


## Coaldale Parent Link Centre & FCSS

(Serving Coaldale and County of Lethbridge)

2107 - 13 Street Phone 403-405-4466

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	2	3	4	5	6	7	
<b>Parenting &amp; Family Coaches</b>	<b>NO PROGRAM -</b> For personal or family counselling services, please contact Lisa Vanden Dungen or Tanie Reid-Walker at 403-405-4466.					<b>Open Gym</b> 10:00 - 11:30 am	 <b>Clothing Fest</b> <b>April 7<sup>th</sup></b> 10 am - 1 pm (see poster for more details)
	<b>Maria Klassen</b> <a href="mailto:Maria.klassen@bewfcss.ab.ca">Maria.klassen@bewfcss.ab.ca</a>	9	10	11	12	13	
<b>Cynthia Chisholm</b> <a href="mailto:Cynthia.chisholm@bewfcss.ab.ca">Cynthia.chisholm@bewfcss.ab.ca</a>	<b>Stay &amp; Play</b> 9:30 - 11:30 am			<b>Stay &amp; Play</b> 9:30 - 11:30 am	<b>Open Gym</b> 10:00 - 11:30 am		
<b>Counsellors</b>	16	17	18	19	20		
	<b>Lisa Vanden Dungen</b> <a href="mailto:Lisa.vandendungen@bewfcss.ab.ca">Lisa.vandendungen@bewfcss.ab.ca</a>	<b>Stay &amp; Play</b> 9:30 - 11:30 am		<b>Stay &amp; Play</b> 9:30 - 11:30 am	<b>Open Gym</b> 10:00 - 11:30 am		
<b>Tanie Reid-Walker</b> <a href="mailto:tanie.reid-walker@bewfcss.ab.ca">tanie.reid-walker@bewfcss.ab.ca</a>	23	24	25	26	27	28	
<b>Youth Empowerment Coach:</b> <b>Amanda Lawrence</b> <a href="mailto:amanda.lawrence@bewfcss.ab.ca">amanda.lawrence@bewfcss.ab.ca</a>	<b>Stay &amp; Play</b> 9:30 - 11:30 am			<b>Stay &amp; Play</b> 9:30 - 11:30 am	<b>Open Gym</b> 10:00 - 11:30 am		
	30	 <b>Volunteer Week</b> <b>April 15-21</b>					
	<b>Stay &amp; Play</b> 9:30 - 11:30 am						



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.

## Connecting parents to the resources in their community

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

- Early Childhood Development Information
- Childhood Developmental Screening
- Parent Education
- Family Support
- Information & Referral

### 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 Practitioners - Maria Klassen & Cynthia Chisholm

For more information please contact  
Maria Klassen - [Maria.klassen@bewfcss.ab.ca](mailto:Maria.klassen@bewfcss.ab.ca) or  
Cynthia Chisholm - [Cynthia.chisholm@bewfcss.ab.ca](mailto:Cynthia.chisholm@bewfcss.ab.ca)  
**403-405-4466**

## Stay and 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. 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.

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

## Triple P



Practical advice for behavioral or developmental concerns are available at no cost. Trained Triple P practitioners are happy to offer a brief session or two to support any concerns you may have.

To book your session contact Maria Klassen  
[Maria.klassen@bewfcss.ab.ca](mailto:Maria.klassen@bewfcss.ab.ca) or  
403-405-4466 option #6



## Coming this spring – Coaldale's first NATURAL PLAYGROUND

Access to active play in nature and outdoors—with its risks—is essential for healthy child development.

## 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!**

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

### FCSS FAMILY COUNSELLING

FCSS family counsellors are available for counselling services. Please call 403-405-4466 to make an appointment.

Lisa Vanden Dungen - [Lisa.vandendungen@bewfcss.ab.ca](mailto:Lisa.vandendungen@bewfcss.ab.ca)  
Tanie Reid-Walker - [Tanie.reid-walker@bewfcss.ab.ca](mailto:Tanie.reid-walker@bewfcss.ab.ca)

### Parent Preschool Program of South Western Alberta

Parent Preschool 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 mos-5 yrs and their parent/caregiver.

Program runs from **September to March**.  
**To Register call 403-320-3499 leave message or register on line [www.parentpreschool.org](http://www.parentpreschool.org)**

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