

## Sunnyside Parent Link Centre & FCSS

Revised May 4/18

Located in the Sunnyside School

1 mile east of Lethbridge on Hwy #3 & 4 miles north of Marshall's Auto Wreckers Phone 403-732-5470

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

93075 Range Road 21-2

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

(Serving the County of Lethbridge)

	Monday	Tuesday	Wednesday	Thursday	Friday			
<p><b>Parenting &amp; Family Coach</b></p> <p>Janet Fekete 403-732-5470 <a href="mailto:janet.fekete@bewfcss.ab.ca">janet.fekete@bewfcss.ab.ca</a></p> <p><b>Counsellors</b></p> <p>Lisa Vanden Dungen 403-405-4466 extension 4 <a href="mailto:lisa.vandendungen@bewfcss.ab.ca">lisa.vandendungen@bewfcss.ab.ca</a></p> <p>Tanie Reid-Walker 403-405-4466 extension 5 <a href="mailto:tanie.reid-walker@bewfcss.ab.ca">tanie.reid-walker@bewfcss.ab.ca</a></p> <p><b>Youth Empowerment Coach</b></p> <p>Amanda Lawrence 403-405-4466 ext. 8 <a href="mailto:amanda.lawrence2013@gmail.com">amanda.lawrence2013@gmail.com</a></p> 		1	2	3	4			
					Stay & Play 10:15am-12:15pm			
	7	8	9	10	11			
		<div style="background-color: #d3d3d3; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>Mental Health Week May 7-13</b></p> <p>For more information on how to take care of your family's mental health please visit these websites:</p> <p><a href="http://www.mentalhealthweek.ca">www.mentalhealthweek.ca</a>  <a href="http://www.camimh.ca">www.camimh.ca</a>  <a href="http://www.cmha.ca">www.cmha.ca</a></p> </div>			Stay & Play 10:15am-12:15pm			
	14				16	17	18	
							Stay & Play 10:15am-12:15pm	
	21				23	24	25	
					Stay & Play 10:15am-12:15pm			
	28	29	30	<div style="border: 2px solid #00aaff; padding: 10px; text-align: center;"> <p><b>May is Better Hearing and Speech Month.</b></p> <p>Please let us know if you have any concerns with your child's hearing or speech. <a href="http://www.caslpa.ca">www.caslpa.ca</a></p> </div>				

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

### Sunnyside 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 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.

### A Typical day at Stay & Play:

Free Play-Snack-Circle Time-Messy Play-  
Tidy Up Time-Time to Go

We invite all family members to join  
us at Stay & Play -  
**Moms, Dads, and Grandparents.**



Attached parenting allows for a deep  
sense of security, a haven, a base from  
which to explore.

Marlene O'Neill-Laberge

## 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**

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*Alberta*  
Community and  
Social Services