

# Families Matter Parent Link Centre

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www.familiesmatter.ca



# October 2017



## OUR CENTRE OFFERS...

- Drop-In Play (0 – 5 yrs)
- Baby/Infant Drop-In (0 – 12 months)
- Support and Information for all Parents
- Community Resources
- Individualized Support
- Parenting Workshops
- Postpartum Support
- Ages and Stages Questionnaire for Child Development
- Healthy Snacks
- A Multilingual Community
- Celebrations

## Quote of the Month

*Each day of our lives we  
make deposits  
in the memory banks of our  
children.*

**-Charles R. Swindoll**

**All Parent Link Centre programming and services are offered free of charge to meet the needs of all caregivers and children in their care.**

**WE ARE OPEN!** Our centre provides free parenting and play programs to meet the unique needs of the families and communities it serves. Parents and caregivers can participate in a wide variety of activities and information. Our goal is to provide a fun and safe environment to support early childhood development.

**Families Learning Together-** Families Learning Together is a fun and playful program that helps children to get ready for entering kindergarten and helps their parents learn how to support their child's learning and growth as they start school. Each week, through a variety of activities; play, field trips and lessons, parent/caregiver and child learn both together and separately.

**Triple P Parenting** – is a toolbox of solutions for parents. You choose the strategies you need. You choose the way you want to do it. It's all about making Triple P work for you and your family. Triple P really does work! Join us on Wednesday afternoons from 1:00-3:00 to learn more.

### Closure

We will be closed on Monday October 9<sup>th</sup> for Thanksgiving. Please take this day to spend time with your loved ones and reflect on what you are thankful for.

### Cold and Flu Season

It's that time of year! If you or your children are sick, please stay home and do not attend programs at the Centre. If you or your child have a fever, runny nose, are vomiting, or have had diarrhea in the last 24 hours, you are not well enough to come to the Centre! If a staff approaches you with concern about your child being too sick to attend programs, please know we are looking out for your family's health as well as the health of everyone else who uses our space. Thank you for your understanding and cooperation!

### Halloween Party

On Tuesday, October 31 from 9:30 to 11:30 we will be celebrating Halloween. Wear your imagination and come play with us!

**Drop In** – a time for families to come together and engage in play with their children, as well as an opportunity for parents and children to build community and friendships. Come in, have a cup of coffee, ask our qualified program staff for resources and information, take a class, or just enjoy some time with your neighbours and young children.

Look for other programs on our website at [www.familiesmatter.ca](http://www.familiesmatter.ca)