

**You are my sunshine...**

Thursdays in October, 1 - 2 pm  
at Wetaskiwin Meadows senior complex.  
Let's sing, craft and play together - young and old - in this inter-generational program.

*Registration necessary!*

**Go Wild!**

Wednesdays in September, 9:30 - 11 am  
Drop in for fun activities, stories and crafts exploring a different animal each week.  
Everyone welcome. Please join us!

**Imagine That!**

Thursdays in Sep. & Oct.; 10 - 11:30 am  
Drop in for a morning of imagination and creativity. Open-ended art activities, pretend play and make-believe will encourage families to learn about their world together and connect with each other in playful ways.

**Winter Crafts with Krystianna**

Wednesdays, Nov. 7 - Dec. 12; 2-3 pm  
Join Krystianna for winter-themed crafts that will bring joy to your home or make good little gifts for loved ones.  
Drop-in. Everyone welcome.

**Cookies of Kindness**

Thursdays, Dec. 6 and 13 ; 10 - 11:30 am  
Two sessions of kids baking and decorating cookies to give away to the isolated and lonely in our community.

*Please register for one session only to give everyone a chance.*

**Triple P**



Have you lost the joy in parenting? Are you frustrated? Angry? Feeling overwhelmed? Do you wish you could enjoy your child more? Do you wonder how to teach them how to do more things for themselves?

*Join us for Group and find the answers to your questions. Thursday nights in September. 6-8 pm. Childcare available. Registration necessary.*

**Ages & Stages Questionnaires:**

If you are curious about your child's development, want to see where they are at and which skills are coming next, ask us about these easy to fill out questionnaires.

**All of our programs are free, but we happily accept donations!**

For more information and to register for a program please call, message or email us:

Julia Karg-Magas  
Parent Link Coordinator  
jkargmagas@lacombeffcscs.net

www.centralparklandparentlink.ca  
Facebook: Wetaskiwin Parent Link



**Wetaskiwin  
Fall 2018**

September - December

**PLAY  
LEARN  
CONNECT**

**4415A - 49 Street  
Wetaskiwin, Alberta, T9A 1H1  
(780) 352-3331**



# PLAY

## **Saturdays at Parent Link**

Pancakes & Play, Open Gym and Date with Dad. Check our calendars for dates, times and further information.

## **Mindful Mondays**

Monday evenings, 6 - 7:30 pm

Join us for a calm(ing) program full of relaxation activities like mindful movement and breathing, story time and sensory play. Perfect before bedtime. Drop-in.

## **Play, Learn, Grow**

Tuesday mornings, 10 - 11:45 am

A variety of activities to promote different aspects of child development. Followed by storytime, snack and time for free play in our play room. Drop-in. Everyone welcome!

## **Rhyming Tots**

Tuesdays, 1:30 - 3 pm, starting Oct. 2

Join us for an interactive hour of circle time with rhymes, songs and stories that promote language development and spark imagination. Time in our play room to follow.

## **Musical Mornings**

Wednesdays in October, 10 - 11 am.

Join us for an engaging hour of songs, rhythm, instruments and movement. Parents will participate with their children under 6.

**Registration required!**

# LEARN

## **Rainbows: Prism (for parents)**

## **Rainbows: Sunbeams (for ages 3-5)**

Grief Intervention Program:

Thursday evenings; 6-7:30pm

Oct. 4 - Dec. 6 (10 sessions)

Learn to support your child in their emotional journey while your child gets to process their feelings around grief due to loss, separation, divorce or other major life changes.

**Registration required!**

## **Lunch & Learn**

Soup, discussion and play at the Justice Cafe

Thursdays in November; 12 - 1 pm

Have a bowl of soup, discuss child development, parenting tips and topics of interest to parents while sharing ideas with other families.

**Registration required!**

## **Toddler Talks**

Wednesday mornings; Nov. 7 - Dec. 12

10 - 11:30 am

Your toddler gets to play in our playroom with our support staff while you get to discuss the joys and challenges of the toddler years with other parents in the same stage in life. Tips, tools, guest speakers and discussion.

**Registration required!**

**Be sure to check our monthly calendars and Facebook for the latest events and updates.**

# CONNECT

## **Baby & You**

Friday mornings; 10:30 am - 12 noon

Moms with little ones under 18 months are invited to get together, share in each other's joys and frustration, ask questions, learn together and support each other. Facilitated by Parent Link staff and Health nurses. Join anytime. Drop-in.

## **Let's Yarn**

Crocheting & Chit Chat

Tuesday nights in October. 6 - 7:30 pm

Get together with other moms to be social and learn how to crochet. You will be working on a baby blanket project. No prior crocheting experience needed. Kids are welcome to tag along, but will be playing around you in the same room.

**Registration required!**

## **The Art of Healing**

Pregnancy Loss Support Group

First Tuesday of each month,

starting Oct. 3; 7 - 9 pm

Join other women to heal through art and conversation. Therapist available during sessions for support. **Register, please!**

## **Walk & Talk**

Wednesdays in September; 1:30 - 2:30 pm

Lets meet at By The Lake Park and walk around the lake together while we visit.