

Rimbey Parent Link Centre
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RIMBEY
SUMMER 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

Paskapoo Park Play!

Tuesdays July 9 - August 20 - 10:00 - 11:30. Join us for some fun in the sun! This outdoor drop in play program is for parent/caregivers of kids ages 0-5. Come explore the benefits of outdoor play with us! There will be fun activities provided. Adults are responsible for the supervision of and interaction with their children.

Location: Paskapoo Park playground area.

You and Me Play

Thursdays July 11 - August - 22 11-10:00 - 11:30. Drop in and play with us! This program is a great way to see what Rimbey Parent Link Centre has to offer! We provide a relaxing and gently stimulating environment for families. Its a great place to come and play with your child, meet other parents and get the resources you need to be the best parent you can be! Parents/caregivers get to play and interact with their own children.

LEARN

ASK US!

YES! WE STILL PROVIDE THESE RESOURCES THROUGH THE SUMMER!

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

Our summer programs are a great way to connect with other families!

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