

Blackfalds Community Centre

4810 Womacks Road
(403) 885-2855

Manager - Luisa Loria

lloria@lacombeccss.net

www.centralparklandparentlink.ca



BLACKFALDS

Summer 2019

All Parent Link Programs are FREE!



Playground Palls (Ages 0-5 years - older siblings welcome!) 5 Wednesdays July 3 to July 31 10-11:30am

Come join us for a morning full of opportunities to play, learn and grow with your child! Each week we will meet at a different playground in Blackfalds! Look on Facebook for the park of the week and join us for some outdoor adventures and you will not want to miss out on our circle time! In case of bad weather we will meet at the Centre and play indoors. **Drop in - No registration required. Playground location will be posted on our Facebook page**

Lets Make a Mess (Ages 0-5 years) - 4 Thursdays July 4 to July 25, 2019 9:30-10:30am. **Registration required.** Creativity, messy play and outdoor fun! Join us as we use our imaginations and create works of art using different materials, textures and colors. Be prepared to get dirty!



Healthy Teeth For a Healthy Start! Tuesday July 9 & Sept 17, 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!

Yoga in the Park - (ages 0-5 older siblings welcome 3 Tuesdays, July 16, 23, 30 , 2019 10-11am

Drop in - No registration required. Miss Jamie from Little Lights Yoga will take children and their caregivers on a yoga journey using their imaginations with special themes and storytelling. Families will learn breathing exercises, yoga poses, yoga games and relaxation techniques. These classes will be packed full of fun. Please wear comfy clothing but no shoes. Bring a water bottle and a yoga mat if you can or we have some yoga mats that you can use! We will meet outside next to the Blackfalds Community Centre or inside when it is raining.



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





Fun In the Sun (Ages 0-5 years older siblings welcome) 4 Tuesdays, August 6, 13, 20 & 27, 2019 9:30-11am

Drop in—No registration required. Join us for a morning full of fun outdoor activities and games that will strengthen all areas of development! Be creative, playful and imaginative. This is a great morning to create memories with your family and develop positive relationships with other children and families.

Jump & Roll - Outdoor adventure (ages 0-5 years, older siblings welcome)

4 Wednesdays, August 7, 14, 21, 28 2019 10-11:30am **Drop In No Registration required.**

Each week we will set up an obstacle course! Children will love the challenge as they work on developing their physical literacy skills. Crawling, jumping, rolling and skipping... working on these skills will help your child gain strength and confidence! Parents and caregivers will encourage and participate with their children, making it a fun filled family program for all ages.



Dad's Hobby & Game Night! Wednesday, July 10, 2019 7-10pm. **Drop In, however Registration appreciated.** Join other dads or male 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.**



Lady Bugs & Bumble Bees- Nature Program (ages 0-5 years, older siblings welcome) **Drop in - No registration required.** 4 Thursdays August 1, 8, 15 & 22, 2019 10-11am Let's explore nature together! Each week we will go on a new adventure together, talk about nature and how to use our imaginations as we play outdoors.



Ages & Stages Questionnaires

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.



ages & stages

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

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. Blackfalds Parent Link is offering one on one Triple P parent consultations throughout the summer. For more information and to book an appointment please contact us!



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