

## Taber Parent Link Centre & FCSS





4809 -60 Ave Taber Christian School - Phone 403-223-7230

*Serving the Town & MD of Taber*

[www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

[www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)



OFFICE LOCATION	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Taber Health Centre</b> <b>4326 50 Ave. East Wing</b>  <b>Parenting &amp; Family Coaches:</b> <b>Kim Forchuk</b> 403-223-7230 ext: 2762 <a href="mailto:Kim.forchuk@ahs.ca">Kim.forchuk@ahs.ca</a> <b>Jackie Fiorino</b> 403-223-7230 ext: 2739 <a href="mailto:Jackie.fiorino@ahs.ca">Jackie.fiorino@ahs.ca</a>  <b>Family Counsellors:</b> <b>Karen Lanser</b> 403-223-7230 ext: 2740 <a href="mailto:Karen.Lanser@ahs.ca">Karen.Lanser@ahs.ca</a> <b>Bryan Bullock</b> 403-223-7230 ext: 2736 <a href="mailto:Bryan.Bullock@ahs.ca">Bryan.Bullock@ahs.ca</a>  <b>Youth Coach:</b> <b>Amanda Lawrence</b> 403-405-4466 ext: 23 <a href="mailto:amanda.lawrence@bewfcss.ab.ca">amanda.lawrence@bewfcss.ab.ca</a>		<div style="border: 2px solid green; padding: 5px;"> <b>Brain Awareness Week</b>            March 12<sup>th</sup>-17<sup>th</sup> </div>		1	2	3
				Stay & Play 9:30-11:30am Taber Christian School		
	5	6	7	8	9	10
				Stay & Play 9:30-11:30am Taber Christian School		
	12	13	14	15	16	17
			 <b>Baby &amp; Me</b> 10:00-11:30am Taber Hospital	Stay & Play 9:30-11:30am Taber Christian School		
	19	20	21	22	23	24
		<div style="background-color: #4a7ebb; color: white; padding: 5px; border-radius: 10px;"> <b>Brain Games</b>            10:00-11:30 am            Taber Hospital         </div>	 <b>Baby &amp; Me</b> 10:00-11:30am Taber Hospital	Stay & Play 9:30-11:30am Taber Christian School		
	26	27	28	29	30	31
			 <b>Baby &amp; Me</b> 10:00-11:30am Taber Hospital	Stay & Play 9:30-11:30am Taber Christian School		

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents. [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

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](http://www.bewfcss.ab.ca)) for changes and updates especially when poor weather conditions are anticipated.

## 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!**



### **TRIPLE P POSITIVE 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.

**Stepping Stones Primary Care** is a program for parents with children who have a disability that incorporates active skills training process to help parents acquire new knowledge and skills. This program is geared for parents with a specific concern about their child's behaviour (ages 0-12). 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.

[www.alberta.triplep-staypositive.net](http://www.alberta.triplep-staypositive.net)

Kim Forchuk & Jackie Fiorino  
403-223-7230

## Stay and 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.

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

**Thursdays at Taber Christian School**

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



## Baby & Me

This class 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 join us in an idea sharing time. It is a great way to address concerns, gather information and make new friends.

**Date: Wednesdays, March 14 - May 23**

**Time: 10:00 am -11:30am**

**Location: Taber Hospital North Side Entrance (Near Emergency)**

**Call to register: Kim or Jackie 403-223-7230**



## COUNSELLING

FCSS Family Counsellors are available for counseling services Monday through Friday.

Please call to make an appointment.

Karen Lanser or Bryan Bullock 403-223-7230

### **ASQ Developmental Check-up**

Complete a short questionnaire about the growth and development of your child.

Results of the check-up will be shared with you. Receive fun activity ideas on how to promote typical development

**Place: East Wing of Taber Health Centre,**

**Ages 2 months-60 months.**

**Please call Kim or Jackie 403-223-7230**

### **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/caregivers.

**Who:** children 16 months-5 years and their Parents/caregivers

Program runs from September to March  
**Village of Barnwell, 500 - 2<sup>nd</sup> Street West**

**To Register e-mail @**

[www.parentpreschoolprogram.weebly.com](http://www.parentpreschoolprogram.weebly.com)

### **Brain Games**

Learn brain games to play with your child that help your child to follow directions, control impulses, focus, be patient, pay attention and take turns. This class is for parents or caregivers of children.

March 20, 2018 - 10:00-11:30am

**East Wing of Taber Health Centre**

**Please register through Eventbrite.**

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents. [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

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](http://www.bewfcss.ab.ca)) for changes and updates especially when poor weather conditions are anticipated.