

Fall
2017



Blackfalds Community Centre

4810 Womacks Road

(403) 885-2855

Co-ordinator - Luisa Loria

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www.centralparklandparentlink.ca



Parenting and Couple Workshop - 2 Days—Saturday October 28 & November 4, 2017 9-4pm

Blackfalds Parent Link Centre and Blackfalds FCSS are partnering to bring you Bringing Baby Home Workshops! The program is designed for both pregnant and new parents; the Bringing Baby Home Program prepares couples for life with baby and helps them to be the best parenting team possible. In a relaxed and supportive environment, parents learn to strengthen their relationship and improve the quality of interactions with their child.

For more information or to register:

Luisa: lloria@lacombecfcss.net (403) 506-7235 or Kathleen: KBuckman@blackfalds.com (403) 600-9066

Wednesday Stay and Play - Drop In (Ages 0-6 years) starting September 13 to December 13, 2017 9:30-11:30am

Come join us for a morning full of fun and adventure! Parents and their young children (newborn to age 6) have the opportunity to meet with friends, and join in some unstructured play! Playtime will include circle time with stories, songs and some gross motor activities! No registration required. Drop in anytime Wednesday mornings, starting at 9:30am.



We Can Play – Drop In Saturday October 14, November 18, December 2, & 16, 2017 10-12 noon.

Looking for a way to have fun and spend some quality time with the family on the weekend? Drop in for some unstructured play for parents and young children up to age 6.

Family FUN Night!! Drop In Tuesday evenings, September 26, October 3, 10, 17, 24, November 7, 14, 21, 28 & December 5, 12, 2017 5:30-7pm

Come join us Tuesday evenings for some family FUN! Parents and their littles can play with toys and activities in the Centre, join in a craft or a game!

Refreshments and Light snack provided.



For information or to register for a program call (403) 885-2855 or email lloria@lacombecfcss.net

Curious Cuties (Ages 0-18 months) September 18, 25, October 2, 16, 23, 30, November 6, 13,20,27 & December 4th 9:30-11am

Babies bring joy, laughter and wonder but also sleepless nights, stress and endless questions! Join other parents in this peer support and parent education group. Curious young explorers have the opportunity to crawl around or sit and socialize with other babies. Guest presenters from community agencies will be scheduled to help answer some questions related to parenting!



Sensory Time (Ages 0-6 years) 4 Fridays – September 15, 22, 29 & October 6, 2017 10-11:00am

Sensory play is a great way for children to use all five senses at once! Each week parents and their children will have fun playing in a new sensory bin that explores different textures, colours and themes that spark the imagination.

Little Lights Yoga - Mom and Baby (6weeks – crawling) 4 Tuesdays, October 3, 10, 17 & 24, 2017 10-10:45am
Mom and baby yoga classes offer a wonderful opportunity to bond with baby while re-gaining flexibility and strength. The first part of these classes focus on what moms need such as stability in the core, the back and the pelvic floor as well as relieving tension in the upper body. The second part incorporates baby with the yoga poses with lots of songs and movement. Bring a blanket for your baby and a small toy and wear loose comfortable clothes. No prior yoga experience necessary.



Ribbons & Rainbows (Ages 2– 6 years) 6 Thursdays: Sept 14, 28, October 5, 12, 19, 26 10-11:30am

Let's explore the colours of the rainbow! Each week we will focus on a different beautiful colour and learn about different emotions.

Move & Groove (ages 0-6 years) 4 Fridays October 13, 20 , 27 & November 3, 2017 10-11:30am

Come together to explore our bodies abilities to move through different types of activities. We will explore movement through dance, gymnastics, stretching and various sports. Each week we will explore a different aspect of movement so come dressed in comfy flexible clothing as everyone is encouraged to participate to the best of their abilities!



Come Have a Whoot – Thursday October 26, 2017 9:30-11am Blackfalds Community Centre

Join Blackfalds FCSS, Kids Konnection Licensed Family Day Home and Blackfalds Parent Link as we celebrate fall! Adults 50+ and families with young children will socialize and be entertained while they enjoy some delicious snacks and togetherness!
RSVP by October 1st (403) 600-9066

For information or to register for a program call (403) 885-2855 or email lloria@lacombeccss.net

The Artful Child (Ages 2-6 years) 5 Thursdays, November 2, 9, 16, 23 & 30, 2017 1-2:30pm

Explore creativity and what your imagination can do! From painting, drawing, colouring, and crafting... Parents and their children can have fun creating works of art together!



Triple P, Positive Parenting

for common parenting problems

Triple P—Parenting Tip Tuesday

September 26, October 17, November 21 & December 12, 2017 11—12 pm

Parenting can be wonderful but can also be challenging... its one of the hardest jobs we will ever have to do! Are you dealing with meltdowns, bed time routine problems, disobedience or a child who bites, hits or fights? If this sounds familiar, you are not alone! Triple P can help! If you have a parenting question, concern or want to share a parenting win! Drop in and have a chat with a Triple P practitioner!

Infant Nutrition & Making Baby Food Workshop Thursday November 9, 2017

Free educational workshop! Wondering how and when to introduce solids to your baby? Learn practical information on infant nutrition, gain experience making your own baby food and have an opportunity for an open discussion with a Registered Dietitian.



How to Teach Your Kids about Money—Lunch & Learn workshop Thursday Nov 16, 2017 11-12:30pm

Join Chartered Accountant, Melissa Salomons to learn about age appropriate “teachable moments” for kids of all ages – from preschoolers to young adults. Ensure your child’s future financial independence with tips and best practices. Sign up today for this free session! Lunch and child care included. Please **register** by calling (403) 885-2855 or emailing lloria@lacombecfcss.net



Ages & Stages Questionnaires

Do you think your child has as many words as other toddlers his age?

Do you think your child walks, runs, and climbs like other children ?

Are you wondering about your baby’s development?

Parent Link offers parent led developmental screenings which gives you a snapshot of your child’s progress. Available in person or online through our website: www.centralparklandparentlink.ca



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