

Coalhurst Parent Link Centre & FCSS

Coalhurst Elementary School - 403-320-1931

(Serving Coalhurst and County of Lethbridge)

www.bewfcss.ab.ca

www.parentlinkalberta.ca



Parenting & Family Coach

Brenda Rathwell
403-320-1931

brenda.rathwell@pallisersd.ab.ca

Family Counsellors:

Lisa Vanden Dungen
403-405-4466 option #4

Lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker
403-405-4466 option #5

Tanie.reid-walker@bewfcss.ab.ca

Youth Empowerment Coach:

Amanda Lawrence
403-405-4466

amanda.lawrence@bewfcss.ab.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
2	3	4	5	6	7
NO PROGRAMS - For personal or family counselling services, please contact Lisa Vanden Dungen or Tanie Reid-Walker at 403-405-4466.					
9	10	11	12	13	14/15
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		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		Stay and Play 9:30-11:30 am	Volunteer Week April 15-21
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	Family Night 6:00 - 7:30 pm Registration is Required	Stay and Play 9:30-11:30 am	
30	ASQ and ASQ-SE Day! May 1 st (See 2 nd page for appointment times)		FAMILY NIGHT – Registration is required Thursday, Apr 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!		
Move it, Move it! 10:00-11:30 am Coalhurst Community Hall Parents and children 0-5 years of age					



FCSS

Coalhurst Parent Link Centre

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

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 403-405-4466 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: Parents with children 0-5 years of age

When: Thursday mornings, Sept - March

Location: Coalhurst Community Hall

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



ASQ and ASQ-SE DAY! May 1st

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.

Call Brenda to book one of the following time slots:

8:30-9:30 am

9:45-11:00 am

11:15am-12:30pm

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, 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.

Alberta
Community and
Social Services