



## Raymond Parent Link Centre & FCSS

(serving Raymond and County of Warner)

Located in the south end of Raymond Elementary School - Phone 403-752-4301

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

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



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Parenting &amp; Family Coach:</b> Nancy Keeler  <b>Parent/Child Programmer:</b> Myrna Sopal  <b>Family Counsellor:</b> Laura Devlin 403-752-5430 Located at the Community Health Building (Hospital)  <b>Youth Outreach Programmer:</b> Stephanie Gruninger 403-752-4301  <b>Assistant Coach:</b> Denise Wright  <b>Caregivers:</b> Cheryl Card, Denise Wright, Eleanor Johansen, Kim Hardy, Marianne Fode, Joy Paxman  <b>S&amp;P – Stay &amp; Play</b> <b>ASA - After School Adventures</b>		1 <b>ASQ Developmental Check up.</b> 9:00am -12:00pm 1:00-3:00pm	2 <b>Wacky Wednesday</b> 9:00-11:00 am <b>Stay &amp; Play</b> 1:00-3:15 pm	3 <b>Loose Parts Play</b> 9:00-11:00am <b>Move It, Move It &amp; Come Build with Me</b> 1:00-3:00 pm	4 <b>S&amp;P - 9:00-11:00 am</b> <b>Baby Rhyme Time</b> 11:00am-12:00 pm <b>ASA - noon-3pm</b>
	7	8	9	10	11
	<b>Magical Monday</b> 2:00 - 3:15 pm		<b>Teaching Toddlers to Talk</b> (by registration) <b>Stay &amp; Play</b> 1:00-3:15 pm	<b>Family Lego Night</b> 6:00-7:00 PM	<b>S&amp;P - 9:00-11:00 am</b> <b>Baby Rhyme Time</b> 11:00am-12:00 pm <b>ASA - noon-3pm</b>
	14	15	16	17	18
	<b>Momma's Making Memories Class</b> 10:00-11:00am <b>Magical Monday</b> 2:00 - 3:15 pm		<b>Teaching Toddlers to Talk</b> (by registration) <b>Stay &amp; Play</b> 1:00-3:15 pm		<b>S&amp;P - 9:00-11:00 am</b> <b>Baby Rhyme Time</b> 11:00am-12:00 pm <b>ASA - noon-3pm</b>
	21	22	23	24	25
			<b>Teaching Toddlers to Talk</b> (by registration) <b>Stay &amp; Play</b> 1:00-3:15 pm		<b>S&amp;P - 9:00-11:00 am</b> <b>Baby Rhyme Time</b> 11:00am-12:00 pm <b>ASA - noon-3pm</b>
	28	29	30	31	
			<b>Teaching Toddlers to Talk</b> (by registration) <b>Stay &amp; Play</b> 1:00-3:15 pm		<b>S&amp;P - 9:00-11:00 am</b> <b>Baby Rhyme Time</b> 11:00am-12:00 pm <b>ASA - noon-3pm</b>

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.

## FCSS

### Raymond 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 please contact Myrna Sopal  
403-752-4301 or [myrna.sopal@bewfcss.ab.ca](mailto:myrna.sopal@bewfcss.ab.ca)

### FCSS FAMILY COUNSELLING

FCSS Family Counsellor is available for counselling services, at no charge.

Monday through Friday 8:30 - 4:30 pm.  
Contact Laura at 403-752-5430 ext 4316 or  
email [Laura.Devlin@bewfcss.ab.ca](mailto:Laura.Devlin@bewfcss.ab.ca)

## STAY & PLAY (S&P)

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.

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. Come drop in and see what we're all about!

Wednesday, 1:00-3:15 pm  
Friday, 9:00-11:00 am

### Magical Monday

Come spark your child's imagination with an hour of fantasy, creativity and wonderful stories.

For you and your children ages 0 - 5.  
Drop In - Monday, May 7<sup>th</sup> & 14<sup>th</sup>  
10:00 - 11:15 am.

### **Momma's Making Memories** May 14<sup>th</sup>, 10:00 - 11:00 am

Come talk about how technology use can interfere in making meaningful connections with our families and friends.

There will be a focus on the book "Hands Free Mama" by Rachel Stafford as well as recent research studies on how cell phone use impacts relationships.

Workshop facilitated by Stephanie Gruninger.

**Childcare available for first 25 children**



### **Family Lego Night**

May 10<sup>th</sup> 6:00-7:00 PM

**Come bond as a family while having fun with Lego!**

**\*Children must be accompanied by a parent/guardian.**

Last class for the semester for the following classes:

- **Messy Play & Music Makers**
- **Wacky Wednesday**
- **Loose Parts Play**
- **Move It, Move It & Come Build with Me**

**Plan for a day at the farm, weather permitting.**

### Baby Rhyme Time

Building your baby's foundation for learning through rhythm and rhyme, movement and beat as we explore the world of music.

Drop in program for families with children under 2 years of age.

Childcare provided for older children.

Drop In - Fridays, 11:00 to 12:00

### After School Adventures

Meet to eat lunch (bring your own).

Who: Children ages 8-11  
When: Fridays, 12:00 pm - 3:00 pm  
Where: Parent Link Centre

What: Gym time, crafts/cooking, FUN!!

*\*Permission slip is required, it must be signed by parent before child can attend.*

*You can pick up a form at the Parent Link Centre.*

### Honor Library

Borrow a book, read, and return at your leisure.

*"You may have tangible wealth untold; Caskets of jewels and coffers of gold. Richer than I you can never be--I had a Mother who read to me."*

*Strickland Gillilan*

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.