

## Taber Parent Link Centre & FCSS

Revised May 8/18

4809 -60 Ave Taber Christian School - Phone 403-223-7230

*Serving the Town & MD of Taber*

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



OFFICE LOCATION	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Taber Health Centre</b> <b>4326 50 Ave. East Wing</b>  <b>Parenting &amp; Family Coaches:</b> <b>Kim Forchuk</b> 403-223-7230 ext: 2762 <a href="mailto:Kim.forchuk@ahs.ca">Kim.forchuk@ahs.ca</a> <b>Jackie Fiorino</b> 403-223-7230 ext: 2739 <a href="mailto:Jackie.fiorino@ahs.ca">Jackie.fiorino@ahs.ca</a>  <b>Family Counsellors:</b> <b>Karen Lanser</b> 403-223-7230 ext: 2740 <a href="mailto:Karen.Lanser@ahs.ca">Karen.Lanser@ahs.ca</a> <b>Bryan Bullock</b> 403-223-7230 ext: 2736 <a href="mailto:Bryan.Bullock@ahs.ca">Bryan.Bullock@ahs.ca</a>  <b>Youth Coach:</b> <b>Amanda Lawrence</b> 403-405-4466 ext: 23 <a href="mailto:amanda.lawrence@bewfcss.ab.ca">amanda.lawrence@bewfcss.ab.ca</a>		1	2	3	4	5
			 <b>Baby &amp; Me</b> 10:00-11:30am <b>Taber Hospital</b>	<b>Stay &amp; Play</b> 9:30-11:30am <b>Taber Christian School</b>	English Language Learners S&P 9:30-11:30am <b>Taber Christian School</b>	
	7	8	9	10	11	12
	<div style="background-color: purple; color: white; padding: 5px; text-align: center;"> <b>Mental Health Week</b>  <b>May 7-13</b> </div>		 <b>Baby &amp; Me</b> 10:00-11:30am <b>Taber Hospital</b>	<b>Stay &amp; Play</b> 9:30-11:30am <b>Taber Christian School</b>	English Language Learners S&P 9:30-11:30am <b>Taber Christian School</b>	<b>Happy Mother's Day!</b>
	14	15	16	17	18	19
			 <b>Baby &amp; Me</b> 10:00-11:30am <b>Taber Hospital</b>	<b>Stay &amp; Play</b> 9:30-11:30am <b>Taber Christian School</b>	No Program	
	21	22	23	24	25	26
			 <b>Baby &amp; Me</b> 10:00-11:30am <b>Taber Hospital</b>	<b>Stay &amp; Play</b> 9:30-11:30am <b>Taber Christian School</b>	English Language Learners S&P 9:30-11:30am <b>Taber Christian School</b>	
	28	29	30	31	<div style="background-color: blue; color: white; padding: 10px; text-align: center;"> <b>Last Stay &amp; Play until September!</b> </div> 	
			 <b>Baby &amp; Me</b> 10:00-11:30am <b>Taber Hospital</b>	<b>Stay &amp; Play</b> 9:30-11:30am <b>Taber Christian School</b>		

With support from Provincial and Municipal governments, all services are available at minimal or no cost to residents. [www.bewfcss.ab.ca](http://www.bewfcss.ab.ca)

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 especially when poor weather conditions are anticipated.

## FCSS

### Taber 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.

**Stepping Stones** is also available for parents with children who have a disability, suspected or diagnosed, that incorporates active skills training process to help parents acquire new knowledge and skills. This program is geared for parents with a specific concern about their child's behaviour (ages 0-12).

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.

Kim Forchuk & Jackie Fiorino  
403-223-7230

## Stay and 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.

### 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*



## Baby & Me

This class is a great opportunity for parents of children newborn to 18 months to learn about the rewards and challenges of parenting. Bring your baby and join us in an idea sharing time. It is a great way to address concerns, gather information and make new friends.

**Date: Wednesdays, March 14 - May 30**

**Time: 10:00 am -11:30am**

**Location: Taber Hospital North Side Entrance  
(Near Emergency)**

**Call to register: Kim or Jackie 403-223-7230**



## FAMILY COUNSELLING

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

Please call to make an appointment.

Karen Lanser or Bryan Bullock **403-223-7230**

## 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.

**Please call Jackie or Kim at 403-223-7230**

## 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: Parents with children 0-5 yrs of age

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

Location: **500 - 2<sup>nd</sup> Street West, Barnwell**

To Register e-mail @

[www.parentpreschoolprogram.weebly.com](http://www.parentpreschoolprogram.weebly.com)

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*Alberta*  
Community and  
Social Services