

## Vauxhall Parent Link Centre & FCSS

423 - 7<sup>th</sup> Street - Phone 403-654-2422

Located in the Vauxhall Elementary School  
(Serving Vauxhall and MD of Taber)

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



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>OFFICE LOCATION</b> Taber Health Centre 4326 50 Ave. East Wing</p> <p><b>Parenting &amp; Family Coaches:</b> Kim Forchuk 403-223-7230 ext: 2762 <a href="mailto:Kim.forchuk@ahs.ca">Kim.forchuk@ahs.ca</a> Jackie Fiorino 403-223-7230 ext: 2739 <a href="mailto:Jackie.fiorino@ahs.ca">Jackie.fiorino@ahs.ca</a></p> <p><b>Family Counsellors:</b> Karen Lanser 403-223-7230 ext: 2740 <a href="mailto:Karen.Lanser@ahs.ca">Karen.Lanser@ahs.ca</a> Bryan Bullock 403-223-7230 ext: 2736 <a href="mailto:Bryan.Bullock@ahs.ca">Bryan.Bullock@ahs.ca</a></p> <p><b>Youth Coach:</b> Amanda Lawrence 403-405-4466 ext: 23 <a href="mailto:amanda.lawrence@bewfcss.ab.ca">amanda.lawrence@bewfcss.ab.ca</a></p>		1	2	3	4
	7	8	9	10	11
					<p><b>Stay &amp; Play</b> 9:30-11:30am</p>
	14	15	16	17	18
	<p>Happy Mother's Day</p> 				NO Program
	1	22	23	24	25
					<p><b>Stay &amp; Play</b> 9:30-11:30am</p>
	28	29	30	31	

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 Vauxhall 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*



### **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**

*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

Parenting and Family Coach

Kim Forchuk [Kim.forchuk@ahs.ca](mailto:Kim.forchuk@ahs.ca)

Jackie Fiorino [Jackie.fiorino@ahs.ca](mailto:Jackie.fiorino@ahs.ca)

## **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**



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