

## Picture Butte Parent Link Centre & FCSS

607 Highway Avenue North Phone 403-732-5470  
(Serving Picture Butte & the County of Lethbridge)

Revised May 8/18

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

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



	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Parenting &amp; Family Coach</b> Janet Fekete 403-732-5470 <a href="mailto:janet.fekete@bewfcss.ab.ca">janet.fekete@bewfcss.ab.ca</a></p> <p><b>Counsellors</b> Lisa Vandendungen 403-405-4466 option #4 <a href="mailto:lisa.vandendungen@bewfcss.ab.ca">lisa.vandendungen@bewfcss.ab.ca</a></p> <p>Tanie Reid-Walker 403-405-4466 option #5 <a href="mailto:tanie.reid-walker@bewfcss.ab.ca">tanie.reid-walker@bewfcss.ab.ca</a></p> <p><b>Youth Empowerment Coach</b> Amanda Lawrence 403-405-4466 option #8 <a href="mailto:amanda.lawrence2013@gmail.com">amanda.lawrence2013@gmail.com</a></p>	1	2	3	4		
	7	8	9	10	11	
	14	15	16	17	18	
	21	22	23	24	25	
	28	29	30	31		
	31					

**Mental Health Week**  
May 7-13

**Stay & Play**  
1:00-3:00pm

**Infant Massage**  
10:00-11:15am  
**Stay & Play**  
1:00-3:00pm



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No Program

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1:00-3:00pm

**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](http://www.caslpa.ca)

## FCSS

### Picture Butte 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](http://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 contact  
Janet Fekete 403-732-5470  
[janet.fekete@bewfcss.ab.ca](mailto: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 9<sup>th</sup> - May 30<sup>th</sup>  
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**

## **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.

## **FCSS FAMILY 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

### Community Calendar

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

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

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](http://www.bewfcss.ab.ca)) for changes and updates.