

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

Lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker

403-405-4466

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
<div style="border: 2px solid green; padding: 5px; display: inline-block;"> Brain Awareness Week March 12th-17th </div>			1 PPP Community Hall Registration is Required	2 Stay and Play 9:30-11:30 am	3/4
5	6	7	8	9	10/11
<p><i>Move it, Move it!</i> 10:00-11:30 am Coalhurst Community Hall Parents and children 0-5 years of age</p>		<p>Stay and Play 9:30-11:30 am</p>	<p>PPP Community Hall Registration is Required</p>	<p>Stay and Play 9:30-11:30 am</p>	
12	13	14	15	16	17/18
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19	20	21	22	23	24/25
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26	27	28	29	30	
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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

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

FAMILY NIGHT –

Registration is required

Thursday, Mar 29 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!

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>

How Your Toddler's Brain Is Developing

Many brain cell connections are forming now, especially in the part of your child's brain that controls emotional development (the limbic system). Connections are also developing in the thinking part of the brain (the cerebral cortex). Brain connections are formed by a child's experiences. The more often the experience happens, the stronger the brain connections become.

Brain connections that are seldom used are now being removed by a natural process called synaptic pruning. This helps your toddler's brain work faster and more efficiently. Brain cell connections will continue to be added, strengthened and removed throughout your child's life. It takes many years for the brain to be fully developed.

Although you can't see these changes in your toddler's brain, you'll know it's developing by how:

- her language skills are growing
- she explores
- she learns about her emotions
- she learns how to get along with others

<http://www.healthyparentshealthychildren.ca/toddlers-1-and-2-year-olds/growing-and-learning-with-your-toddler/how-your-toddlers-brain-is-developing/>

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.

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