

Nobleford Parent Link Centre & FCSS

Nobleford Community Complex - Phone: 403-320-1931

(Serving Nobleford 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 option #4

Lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker
403-405-4466 option #5

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
2	3	4	5	6	7/8
NO PROGRAMS - For personal or family counselling services, please contact Lisa Vanden Dungen or Tanie Reid-Walker at 403-405-4466.					
9	10	11	12	13	14/15
Stay & Play 9:30 - 11:30 am			Stay & Play 9:30 - 11:30 am		
16	17	18	19	20	21/22
Stay & Play 9:30 - 10:00 am	ASQ and ASQ-SE Day! (See 2 nd page for appointment times)	Adventurous Play 6:00-7:30 pm	Stay & Play 9:30 - 11:30 am		
23	24	25	26	27	28/29
Stay & Play 9:30 - 11:30 am			Stay & Play 9:30 - 11:30 am		
30					
Stay & Play 9:30 - 11:30 am					



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

Nobleford 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.

Drop-in on:

Mon: 9:30-11:30 am

Thurs: 9:30 - 11:30 am

A Typical day at Stay & Play:

Free Play - Snack - Circle Time - Messy

Play - Tidy Up Time - Time to Go

Adventurous Play - April 18th 6:00-7:30pm

Come play with us while we explore gross motor play and big loose parts. Children grow in confidence and self-esteem when they are allowed to move in big ways and interact with big objects in a safe environment.
Children birth to six years of age are welcome to attend.

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



ASQ and ASQ-SE DAY! April 17th

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.

Call Brenda to book one of the following time slots:

8:30-9:30 am

9:45-11:00 am

11:15am-12:30pm

(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: Wednesday mornings, Sept. - March

Location: Nobleford Community Complex

To register call 403-320-3499 and leave a message or <http://www.parentpreschool.org>

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Alberta
Community and
Social Services