

# Kidz 1st Network Parent Link Centre

**COMMUNITY SERVICES** active healthy connected



# Winter 2019 Program Guide

Winter 2019 Registered Programs are currently underway! Our open house for Spring Program Registration will be in early April!

## **Registered Programs**

#### **Melody Makers**

Children will participate in music related activities that include song, dance, instruments, and imaginative play. 3-5 yrs | Mondays 1:30-2:30pm | Jan 21-Mar 25

#### Movers n Shakers

Learn new songs and techniques to help distract, excite, and calm your child. Bang on drums, shake tambourines, dance with ribbons with new friends.

18-36 mos | Mondays 3:00-4:00pm | Jan 21-Mar 25

### Music, Move, & Sign Level 2

A fun and interactive program that allows parents and babies to play, move, sing, and communicate using hand signs. 0-24 mos | Tuesdays 10:15-11:30am Jan 22-Mar 26

#### Let's Grow Together

This play-based program provides opportunities for moms, dads, caregivers, and children to enjoy activities, play centers, art, & experiences together. Circle time includes songs & stories 2.5-5 yrs | Tuesdays 1:00-2:30pm | Jan 22-Mar 26 Wednesdays 10:00-11:30am | Jan 23-Mar 27 Siblings welcome!

#### **Busy Bodies**

A program designed to keep toddlers busy with running, jumping and tumbling in a free-play environment. Plenty of opportunities to meet others and share songs and stories at circle time. 18-30 mos | Wednesdays 1:00-2:30pm | Jan23-Mar 27

#### **Tiny Tunez**

Join in with other families as they sing, move, perform finger plays and use musical instruments. Music is proven as a means to help relax, distract, comfort and bond with babies. 0-17mos | Thursdays 9:30-10:30am | Jan 24-Mar 28

Check us out on Facebook for the all of the latest news!



www.facebook.com/chestermereplc

### **Langdon Registered Programs**

\*Please note that all of the below programs will be held at the **Langdon Community Church** 23 Centre St NE

Langdon, AB T0J 1X2

#### Music, Move, & Sign

A fun and interactive program that allows parents and babies to play, move, sing, & communicate using hand signs. Coffee & Chatter to follow.

0-24 mos | Wednesdays 1:30-2:30pm Jan 23-Mar 27

#### **Rock-A-Bye Rhymes**

This program is designed to give babies the opportunity to explore the world through songs, chants and rhymes, while developing literacy skills.

0-18 mos | Thursdays10:00-10:45pm | Jan 24-Mar 28

### Langdon Drop-In Programs

### **Baby Stay & Play**

This program is a combination of Baby Stay & Play with Coffee & Chatter. It is your chance to meet other parents of small children, share parenting tips and access valuable re-

0-18 months | Thursdays 10:45-12:30pm

#### **Coffee & Chatter**

A great program to meet other parents and caregivers with small children to share tips and access valuable resources... 0-18 mos | Wednesdays 2:30-3:30pm



Learn how to support the healthy development of

## **Drop-In Programs**

#### **Drop-In Play Time**

A facilitated program where parents and children can spend quality time with each other while meeting new friends and experiencing our resource-rich playroom.

All ages | Mondays & Fridays 10:00am-12:00pm

#### Grow & Learn

Our Grow & Learn Walk-in is designed to help you navigate your toddler/preschooler's development. There will be a different topic each week. Come by to play, and for some face to face interaction with specialists in our community.

All ages | Tuesdays 10:00am-12:00pm

#### Stay & Play

A facilitated drop-in evening program for parents/caregivers and children in a resource-rich and fully equipped playroom. All ages | Tuesdays and Wednesdays 4:30-8:30pm

#### **Messy Hands**

Explore your child's creativity and enjoy a new craft, art, and sensory experiences each week! 3-5years | Tuesdays 5:30-6:30pm

### **Sundown Story Time**

Come in your pajamas, create fun crafts and listen to a favourite bedtime story!

All ages | Wednesdays 7:00-7:30pm

#### Coffee & Chatter

A great program to meet other parents and caregivers with small children to share tips and access valuable resources 0-18 mos | Thursdays 10:30-11:30am

