

Rimbey Parent Link Centre
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**RIMBEY
SPRING 2019**

All our programs are Free!

Who We Are and What We Do...

Parenting can be a joyful journey. It can also be one of our most challenging roles. Building relationships is vital for families, children and communities. Rimbey Parent Link is a place for families to come together, to connect, to build relationships with other parents and strengthen the relationship with their child.

Our staff is here to support you as a parent and your family as a whole. All of our programs are free because we believe all families deserve the best! Everyone is welcome, so come and experience our centre and see what we have to offer. We can't wait to meet you!

Triple P, Positive Parenting Program *for common parenting problems*

Parenting can be wonderful but can also be challenging... it's 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. Meltdowns? Sleep challenges? Fighting with siblings? You are not alone! Triple P can help!

Rimbey Parent Link Centre is offering Triple P Programs! For more information and to register please call 403.3178.5454 or email ssansome@lacombeccss.net



PLAY

Discover Development

Wednesdays April 3 - May 8 10:00 - 11:30. Did you know that the skills a child develops in the first 5 years of life will have a life long impact on their learning, health and relationships? Join us as we explore the 5 developmental domains through play and interactive activities! Parents/caregivers get to play and interact with their own children. *Registration Required*

You and Me Play

Thursdays starting April 11-10:00 - 11:30. Drop in for a morning of free, unstructured play for parents and children ages 5 and under. Parents/caregivers get to play and interact with their own children.

Growing Minds

Mondays April 8 & 15 - May 13 - June 10 & 17 - 10:00 - 11:30. Drop in and discover the wonder of growing and interacting with plants and seeds! For parents and children ages 2 - 5. Parents/caregivers get to play and interact with their own children.

Medicine Lake Wildlife Visit

Wednesday May 15 10:00 am Join us for this special visit. We will learn all about the special live animal guest together! For ages 3-5 and their Parents/caregivers. *Registration Required*

Art Matters and Let's Make a Mess!

Wednesday May 22 - June 26 10:00 - 11:30. The first 4 sessions of this program will be a morning of creativity with structured art activities, stories, songs and pretend play. The next 2 sessions will be outdoor messy artful play! This registered program is for ages 3 - 5 and their parents/caregivers. Parents/caregivers get to play and interact with their own children. *Registration Required*

LEARN

All About Parenting

Tuesday beginning April 23 - June 25 - 9:30 - 11:30. This discussion group is all about connecting with other parents through sharing parenting stories and learning new tools and tips together! This unique program has parent/child time and time away from children built in! Child supervision provided. *Registration Required*

Pop Up Parent Night

Evenings - April - May - June. Look on our Facebook page or sign up for our Remind App for parent focused programs. These programs will be posted randomly... *Registration Required*

Triple P Parenting

By appointment only. Does parenting feel like a chore? Are you frustrated? Feeling overwhelmed? Do you wish you could enjoy your child more? Do you wonder how to teach them to do things for themselves and listen to you? We are here to support you! one on one Triple P Parenting consultations are available, please contact us , you are not alone!

Ages & Stages Questionnaires

Are you interested in your child's development? Parent Link offers parent-led developmental screenings which gives you a snapshot of your child's progress. 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.

CONNECT

Baby Play

1st Monday of the month: April 1 - May 6 - June 3. This drop in program and discussion group is specifically for children 2 and under and their parent/caregivers. We will discuss relevant topics, visit and play with our kids! Our local community health nurse will be there to! So bring your questions!

Generation Connection

Last Monday of the month 9:30 - 10:30. Join us at Valley View Manor once a month for a fun and interactive program with seniors. This program focuses on building generational connections! Sing, laugh, and play with us! This program is drop in and for parents/caregivers of children 0-5.

Saturplay

Saturdays April 13 - May - 25 - June - 22 10:00 - 12:00. Drop in for a morning of relaxed Saturday play! Perfect way to spend time with the family. This program for parents/caregivers and their kids 0-5.

Friday Night Fun. One Friday a month 5:30 - 7:30. Dads Play April 5: A drop in night just for dads and their kids. **Momma and Me May 10:** A drop in night just for moms and their kids. Light supper included. **Family Fun Night June 14:** Drop in night for the whole family! Light supper included.

For more information and to register for a program please call or email us: 403.318.5454 - ssansome@lacombecss.net or find us on Facebook for the latest events and updates.