

Stirling Parent Link Centre & Barons-Eureka-Warner FCSS

533 4th Ave - Phone 403-756-3572

www.bewfcss.ab.ca

www.parentlinkalberta.ca

(Serving Stirling and County of Warner)



Parenting, Teen & Family Coach:
Stacey Maynes
 403-756-3572

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
Stay and Play 9:00-11:00 am		Stay and Play 9:00-11:00 am	Infant Massage 10-11:30am		
9	10	11	12	13	14
 Happy Thanksgiving!		Stay and Play 9:00-11:00 am	Infant Massage 10-11:30am	Move it Move it for moms and toddlers 10:00-11:00 am	
16	17	18	19	20	21
Stay and Play 9:00-11:00 am		Stay and Play 9:00-11:00 am Clothing Exchange 3-5:30pm	Infant Massage 10-11:30am	Move it Move it for moms and toddlers 10:00-11:00 am	
23	24	25	26	27	28
Stay and Play 9:00-11:00 am		Stay and Play 9:00-11:00 am	Infant Massage 10-11:30am	Move it Move it for moms and toddlers 10:00-11:00 am	
30	31				
Stay and Play 9:00-11:00 am					

With support from Provincial & Municipal governments, all services are available at minimal or no charge 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 especially when poor weather conditions are anticipated.

Barons-Eureka-Warner FCSS Stirling Parent Link Centre

Barons-Eureka-Warner 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

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.

FAMILY COUNSELLING

Barons-Eureka-Warner FCSS Family counsellors are available for counselling services.

Please call to make an appointment at 403-752-5430.

YOUTH OUTREACH PROGRAMMER

Barons-Eureka-Warner 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.

Please contact Stephanie Gruninger at 403-752-4301 or

stephanie.gruninger@bewfcss.ab.ca for more information.

STAY & PLAY

Please Note the New Day

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.

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



Clothing Exchange

The clothing/toy fest is a recycling program, which benefits many families in our community. Donations can be dropped off at the Stirling Community Centre. Please leave them in the front doors by the coat racks, or outside the doors. Remember the Community Center is being used by the school. *Please label your donations by gender and age.* Remaining items will be donated to local charities.

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