



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



| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|-------------------------------|---|------------------------------|---|---|
| | 2 | 3 | 4 | 5 | 6 | |
| <p>Parenting & Family Coach Janet Fekete 403-732-5470 janet.fekete@bewfcss.ab.ca</p> <p>Counsellors Lisa Vanden Dungen 403-405-4466 option #4 lisa.vandendungen@bewfcss.ab.ca</p> <p>Tanie Reid-Walker 403-405-4466 option #5 tanie.reid-walker@bewfcss.ab.ca</p> <p>Youth Empowerment Coach Amanda Lawrence 403-405-4466 option #8 amanda.lawrence2013@gmail.com</p> | <p>NO PROGRAMS - For personal or family counselling services, please contact Lisa Vanden Dungen or Tanie Reid-Walker at 403-405-4466.</p> | | | | | |
| | | 9 | 10 | 11 | 12 | 13 |
| | | Stay & Play 9:30am-11:30am | | Stay & Play 1:00pm-3:00pm | Baby Gym Time 10:00am-11:30am Shaughnessy Community Hall |  |
| | | 16 | 17 | 18 | 19 | 20 |
| | | Stay & Play 9:30am-11:30am | | Stay & Play 1:00pm-3:00pm | | |
| | | 23 | 24 | 25 | 26 | 27 |
| | | Stay & Play 9:30am-11:30am | Loose Parts Play 10:00am-11:30am Shaughnessy Community Hall | No Program | | |
| | | 30 |  <p>Volunteer Week April 15-21</p> | | | |
| | | Stay & Play 9:30am-11:30am | | | | |
| | <p>Coming in May.... Infant Massage See second page for details.</p> | | | | | |

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.



Infant Massage

Would you like to learn how massage can benefit you and your baby? Research shows that touch is essential for healthy growth and development. In this **5 week course**, you will learn the special massage strokes that can benefit both you and your baby (newborn to approx. 7 months old). Please bring a blanket & wear comfy clothes as we will be sitting on carpet.

Classes are free of charge!

**Wednesdays, May 2nd - May 30th
10:00-11:15am**

Location: Picture Butte Parent Link Centre
607 Highway Ave. N

**To register or for more information contact
Janet @ 403-732-5470**

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!

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 - Option #4

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

BABY GYM TIME

Baby Gym Time is a **drop-in program** for parents and their children 0-2 years of age.

Join us for a fun session of baby friendly activities and self-directed play.

April 12, 2018

10:00am-11:30am

**Shaughnessy Community Hall,
133 - 3rd Street**

For more information please contact Janet.

Community Calendar

For more information on what is happening in Picture Butte and area, visit:

<https://sites.google.com/view/picturebuttecalendar>

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