

Families Matter Parent Link Centre

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DECEMBER 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

There really are places in the heart you don't even know exist until you love a child."

-Anne Lamont

Bowness PLC

Infant Drop - In Play New Hours!

Our Infant Drop-In Play is growing steadily and now we have our Wednesday afternoons for parents and caregivers of infants to get together, play, connect and talk to our qualified staff. Childcare for the older siblings is offered.

Positive Parenting Program (Triple P)

In January we big our Triple P Group Program. It runs January 24/31, Feb. 7/14 and a final class March 14th. In between Feb 14 – March 14th you receive personal phone calls to assist you in the learning. Space is limited, please sign up asap. A limited amount of complimentary childcare spaces are available. For more details visit our center and connect with any staff member.

Closure

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!

Ages and Stages Questionnaires

ASQ's are supportive tools for caregivers to learn more about how to support their child(ren) reaching their full potential. Stop by our center any time to fill out this easy questionnaire and discuss with staff how you can support the child(ren) in your care!