



Stirling Parent Link Centre & FCSS

533 4th Ave - Phone 403-756-3572

(Serving Stirling and County of Warner)

www.bewfcss.ab.ca

www.parentlinkalberta.ca



**Parenting, Teen &
Family Coach:**

Stacey Maynes

403-756-3572

stacey.maynes@bewfcss.ab.ca

Family Counsellor:

Laura Devlin

403-756-5430

Laura.Devlin@bewfcss.ab.ca

**Youth Outreach
Programmer:**

Stephanie Gruninger

403-752-4301

stephanie.gruninger@bewfcss.ab.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
5	6	7	8	9	10
Stay and Play 9:15-11:15 am	DR. Schwartz presentations All Day	Stay and Play 9:15-11:15 am	Self-Care Workshop 9am-11am		
12	13	14	15	16	17
Stay and Play 9:15-11:15 am		Stay and Play 9:15-11:15 am	Explore Discover & Experiment 12:30-1:30pm		
19	20	21	22	23	24
Stay and Play 9:15-11:15 am		Stay and Play 9:15-11:15 am	Explore Discover & Experiment 12:30-1:30pm		
26	27	28	29		
Stay and Play 9:15-11:15 am		Stay and Play 9:15-11:15 am	Explore Discover & Experiment 12:30-1:30pm		

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.

FCSS

Stirling 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!**

STAY & 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.

Self-Care Workshop

Motherhood is full of endless demands, rewards, sacrifices, sleepless nights, and unscheduled interruptions. Self-care is often the last thing on a mother's mind. But when we are anxious, stressed or rundown, our families feel it too. The great news about taking care of yourself is that it allows you to share more of who you are with your family. Come learn some strategies, beyond bubble baths and manicures, for making self-care a part of your daily life.



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 403-756-3572 Triple P Practitioner - Stacey Maynes www.triplep-staypositive.net

YOUTH OUTREACH PROGRAMMER

FCSS Youth Outreach Programmer will primarily support the Raymond, Stirling and County of Warner communities to support youth within the PLC's, schools, and communities. Please contact **Stephanie Gruninger** for more information.

Explore Discover & Experiment

This exciting program takes sensory learning and creative art to a whole new level. Children ages 3 - 5 years will mash, crush, drop, and blend while they explore and experiment with a variety of textures, substances and materials. Explore, Discover and Experiment goes beyond baking soda & vinegar, paint-easels and brushes to help children dig deeper into the amazing world of science and creative art. This is a registered program so please be sure to call and reserve a space.

FAMILY COUNSELLING

FCSS Family counsellors are available for counselling services.

Please call to make an appointment at 403-752-5430.

Dr. Schwartz

This is your child's Brain on Technology

Discover how the early childhood brain matures and functions related to language, cognition, motor and social-emotional development. Learn about how technology is positively and negatively impacting early brain development and function. Explore resources that will assist parents and professionals in changing the habits and practices of family and child technology use in the home.

3 presentations:

Magrath 9:30am @ 135 Civic Ave, Garden City Community Centre 403 624 7479 (Ryan)

Raymond 1:30pm 145N 200S W, Parent Link Centre 403 752 4301 (Myrna)

Cardston 7pm 260 1st st. W, Seniors Centre 403 653 7077 (Sonja)

Daytime childcare Provided.
Please call to pre-register.



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Alberta
Community and
Social Services