

Me & My Neighbourhood



7 weeks with 7 places to visit and explore.

What happens to a letter at the post office? Who fills the shelves and bakes the bread at the grocery store? How does a vet help animals? Join us for a look behind the scenes, as we meet the people and visit the places that help our community run.

Wednesday mornings,

Sep. 13 – Oct. 25

10:00 – 11:00 am

Crafts with Krystianna

With the weather getting gloomy and winter around the corner, we get together at the Centre and craft together. What better way to spend a morning? Winter-themed crafts that are fun to take home, hang up or send to relatives for the holidays.

Wednesday mornings

Nov. 1st – Dec. 13th

10:00 – 11:30 am



Solo SUPERHEROES

One-parent family support group

Sep. 20, Oct. 18 & Nov. 15; 6-8pm

Fusion Confusion:

Blended-Family and step-parenting support group:

Oct. 4, Nov. 1 & Dec. 6

6-8pm



parentLINKcentre

TUESDAYS, 2-3:30PM
STARTING SEP. 12, 2017
HUGO WITT ROOM, AGRIPLEX

MILLET MOPPETS

Fun, interactive playgroup for children under 6 and their caregivers.

DROP-IN FREE

Alberta Government

Are you curious about your child's development?



Are you amazed by your child's development? Wondering what to expect? The Parent Link Centre offers the **Ages and Stages tools**. These are simple questionnaires that you can fill out to find out more about your child's individual development. Speak to us or visit our website www.centralparklandparentlink.ca to access the questionnaires online.

RHYMING TOTS

Come and join Wendy from the Community Learning Program for some fun, interactive circle time. Learn nursery rhymes, sing songs, listen to stories, do crafts and have fun together. What a great afternoon!

Tuesdays 1:30 – 2:30 pm

Sep. 26 – Dec. 5

For more information and to register for a program please contact:

Julia Karg-Magas

Parent Link Coordinator

jkargmagas@lacombefccss.net

All of our programs are free!

Lacombe and District



Alberta Government



FALL PROGRAMMING SEPTEMBER – DECEMBER 2017



**“Go and open the door.
Maybe outside there’s
a tree, or a wood,
a garden,
or a magic city.”**

From “The Door” by Miroslav Holub

Wetaskiwin Parent Link Centre

4415A - 49 Street

(between Nut & Bolt and North Am Autobody)

Wetaskiwin, Alberta, T9A 1H1

(780) 352-3331

www.centralparklandparentlink.ca

Facebook: Wetaskiwin Parent Link

GOOD NIGHT YOGA

End your day with a lovely playful 30-minute yoga routine that will introduce children to different poses, stretches and breathing exercises. We will have time for a craft or an activity, some free play and a snack and then end the night with a wind-down, so everybody can head home and to bed relaxed.

Mondays: 6 – 7:30 pm

Pasta Night:

Enjoy a simple pasta supper and some free play at the Centre.

Thursday evening on October 5th
& November 9th **5-7pm**

Saturdays at Parent Link:

Pancakes & Playtime:

Saturdays, September 23rd and December 2nd. Free pancake breakfast and time for free play!



Date with Dad:

Dads and kids only!

Saturdays, Sep. 9th, Oct. 14th & Nov. 25th
Runs 10 – 1 in Sep. (activity & lunch)
9:30 – 11:30am in Oct. & Nov. (breakfast & project) Food and all materials provided, but **registration necessary!**

Positive Parenting Program (Triple P)

Have you lost the joy in parenting? Do you feel like you don't have enough positive interactions with your children? Do you find yourself yelling more than you'd like? Are you frustrated with a child who pushes your buttons? Do you wish you could enjoy your child more? Do you wonder how to teach them skills to be more independent and do more things for themselves? Ask your questions at **TIPS & TOOLS on the last Monday of every month** or schedule an appointment with us and we will help you figure out how to enjoy your family more and encourage the behaviour you want to see in your children.



Even the strongest relationships are strained during the transition to parenthood. Lack of sleep, never-ending housework and new fiscal concerns can lead to profound stress and a decline in relationship satisfaction – all of which affect baby's care.

Learn how to strengthen your relationship and foster baby's development during this challenging time by taking this 2-day workshop developed by the Gottman Institute.

Aimed at first time parents who are near the end of their pregnancy or have a baby under 6 months old.

Both partners, or two people who will be parenting the child together, should attend both dates.

Saturdays, Oct. 28 & Nov. 4
9:00 am – 4:00 pm

PLAY, LEARN, GROW!



Play, Learn, Grow is a structured play program for parents and children to enjoy together. Choose from a variety of fun activities that practice different skills through fun and play. The activities are followed by a story time with Tamara from the library, a snack and free play.

Tuesday mornings, 10 – 11:30 am

The Artful Child

Let's travel through different art periods and styles together and try our hand at creating with different methods and materials. We will highlight a different artist each week and learn about the characteristics of their work. And then try it out for ourselves! The activities are intended for children 3 and up. **Thursday afternoons, Sep. 21 – Nov. 30 1:00 – 2:30 pm**



Henri Matisse. La gerbe

HM55