

## Coalhurst Parent Link Centre & FCSS

Coalhurst Elementary School - 403-320-1931

(Serving Coalhurst 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	Saturday/Sunday	
 <p><b>Parenting &amp; Family Coach</b> Brenda Rathwell 403-320-1931 <a href="mailto:brenda.rathwell@pallisersd.ab.ca">brenda.rathwell@pallisersd.ab.ca</a></p> <p><b>Family Counsellors:</b> Lisa Vanden Dungen 403-405-4466 option #4 <a href="mailto:Lisa.vandendungen@bewfcss.ab.ca">Lisa.vandendungen@bewfcss.ab.ca</a></p> <p>Tanie Reid-Walker 403-405-4466 option #5 <a href="mailto:Tanie.reid-walker@bewfcss.ab.ca">Tanie.reid-walker@bewfcss.ab.ca</a></p> <p><b>Youth Empowerment Coach:</b> Amanda Lawrence 403-405-4466 <a href="mailto:amanda.lawrence@bewfcss.ab.ca">amanda.lawrence@bewfcss.ab.ca</a></p>		1 ASQ and ASQ-SE Day! May 1 <sup>st</sup>	2	3	4 Stay and Play 9:30-11:30 am	5/6	
	7	8	9	10	11	12/13 	
	<b>Mental Health Week</b> May 7-13			Stay and Play 9:30-11:30 am		Stay and Play 9:30-11:30 am	
	14	15	16	17	18	19/20	
		<b>Big Loose Parts Play in the Park</b> 10 - 11:30 am	Stay and Play 9:30-11:30 am		Stay and Play 9:30-11:30 am		
	21	22	23	24	25	26/27	
			Stay and Play 9:30-11:30 am		Stay and Play 9:30-11:30 am		
	28	29	30	31			

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.

## 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!



### **TRIPLE P**

#### **POSITIVE PARENTING PROGRAM**

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

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour.

The Triple P Positive 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.

Parents meet with a trained Triple P Practitioner, share their struggles and work on a parenting plan that is tailored to the family's needs.

For more information please contact  
Brenda Rathwell  
403-320-1931

## 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 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 403-405-4466 to make an appointment.

### 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.

Join us Wednesday and Friday Morning

9:30 - 11:30 am

### **Big Loose Parts Play in the Park**

**May 15<sup>th</sup> at 10 - 11:30 am**

Big loose Parts play combines gross motor muscle movement with problem solving and creativity. Big loose parts are made up of tires, boards, large pieces of rope, buckets, and a whole lot of other cool things. Children play with and combine the large parts to make wonderful creations.

## **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.

### **ASQ and ASQ-SE DAY**

**May 1<sup>st</sup>**

Call Brenda to book one of the following time slots:

8:30-9:30 am

9:45-11:00 am

11:15 am-12:30 pm

### **(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>

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.