

Lacombe Memorial Centre

#201, 5214 50th Ave.

Lacombe, AB T4L 0B6

(403) 782-4686 Carolyn McLaren -Manager

cmclaren@lacombecfcss.net

www.centralparklandparentlink.ca

# LACOMBE

# PARENT LINK

# Centre



# Fall 2019

Sept-Dec. 2019

### **Learn & Play Today– DROP IN 10:00– 11:30 am**

Come & Explore the 5 domains of early childhood development with your child. Parents will guide their child in pre-writing skills, counting and sorting skills and sensory exploration while engaging in a large variety of fun activities including gross motor, creative crafts and a circle time. This is focused on preschool aged children (3-5) but younger children also welcome to join with their older siblings and caregivers. Bring a snack for your family. It starts on Monday, **Sep 9<sup>th</sup>-Dec 9<sup>th</sup>**



### **Stay & Play– Wednesdays Drop in 9:30– 11:30**

Free, unstructured play for parents and young children up to age 5 years. Starting **September 11, 2019**

Playtime will include “circle time” and some activities to try together! **SNACK PROVIDED!**

**Family Fun:** Come every Wednesday evening, 5:30– 7:30 pm. Drop in time for the whole family.

**Potluck and Play:** August 28th-Picnic theme, Sept. 25-Breakfast for Dinner theme, Oct. 30-Halloween theme, Nov. 27-Luau theme, Dec. 18-Christmas Dinner theme **DROP IN!**

5:30– 7:30 pm



### **Saturplay—Drop in**

Drop-in playtime for parents and their families.

Enjoy active play together in the Parent Link Playroom

Third Saturday of each month from **10 am – noon**



### **Pancake Play—Drop in**

First Saturday of the month! **10:00—noon**

Come have breakfast with us and play with your family! **Everyone welcome!**

### **Pop Up Play– Drop in All Ages**

**Pop Up play is one of our many drop in play groups that we offer at Lacombe Parent Link Centre. We love having families, caregivers and their children visit us for an unstructured play time together. Please check out our brochure or our web site: [www.centralparklandparentlink.ca](http://www.centralparklandparentlink.ca) for ALL the different Pop Up Play times.**

### **Group Triple P – Positive Parenting Program—Register by calling: 403-782– 4686 \* Limited child care available \***



Group Triple P is a 4-session program that uses an active skills training process to help parents acquire new knowledge and skills for being the parent they want to be. Parents develop a parenting plan tailored to fit their family. The sessions are followed up with 3 weekly telephone sessions which provide additional support as parents put into practice what they have learned in the group sessions.

A final group session completes the program. **Dates: Oct. 22, 29, Nov. 5, 12, Dec. 10, 2019 9:30– 11:30 am**

### **Toddler Time**

Come to meet other caregivers who are raising a toddler or two. This is a time when you can connect with the other adults while your toddler is being minded by a childcare staff. There will be special guests from the community that will come to share information on various topics (such as self-care, or communicating with your partner). We will also discuss Triple P Positive Parenting Strategies. Child must be 12-36 Months and babies stay with their caregiver. We start **Thursday, Sept 26-Dec 12<sup>th</sup>** @ 10 am-11:30 a.m. The first 2 sessions we will have a meet and greet for ½ hour with the child care staff where you will play and get your child accustomed to the centre. **This is a registered program so please phone [782-4686](tel:782-4686) before Sept 16<sup>th</sup> to hold your spot. Also please let staff know about your child’s food allergies/preferences.**



Find us on Facebook

## **BABY BITS**

**Are you a mom for the first time?**

Is your baby between the ages of 0 – 15 months? Gather with other parents of small babies to share thoughts and feelings on being a parent.

**Tuesdays starting September 10, 2019**

**2:00 – 3:30 pm**

Please phone 403-782-4686 to register



## **Intergeneration Program**

**Halloween theme :** October 15 from 11-11:45 am

**Christmas Caroling :** Dec. 17,

**Meet at Lacombe Hospital to spend time with the seniors.**



## **Bustin' Loose with Mother Goose**

Join parents and children (0-2 ½ years) in a fun interactive group which focuses on rhymes, stories and songs, as well as **Free Play** for families.

**Pre-registration required by phoning 403-782-4686.**

**September 18– Oct. 9– 2:00– 3:30 pm OR Oct. 16– Nov. 13, 2019**



## **ZUMBINI– Register by Calling: 403-782-4686**

The Zumbini™ program is where the science of child development meets the magic of Zumba®! Designed for children 0 to 3 years old and their caregivers, this program takes little ones on their first steps toward a healthy, active life. Together, adults and their young children wiggle, sing, and learn, for the ultimate bonding experience! Well, we know that good health habits start early in age so this can have a major impact on the future lives of children.



**September 10-Oct. 15, 2019 @ 10:00– 11:00 am**

## **Silly Science**

**3 Tuesdays, from 930-10:30**

**Sept. 10, 17 & 24 registered  
“Come join other families as we explore different aspects of science” Limited spaces.**

**Call: 403-782-4686  
to reserve a spot**



## **Art Attack**

**3 Tuesdays Nov 19, 26 &  
Dec 3 from 930-1030AM  
OR afternoon option**

**3 Thursdays from 2—3  
PM Nov. 7, 14 & 28.**

**Registered program with**

**Call: 403-782-4686**

**Reserve a spot today!**

## **Book Club** Nov 1, 8, 15, 22, 29

Fridays in November will be book club time. Once you register you will receive a copy of the book (to keep) and you can start reading! We will be starting at 10:00- 11:15 a.m. While we discuss the book there will be childcare staff minding your child. We understand that school is out on some Fridays so if you need to bring older siblings, please bring a suitable activity for them. Also, please bring a snack for your child. Please register before Sept 16<sup>th</sup> to hold your spot. 782-4686

## **D.A.D.S**

**(Definitely Awesome Dudes)**

**call : 782-4686 to register**

**This play based program is designed for dads/male caregivers and their children ages 6 and under. We will be coming together once a month to eat, move around, explore, create, build and discover in a supportive and fun environment. We will see you Sept 28, October 26, Nov 23 10– 11:30**

## **Take a Bite**

**“Take a Bite” kids cooking class, will be a registered program.**

**Limited spaces.**

**There are two class options:**

**3 Tuesday morning 930-10:30**

**October 1, 8 & 15,**

**3 Thursday afternoons 2-3 PM**

**October 10, 17 & 31.**

**“Come join other families as we help our children to explore with their senses, build basic skills and boost confidence while in the kitchen.”**

**Please inform staff of any food related allergies when registering as we will be eating together.**

**Call: 403-782-4686 to reserve your spot.**



## **Music Makers**

**2:00– 3:00 pm**

**Mondays**

Designed for children and caregivers, each week explores a new musical culture in engaging ways. Explore music from around the globe with your children while singing, dancing, and playing instruments. Motor, pre-language, and musical skills are developed simultaneously, while children and caregivers actively participate together in the music making. Come and make music while fostering healthy brain development at the same time during this Early Childhood program!

This is a registered program so please phone the centre to save a spot for your family at 782-4686 before Sept. 16

**Classes are: Sept 30, Oct 7, No class Oct 14, Oct 21, Oct 28, Nov 4 No Class Nov 11, Nov 18<sup>th</sup>, Nov 25**

## **ASQ PLAY DAY**

**September 12, 2019**



**Come join us as we play and discover your child’s developmental milestones.**

**We will have fun activities to try with your child.**

**Everyone who comes will have a light snack, and can enter into a family draw for the session you sign up for.**

**1. 9:30– 10:30 2. 11:00– 12:00**

**3. 1:30– 2:30 4. 3:00– 4:00 pm**

**Please phone :403-782-4686 to register**

