30 am</p> </div>			14	15	16
				21	22	23
				28	29	30
				6	7	8
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## Connecting parents to the resources in their community

Your Parenting and Family Coach can assist you with the following:

- Parent Education
- Family Support
- Information Referrals
- Early Childhood Development

## WONDERING ABOUT YOUR CHILD'S DEVELOPMENT?

**Ages 2 months to 60 months**

A developmental check-up will help you see if your child is developing typically with speech, language, social interactions and/or motor skills. The **Ages and Stages Questionnaire** can give you a guideline to tell if your child is doing what other children of the same age are typically doing. It is a great tool to know what activities you might try next and to see if additional support might be needed.



## TRIPLE P POSITIVE PARENTING PROGRAM

[www.triplep-staypositive.net](http://www.triplep-staypositive.net)

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.

Triple P Practitioner - Maria Klassen

For more information please contact Maria Klassen - [maria.klassen@bewfcss.ab.ca](mailto:maria.klassen@bewfcss.ab.ca)  
404-405-4466

## 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. 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

The lending library is for anyone interested in reading. Please feel free to sign out and return books that you or your children enjoy.

Ask Maria for more information.



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

## FCSS

### Parent Link Centre

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!**

## FCSS COUNSELLING:

### (Beratung Hilfe) BERATUNG

FCSS Family Counsellors are available for counselling services

Monday through Friday 8:30 - 4:30 pm.

Please call to make an appointment.

Lisa Vanden Dungen or Tanie Reid-Walker  
403-405-4466



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.