

Milk River Parent Link Centre & FCSS

321 3 Ave NE - Milk River Civic Centre - 403-752-4301

(serving Milk River and County of Warner)

www.bewfcss.ab.ca
www.parentlinkalberta.ca



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Parenting & Family Coach: Kim Fehr Kim.Fehr2@albertahealthservices.ca 403-223-7230</p> <p>Family Counsellor: Laura Devlin Laura.Devlin@bewfcss.ab.ca 403-752-5430</p> <p>Youth Outreach Programmer: Stephanie Gruninger stephanie.gruninger@bewfcss.ab.ca 403-752-4301</p>		<p>1</p> <p>Stay & Play 10:00am - 12:00pm</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	
	<p>7</p>	<p>8</p> <p>Stay & Play 10:00am - 12:00pm</p>	<p>9</p>	<p>10</p> <p>Infant Massage 10:00 - 11:30 am Milk River Library</p>	<p>11</p>		<p>12</p>
	<p>14</p>	<p>15</p> <p>Stay & Play 10:00am - 12:00pm</p>	<p>16</p>	<p>17</p> <p>Infant Massage 10:00 - 11:30 am Milk River Library</p>	<p>18</p>	<p>19</p>	
	<p>21</p>	<p>22</p> <p>Stay & Play 10:00am - 12:00pm</p>	<p>23</p>	<p>24</p> <p>Infant Massage 10:00 - 11:30 am Milk River Library</p>	<p>25</p>		<p>26</p>
	<p>28</p>	<p>29</p> <p>Stay & Play 10:00am - 12:00pm</p>	<p>30</p>	<p>31</p> <p>Infant Massage 10:00 - 11:30 am Milk River Library</p>			

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

Milk River 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 **POSITIVE PARENTING PROGRAM** 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
Kim Fehr at 403-223-7230

Attached parenting allows for a deep sense of security, a haven, a base from which to explore.

Marlene O'Neill-Laberge

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.

Tuesday Mornings from 10:00 am - 12:00 pm
at the Milk River Civic Centre

A Typical day at Stay & Play:

Free Play-Snack-Circle Time-Messy Play-
Tidy Up Time-Time to Go

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

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.

If you would like to be on the mailing list to receive the ASQ Developmental Checklists on a regular basis, please call **Kim Fehr at 403-223-7230**



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. In this 5-week course, you will learn the special massage strokes that can benefit both you and your baby.

Ages 2 - 10 months with a parent/guardian.
Open to parents from Warner, Milk River and Coutts areas.

Childcare for older siblings will not be provided.

Date: Thursdays, May 10, 17, 24, 31 & June 14th

Time: 10:00 - 11:30 am

Location: Milk River Library

Need a minimum of 5 registered with babes to offer class.

To register contact Myrna Sopal at
403-752-4301 or myrna.sopal@bewfcss.ab.ca

FCSS FAMILY COUNSELLING:

FCSS Family Counsellors are available for counselling services at no charge.

Please call Laura Devlin at 403-752-5430 or
Laura.Devlin@bewfcss.ab.ca

Youth Outreach Programmer:

FCSS Youth Outreach Programmer will primary support the Raymond, Stirling and County of Warner communities to support youth within the PLC's, schools, and communities.

Contact Stephanie Gruninger
for more information, 403-752-4301

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Alberta
Community and
Social Services