

Coaldale Parent Link Centre & FCSS







(Serving Coaldale and County of Lethbridge)

2107 - 13 Street Phone 403-405-4466

Revised May 1/18

www.bewfcss.ab.ca
www.parentlinkalberta.ca



| Parenting & Family Coaches | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|--|---|---|--|--|---|---|---|----|
| Maria Klassen Maria.klassen@bewfcss.ab.ca |  | 1 |  | 3 Stay & Play 9:30 - 11:30 am | 4 Open Gym 10:00 - 11:30 am | 5 | | |
| Cynthia Chisholm Cynthia.chisholm@bewfcss.ab.ca | 7 |  | 9 | 10 Stay & Play 9:30 - 11:30 am | 11 Open Gym 10:00 - 11:30 am | 12  | | |
| Counsellors | Stay & Play 9:30 - 11:30 am | | 14 | 15 | 17 Stay & Play 9:30 - 11:30 am | 18 Open Gym 10:00 - 11:30 am | 19 | |
| Lisa Vandendungen Lisa.vandendungen@bewfcss.ab.ca | 21 |  | MOM'S NIGHT OUT Come join us for a fun night of connecting at the Parent Link Centre May 17, 2018 5:30-7:30pm Light supper, guest speaker and fun activity. Contact Cynthia to register. | 24 Precious Connections Sunny South Lodge | 25 Open Gym 10:00 - 11:30 am | 26  | | |
| Tanie Reid-Walker tanie.reid-walker@bewfcss.ab.ca | Car Seat Check See 2 nd pg for details | | | 21 | 22 | 24 Stay & Play 9:30 - 11:30 am | 25 Open Gym 10:00 - 11:30 am | 26 |
| Youth Empowerment Coach: | NO Program | | | 28 | 29 | 31 Stay & Play 9:30 - 11:30 am | May is Better Hearing and Speech Month. Please let us know if you have any concerns with your child's hearing or speech. www.caslpa.ca | |
| Amanda Lawrence amanda.lawrence@bewfcss.ab.ca | 28 | 29 | 30 | 31 Stay & Play 9:30 - 11:30 am | May is Better Hearing and Speech Month. Please let us know if you have any concerns with your child's hearing or speech. www.caslpa.ca | | | |
| Mental Health Week May 7-13 | 28 | 29 | 30 | 31 Stay & Play 9:30 - 11:30 am | May is Better Hearing and Speech Month. Please let us know if you have any concerns with your child's hearing or speech. www.caslpa.ca | | | |

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

Coaldale 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

www.alberta.triplep-staypositive.net

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour.

The Triple P Positive 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.

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.

For more information please contact
Maria Klassen or Cynthia Chisholm
403-405-4466

Stay and 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.

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.



Car Seat Education Session & Car Seat Checks

Coaldale Parent Link Centre will be hosting a car seat clinic during **Stay & Play, May 14th**, in the back-parking lot.

Come have your car seat inspected and properly installed!

Enforcement tickets will **NOT** be issued

For countless generations nature play has had powerful and positive impacts on the healthy development and growth of children.

FCSS is creating those opportunities by constructing Coaldale's First

Natural Playground

What are your favorite memories
of childhood play?

Connect with Maria
for more details
403-405-4466.



Connecting parents to the resources in their community

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

- Parent Education
- Family Support
- Information Referrals
- Early Childhood Development

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.

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: Parent/caregivers with children 0-5 yrs of age

When: Program runs **September to March**.

To Register call 403-320-3499 leave message or register on line www.parentpreschool.org

FCSS FAMILY COUNSELLING

FCSS Family Counsellors are available for counselling services, at no charge. Monday through Friday.

Please call 403-405-4466 to make an appointment.

Lisa Vanden Dungen - lisa.vandendungen@bewfcss.ab.ca

Tanie Reid-Walker - Tanie.reid-walker@bewfcss.ab.ca

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.