



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
2	3	4	5	6	7
Spring Break No Programs this week					
9	10	11	12	13	14
Stay and Play 9:15-11:15 am		Stay and Play 9:15-11:15 am	Explore Discover & Experiment 12:30-1:30pm		
16	17	18	19	20	21
Stay and Play 9:15-11:15 am		Stay and Play 9:15-11:15 am	Explore Discover & Experiment 12:30-1:30pm		
23	24	25	26	27	28
Stay and Play 9:15-11:15 am	Infant Massage 10am-11:15am	Stay and Play 9:15-11:15 am	Explore Discover & Experiment 12:30-1:30pm		
30	Volunteer Week April 15-21				
Stay and Play 9:15-11:15 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) 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!**



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, swirl 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.

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. Massaging your baby can help soothe, relax, promote development, aid in sleeping. This is a 5 week course and childcare will be provided for older siblings.



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.



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