

Blackfalds Community Centre

4810 Womacks Road

(403) 885-2855

Manager - Luisa Loria

lloria@lacombeccss.net

www.centralparklandparentlink.ca



BLACKFALDS

SPRING 2019

All Parent Link Programs are FREE!

Wednesday Stay and Play - Drop In (Ages 0-5 years) starting April 3, 2018 to June 26, 2019 9:30-11:30am

Come join us for a morning full of fun and adventure! Parents and their young children have the opportunity to play together, create a craft and burn off some energy with gross motor activities. Circle time begins at 11am with stories and songs! **No registration required. Drop in anytime Wednesday mornings, starting at 9:30am.**



Wednesday Stay and Play Junior—Drop In (Ages 0-2 years of age only) Starting April 3, 2019 to June 26, 2019 1-2:30pm.

Come join us for an afternoon drop in for babies and young toddlers! Parents and their children can play together, build a puzzle, read a book or join in some gross motor activities! **No Registration required. Circle time starts after 2pm.**



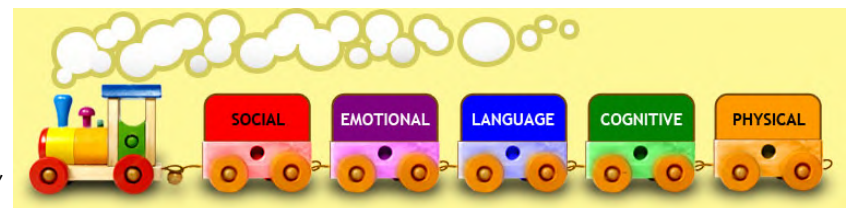
FRIDAY Family FUN Night April 5 & May 31, 2019 6:30-8pm! Come join us for some family fun. Each evening will have a different theme with activities, games and opportunities to create memories with your family! Stay tuned to Facebook for more information on the theme and activities! **Registration appreciated.**

We Can Play – Drop In Saturday April 27, May 11 & 25 and June 8 & 22, 2019 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 5. **No registration required.**



Play, Learn, Grow Drop In (Ages 0-5 years) 6 Mondays April 8, 15, 29, May 6, 13 & 27, 2019 9:30-11am Join us for a morning of activities, crafts, songs and story time designed to encourage and strengthen the development of your child. Each week parents and their children will have an opportunity to engage in activities that support development in the domains of: physical health & wellbeing, social competence, emotional maturity, language and communication.
Drop In No Registration required.



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



Curious Cuties (Newborn to 18 months) Mondays, April 1, 8, 15, 29 May 6, 13, 27 & June 3 & 10, 2019 1-2:30 pm

Drop In, Registration not necessary, however appreciated.

Babies bring joy, laughter and wonder but also sleepless nights, stress and endless questions! Join other moms 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 questions related to parenting!

Little Seedlings - Nature Program (Ages 2-6years) 3 Thursdays April 4, 11, 18, 2019 10-11am. **Registration Required.**

If you want your child's mind to grow... you must first plant a seed! Join us for a spring time nature based program that will allow children to learn about the environment around them!



Sensory Time (Ages 0-5 years) 3 Fridays, April 5, 12 & 26, 2019 9:30-10:30am **Registered Program.**

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.

Lets Put on a Show! (Ages 0-5 years) 5 Tuesdays April 9, 16, 23, 30 & May 7, 2019 9:30-11am. **Registration Required.**

You never know where your imagination will take you! Join us each week as we express ourselves through dramatic play. Playing with puppets, using different costumes and toys to tell a story. Miss Naomi will have activities planned create opportunities for parents and their children to go on an adventure together.



Young Artists (Ages 4-5years) 6 Tuesdays April 9, 16, 23, 30 May 7 & 14, 2018 1-2pm. **Registration Required.**

Your child will learn about the colour wheel, sketching, how to paint a picture and be given the opportunity to express themselves! Parents drop off your child for this one hour program, and enjoy some time to yourself or you can hang out and have a coffee in the Parent Link Centre! This program is designed to help support the transition to kindergarten, while encouraging creativity.



Dad's Hobby & Game Night! Wednesdays, April 10, May 8, June 12, 2019 7-10pm. **Drop In, however Registration appreciated.**

Join other dads or caregivers of children ages 0-5 years in a variety of at-your-leisure style board games, card games, model building or advanced Lego building. You will have an opportunity to network with other dads in a non structured environment. Light snacks and refreshments provided. **Dads or male caregivers only, no child care provided.**

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

Imagination Station (Ages 0-5) 5 Tuesdays, May 21, 28 & June 4, 11 & 18, 2019 from 9:30-11am **Registration required.**

Children learn from experience: from what happens around them, from what they see, hear, smell, taste and touch. To absorb those experiences and make sense of the world, they need to be engaged in imaginary play. Join us for five Tuesday mornings full of opportunities to learn through play, for children to socialize with other children their age and for parents to connect with their little ones.



Once Upon a Time - Literacy and Movement (ages 3-5) * infant siblings can join 3 Thursdays May 2, 9, 16, 2019 10-11am. **Registration Required.** Reading can open up new worlds, strengthen the parent child bond and enrich your child's life! Join us as we explore a new book each week, make a craft and enjoy some songs and circle time activities together!

Discovery Kids - Science program (Ages 3-5 years) 4 Fridays, May 3, 10, 17 & 24, 2019 9:30-10:30am.

Registration required. Want to learn about more about dinosaurs? Curious about space travel and the planets? Ever wondered about why it rains or about changing weather? Parents and their children will discover the world around them, join us for a fun science adventure!



Mom & Baby Yoga (6 weeks to crawlers) 4 Tuesdays, May 21, 28, June 4, 11, 2019 1-2pm **Registration Required.**

Mom & Baby yoga class offers a wonderful opportunity to bond with your baby while re-gaining flexibility and strength. The first part of classes will 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 clothing. No prior Yoga experience needed.



Zumbini (ages 0-4) - Music and Movement based program 5 Thursdays, May 23, 30 & June 13, 20, 27th 10-11am *No program on June 6th. **Registration required.**

Join Miss Natasha, Registered Zumbini instructor for a class where we let loose, have fun and bond with our children through music! We do dances (large movement) sit and sing with actions, clap and tap to rhythms, dance with scarves and play with instruments, all to really great original music that was created just for Zumbini. Zumbini is a program that supports children to learn by experiencing a musical environment. A key part of a great class is caregiver participation, the adults set the example and really get to have fun with their little one.





Kids Have Stress Too! 4 Mondays, June 3, 10, 17 & 24, 2019 9:30-11am. **Registration required.**

By helping children learn positive coping strategies to deal with stress, you can help build resiliency and prevent stress from escalating to distress, anxiety and meltdowns. Join us for 4 sessions that will help caregivers of preschool children learn to identify signs of stress in kids, learn about the stressors that kids have and how to help them learn positive coping strategies. **Childcare provided.**

Kids for Kindness (ages 0-5) 3 Fridays, June 14, 21 & 28, 2019 9:30-10:30am **Registered Program.**

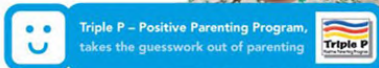
Would you like to help spread kindness? Together we can encourage and teach our young children about the importance of compassion, courage and community! We will learn how to spread the love through kindness themed activities like games, stories, play, charitable acts and paying it forward!



Healthy Teeth For a Healthy Start! Tuesday May 14 & July 9, 2019 10-2pm **Registration Required.**

Its important to keep your child's teeth healthy to prevent cavities! Blackfalds Parent Link and Alberta Health Services are offering **FREE** Fluoride Clinics! Book an appointment with a dental hygienist and have your child's teeth assessed and receive a Fluoride application!

Parents,
stay
positive!



One on one Triple P parent consultations are also available by appointment! Parenting can be wonderful but can also be challenging... its one of the hardest jobs we will ever have to do! Every family is different. Yet parents all over the world face problems that are surprisingly similar. Melt downs in the supermarket, trouble with your child's bedtime routine, disobedience or a child who bites, hits or fights? if your child fits any of these descriptions...**you are not alone! Triple P can help!**

Blackfalds Parent Link Centre is offering Triple P Programs! For more information and to register please call **403-885-2855** or email 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.

