

Ponoka Parentlink Hours

[See program Schedule](#)

Monday 9:30-3

Tuesday 9:30-3/ 6-7:30

Wednesday 9:30-3

Thursday 9:30-3

Friday 9:30-3

Some evenings and Saturdays too!

Programs are typically scheduled in the mornings, Monday, and Thursday afternoons are available for Positive Parenting/ASQ consultation appointments.

Come to the Parent Link Centre if you are looking for:

- Parenting resources --- books, videos, CDs
- Parenting support groups
- Parenting education sessions
- Playgroups for young children
- Information about services for parents and families
- Developmental screens for infants – five years
- Triple P (Positive Parenting Program) tip sheets, videos, private consultations, and seminars.

Add the Ponoka Parent Link as a friend on Facebook for up to date information, or join the Facebook group. You can also access quarterly updated information on our website.



The Positive Parenting Program is backed by over 25 years of clinically proven research. This program is aimed at developing new strategies to improve family relationships and help make parenting easier.

Positive Parenting Program is available in the following formats

- Tip sheets for specific issues
- Seminars
- Stand Alone Discussion Groups
- One on One Consultation
- 8 week Discussion Group

Positive Parenting Discussion Group Series

Joining Tanya Heyden-Kaye in a discussion series regarding Positive Parenting strategies for common kinds of misbehaviour.

Sometimes small changes make big improvements!

6:00-7:30

Register for for any, or all.

Discussion Group 1: April 25

Discussion Group 2: May 30

Discussion Group 3: June 27

Ages & Stages

Are you wondering about your child's development?

Here at Parent Link we focus on Development! Stop in for your Ages & Stages Developmental screen. This fun developmental screen gives you a snapshot of your child's progress. Pick up your screening booklet at the centre. This simple questionnaire is based on the age of the child and asks specific questions based on the child's development in the following areas:

- Communication
- Gross motor
- Fine motor
- Problem-solving
- Personal-social

Many of Parent link's programs address one or more of these pillars of development.

www.centralparklandparentlink.ca

Nature Nights

Join Miss Chistina Tuesday nights at the Parent Link Centre. Each week we will explore a different Nature-based theme.

**Tuesdays until June 5th
6:00-7:30**



PLAY LEARN CONNECT



Ponoka Parent Link Centre

#5 5012-48 Ave

P.O. Box 4294

Ponoka, Alberta T4J 1R7

(403) 790-2403

aramage@lacombeccss.net



KidsArt

Join Miss Robyn and create fun and unique art projects with your children. We will explore some different art styles, free expression art, and some crafting days too.

**Mondays April 16, 23, 30
May 7, 14, 28, June 4, 11, 18, 25th
10:00 – 11:30 a.m.**

No Program on stat holidays



Parents Time Out

Self-Care is not selfish! Parenting can be a balancing act with demands coming from all directions. Take some time for yourself in our Parent Education, and self-care class which includes childcare for your children.

10 Tuesdays,
9:30-11:30

**April 17, 24 May 1, 8, 15, 22, 29,
June 5, 12, & potluck lunch on
June 19th**

REGISTRATION REQUIRED

EveR Active Kids!

Each Thursday morning will start off with a special gross motor activity Then stay and play all morning long.

**Thursdays starting April 9
Activity from 9:30am – 10:15 am
Drop in Play to Follow!**

Hickory Dickory Tots

Everyone's favourite song, rhyme and PLAY program is still going strong in its 11th year running! For children birth to 6 years, and their caregivers. No registration necessary, come when you can.

**Starts Wednesday, January 11.
10:00-12:00**

Please bring a snack for your child

Satur Play

Come to Parent Link for family time on Saturdays. Once per month. Check out Science Saturdays as well!

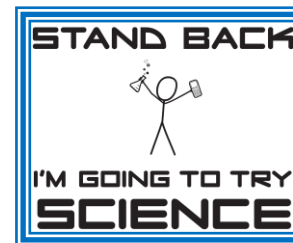
**Saturdays April 14 May 12, June 9
10:00-noon**



Fairy Tale Picnic

Meet us at
The Ponoka Jubilee Library
for this literacy-based exploration of imagination, pretend play, and social-emotional development.

Fridays 10:30-11:30



Science Saturdays!

Come to Ponoka Parent Link for an early years exploration of SCIENCE

**April 28, May 26, June 23
1:30-3:00pm**

Baby Bits

First babies bring delight, humour, and love, as well as worry, sleepless nights, and a lot of questions. Come meet other first-time moms with babies aged 0-12 months. Topics will include parenting questions, sleep routines, activities, and self-care for moms.

Wednesdays from 1:30-3:00
8 weeks April 11 – May 30
Please pre-register

Coming Soon!



This June Ponoka Parent Link will be partnering with the Ponoka Jubilee Library, and the Ponoka ECD Coalition to hold another family Pow Wow in honour of National Aboriginal Day! There will be a demonstration of First Nations culture through dance, drumming, and stories.
Details TBA