

March 2018

Sunnyside Parent Link Centre & FCSS

Located in the Sunnyside School

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470

93075 Range Road 21-2

(Serving the County of Lethbridge)

www.bewfcss.ab.ca

www.parentlinkalberta.ca

	Monday	Tuesday	Wednesday	Thursday	Friday	
Parenting & Family Coach Janet Fekete 403-732-5470 janet.fekete@bewfcss.ab.ca Counsellors Lisa Vandendungen 403-405-4466 extension 4 lisa.vandendungen@bewfcss.ab.ca Tanie Reid-Walker 403-405-4466 extension 5 tanie.reid-walker@bewfcss.ab.ca Youth Empowerment Coach Amanda Lawrence 403-405-4466 ext. 8 amanda.lawrence2013@gmail.com 				1	2	
						Stay & Play 10:15am-12:15pm
	5	6	7	8	9	
						Stay & Play 10:15am-12:15pm
	12	13	15		16	
	Brain Awareness Week Lethbridge March 12 th - 17 th http://www.uleth.ca/artsci/neuroscience/brain-awareness-week					Stay & Play 10:15am-12:15pm
		19	20	21	22	23
						Stay & Play 10:15am-12:15pm
		26	27	28	29	30
						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.triplestaypositive.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.

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



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 **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

There is no problem so great, it can't be solved.

Barbara Coloroso

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