

Picture Butte Parent Link Centre & FCSS

607 Highway Avenue North Phone 403-732-5470

(Serving Picture Butte & the County of Lethbridge)

www.bewfcss.ab.ca

www.parentlinkalberta.ca



Parenting & Family Coach

Janet Fekete
403-732-5470

janet.fekete@bewfcss.ab.ca

Counsellors

Lisa Vandendungen
403-405-4466 ext. 4

lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker
403-405-4466 ext. 5

tanie.reid-walker@bewfcss.ab.ca

Youth Empowerment Coach

Amanda Lawrence
403-405-4466 ext. 8

amanda.lawrence2013@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
Brain Awareness Week Lethbridge March 12 th - 17 th http://www.uleth.ca/artsci/neuroscience/brain-awareness-week			1 Car Seat Clinic 9:00am-3:00pm	2
5	6	7	8	9
Stay & Play 9:30am-11:30am		 Baby & Me 10:15am-11:30am Stay & Play 1:00pm-3:00pm	Parent Preschool Program 9:00am - 11:30am	
12	13	14	15	16
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19	20	21	22	23
Stay & Play 9:30am-11:30am	Loose Parts Play 10:00am-11:30am Shaughnessy Community Hall	 Baby & Me 10:15am-11:30am Stay & Play 1:00pm-3:00pm	Parent Preschool Program 9:00am - 11:30am	
26	27	28	29	30
Stay & Play 9:30am-11:30am		 Baby & Me 10:15am-11:30am Stay & Play 1:00pm-3:00pm	Parent Preschool Program 9:00am - 11:30am	Good Friday

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.

Connecting parents to the resources in their community

Your Parenting and Family Coach can assist you with the following:

- Early Childhood Development Information
- Childhood Developmental Screening
- Parent Education
- Family Support
- Information and Referral

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.

TRIPLE P POSITIVE PARENTING PROGRAM

www.triplepstaypositive.net

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 contact
Janet Fekete 403-732-5470
janet.fekete@bewfcss.ab.ca

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.

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.



Baby & Me

Baby & Me is a great opportunity for parents of children newborn to 18 months to learn about the rewards and challenges of parenting. Bring your baby and come as often as you like to get new ideas, address concerns, gather information and make new friends. **There is no cost.**

Date: Feb. 14th - Mar. 28th

Time: 10:15 - 11:30am

Location: Picture Butte Parent Link Centre
To register, please contact Janet 403-732-5470

Car Seat Clinic

9:00 am - 3:00 pm

Time: 9:00 Am – 3:00 Pm
Date: Thursday – March 1, 2018
Location: Picture Butte Fire Hall
120-4 Street North, Picture Butte

By Appointment Only

Low-German Speaking Community Please Call:
Tina Fielding at 403-388-6671 or
Trudy Dyck at 403-330-7552

English Speaking Community Please Call:
Meg Uhl at 403-388-6677

Community Calendar

For more information on what is happening in
Picture Butte and area, visit:
<https://sites.google.com/view/picturebuttecalendar>

FCSS

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!**

www.bewfcss.ab.ca

FCSS COUNSELLING

FCSS Family Counsellors are available for counselling services at no charge. Please call to make an appointment.

Lisa Vanden Dungen 403-405-4466 Ext. 4
Tanie Reid-Walker 403-405-4466 Ext. 5

Parent Preschool Program of South Western Alberta

Parent Preschool offers a free, stimulation education program for your child(ren), as well as an informative and exciting speaker program for parents or caregivers.

Who: children 16 mths-5 yrs and parents/caregivers
Program runs from September to March

Register online:

<http://parentpreschoolprogram.weebly.com/>

Loose Parts Play

10:00am-11:30am

Shaughnessy Community Hall

Loose Parts play enhances imagination, exploration, creativity and helps children to learn about their environment while stimulating children's minds for learning and growth.

Drop in and see what Loose Parts play is all about!

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