

## Stirling Parent Link Centre & FCSS

533 4<sup>th</sup> Ave - Phone 403-756-3572

(Serving Stirling and County of Warner)

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

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



**Parenting, Teen &  
Family Coach:**

**Stacey Maynes**

403-756-3572

[stacey.maynes@bewfcss.ab.ca](mailto:stacey.maynes@bewfcss.ab.ca)

**Family Counsellor:**

**Laura Devlin**

403-752-5430

[Laura.Devlin@bewfcss.ab.ca](mailto:Laura.Devlin@bewfcss.ab.ca)

**Youth Outreach**

**Programmer:**

**Stephanie Gruninger**

403-752-4301

[stephanie.gruninger@bewfcss.ab.ca](mailto:stephanie.gruninger@bewfcss.ab.ca)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
<b>Mental Health Week</b> May 7-13	<b>Infant Massage</b> 10:00-11:15am	<b>Stay and Play</b> 9:15-11:15 am	<b>Walk 'N Talk</b> 10:00-11:00am		
7	8	9	10	11	12
<b>Stay and Play</b> 9:15-11:15 am	<b>Infant Massage</b> 10:00-11:15am	<b>Stay and Play</b> 9:15-11:15 am	<b>Walk 'N Talk</b> 10:00-11:00am		
14	15	16	17		
<b>Stay and Play</b> 9:15-11:15 am	<b>Infant Massage</b> 10:00-11:15am	<b>Stay and Play</b> 9:15-11:15 am	<b>Walk 'N Talk</b> 10:00-11:00am	 <p><i>Happy Mothers Day</i></p>	
21	22	23	24		
<b>No Programs</b>	<b>Infant Massage</b> 10:00-11:15am	<b>Stay and Play</b> 9:15-11:15 am	<b>Walk 'N Talk</b> 10:00-11:00am		
28	29	30	31		
The PLC will be closing this week. The centre will reopen in September when the pool closes. We will still have some outdoor programs, so check back.			<b>Walk 'N Talk</b> 10:00-11:00am	<b>May is Better Hearing and Speech Month.</b> 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>	

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

### Stirling 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  
Stacey Maynes  
403-756-3572

## 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. Come 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.

## WALK 'N TALK

Come join us for some fresh air and exercise. We will be meeting at the pool. We will go for a walk and end up at the park to play. Bring your strollers and come dressed for the weather.



## Family Counselling

FCSS Family counsellors are available for counselling services, at no charge. Please call to make an appointment at 403-752-5430.

## **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.

## 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. Massaging your baby can help soothe, relax, promote development, aid in sleeping. This is a 5 week course and childcare will be provided for older siblings.



## YOUTH OUTREACH PROGRAMMER

FCSS Youth Outreach Programmer will primarily support the Raymond, Stirling and County of Warner communities to support youth within the PLC's, schools, and communities. **Please contact Stephanie Gruninger for more information.**

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