

# February 2012

## Drop in Program Details

We would like to remind parents/caregivers that when attending the Family Connections Parent Link Centre programs that wet muddy footwear needs to be removed before entering the play area. We recommend that you bring a clean pair of footwear to change into as socks can be slippery on the floor.

**Parents and Tots:** Tuesday mornings & afternoons, 10:00-11:30 & 1:30-3:00 ; Our popular Tuesday Playgroup is now open in the afternoon as well – join us for a relaxed opportunity to play with your child(ren) and chat with other parents. Look for Q's & A's on Speech & Language on the 1st Tuesday of the month with a Alberta Health Services Speech and Language expert January 10 at the morning Parents and Tots program.

**Playgroup Plus:** Wednesday mornings, 10:00-11:30; Drop-in, play and socialize for an hour and then join us for a parent/child storytime.

**Baby and Me (under 12 months):** Thursday afternoon 1:30-3:00. Stop in and join the fun playing with your baby and talking with other parents. Please note there is not Baby and Me on Thursday, February 16.

**Twilight Together:** Thursday evenings, 6:00-7:30; We invite you to join us on Thursday evenings for some playtime, crafts and end the evening with stories and songs. Pajamas welcome. Please note that there is no Twilight Together on Thursday, February 16.

**Gym Time:** Friday mornings, 10:00-11:30; Full of opportunities to practice hopping, jumping, balancing, ball throwing and all sorts of large motor skills! This program is most suitable for children from 1 ½ -5 years of age. Please note that there are no drinks or snacks provided during this program so parents may wish to bring a small water bottle for their child. Please note that there is no Gym Time on Friday, February 17.

**Family Day Skate:** Thursday afternoon, February 16, 1:30-3:30; Come join the Huntington Hills Community Centre and the Family Connections Parent Link for a Family Day Skate. Some skates and helmets will be provided by Kidsport Calgary. If your child has a helmet (hockey/bike) that fits well please bring it. Children 16 years old and under must wear a helmet to be on the ice. For more information call Sue at 403-275-6666 ext. 235.



Happy  
Valentines  
Day!

### GO GREEN!

Our Parent Link Centre is working hard to be a little "Greener"

- Bring a travel mug (with lid) to programs that offer coffee or other hot drinks.
- Join our email list, and get calendars, newsletters and other program information by email.

# February 2012

## Registered Program Details

**1:1 Parent Support:** Come speak with me about parenting issues or concerns regarding children age birth to 6 years. You can speak with me on the phone or in person. I will be offering two choices:

1. Positive Parenting Program/Triple P (series of 4 contacts) 2 in person and 2 follow up phone calls.
2. 1:1 parent Support ( in person or on phone)

Please call 403-275-6666 ext. 235

**ESL Coffee & Chat:** Wednesday afternoons, January 25 - March 7, 1:00-3:00; Here is how our ESL program can help you.

1. Develop your English reading, writing, and speaking skills.
2. Will give you tips and understanding our Canadian Culture. Through the book "Cross Cultural Parenting Program" from CIWA
3. Someone can help you with studying the driving book (Basic License Driver's Handbook)

This program is offered free of charge and child care is available. Sign up today and tell your friend!

For more information or to register please call Vivian at 403-275-6666 ext. 242.

**Positive Parenting Program (2 to 11 years):** February 11 Saturday 10:00-3:30 pm; Come join us for a set of 3 seminars on parenting which will focus on understanding development and managing behavior in a constructive and caring way. Seminar topics are:

- The Power of Positive Parenting
- Raising Confident, Competent children
- Raising Resilient Children

Lunch will be provided. Call Tracey at

403-275-6666 ext. 276 starting January 16 to register for the workshop and free childcare.

**Positive Parenting Program (TP Group):** Wednesday 6:30-8:30 pm Feb15 –April 4 2012

( families with children 2 -11 years) Would you like to learn new parenting strategies to use with your child and bounce ideas off of other parents? Parents will identify and practice positive parenting skills through use of discussion, workbook, power point presentation and video. Can you commit to:

- attending ALL 4 workshops: Feb15,22 29 & March7
- be available for 3 telephone conversations for 20-30 min March 14, 21, 28
- attend a final celebration and round up session April 4

For more information call Sue at 403-275-6666 #235. Call Tracey at 403-275-6666 ext. 276 starting January 18 to register for the workshop and free childcare.

**Soup from Back Home:** Thursday afternoons, 1:00-3:00, February 2, 9 & 23; A partnership between the Parent Link Centre and the North Central Community Resource Centre.

This program is an opportunity for ESL students to practice English and learn soup recipes from different countries. For more information about this program contact Vivian at 403-275-6666 ext 242.

**Parent Link Lending Library:** Having trouble finding time to get to the Public Library? Wondering about a specific parenting challenge? Like to know what developmental stage to expect next for your little one? Check out our resources!

Parent Lending Library is available as a membership with an annual fee of \$10. Membership entitles you to borrow 2 books per family at one time for 4 weeks. Cash payment is preferred. Call Sue 403-275-6666 #235 for more information.



We urge you to consider the health of your child before bringing them to the Parent Link Centre. If your child is not well, we encourage them to stay home and return when they are feeling better. This helps to stop the spread of germs and other infections common to young children.