

All programs, sessions, and groups are held at Kidz 1<sup>st</sup> Network Parent Link Centre, unless stated otherwise.

Please visit our website ([www.chestermere.ca/plc](http://www.chestermere.ca/plc)) for all programs and pre-registered programs.

Registration is first come, first serve, and priority will be given to children who have not yet attended

## DROP IN PROGRAMS: COME IN AND PLAY! YOUNGER SIBLINGS ARE WELCOMED, TOO!

### Drop In Play Time & Tip Talk

A facilitated program where parents and children can spend quality time with each other while meeting new friends and experiencing our resource-rich playground. Each week a new parenting topic will be presented & discussed.

**All ages | Mondays and Fridays 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**

### Talk N Tots

Get the scoop on speech! Every week we will play, learn, and laugh in a language rich environment! If you have any specific questions about your child's speech and language development, there will be an Alberta Health Services Speech and Language Pathologist onsite once a month!

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

### Coffee & Chatter

A great program to meet other moms and dads of small children, share tips, and access valuable resources and guest speakers.

**0-18 months old | Wednesdays 2:00-3:30pm  
May 2—Jun 20**

## SPRING PROGRAMS

### REGISTRATION REQUIRED

#### Busy Bodies

##### Langdon Field House

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 mos-2.5 years old**

**Mondays 10:00-12:00pm | Apr 16-Jun 18**

## SPRING CON'T...

### Music, Move & Sign

#### Chestermere Public Library

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

**3-24 months old | Mondays 10:15 –11:15am**

**Apr 16-Jun 18**

### Let's Grow Together

This play-based program provides opportunities for moms, dads, caregivers, and children to enjoy activities, play centres, art experiences, songs, and stories together.

**2.5-5 years old, younger siblings welcome**

**Mondays 1:00-2:30pm | Apr 16-Jun 18**

### Melody Makers

Children will participate in music related activities that involve song, dance, instruments, and imaginative play.

**3-5 years old | Tuesdays 1:15-2:15pm**

**Apr 17-Jun 19**

### Movers 'n Shakers

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

**18-36 months old | Tuesdays 2:30-3:30pm**

**Apr 17-Jun 19**

### Emotion Commotion 2

If your child has taken Emotion Commotion before, then this is the next step! Children will learn how to increase their ability to independently problem solve, improve friendship skills, enhance positive behaviours and manage their emotions.

**3-5 years old | Wednesdays 9:30-11:00am**

**April 18-Jun 20**

### 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. Coffee & Chatter to follow.

**0-18 months old | Wednesdays 1:30-2:00pm**

**May 2-Jun 20**

## SPRING CON'T...

### Busy Bodies

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**18 mos-2.5 years old**

**Thursdays 9:30-11:00am | Apr 12-Jun 21**

### Cake & Friends

Celebrate your birthday month with us and new friends!

Join our Ages & Stages Team for a fun filled party of music, games, face painting, and cake!

**All ages | 3:00-4:30pm | Apr 26, May 24,**

**Jun 21 3:30-4:45 \*this date only**

### NEW! Book Club-Whole Brain Child

Join us for an exciting and interactive way to learn about child development and new strategies to manage behaviour.

**Fridays 10:00am-12:00pm**

**Mar 16-Apr 20**

**Childcare provided upon pre-registration**

## We are here to help.

### Positive Parenting Program

Parenting can be tough. The program helps families understand the dynamic and complexities of being a family by providing clear and simple strategies to overcome problems, while preventing them from reoccurring.

### Ages & Stages

This parent completed child development screening system allows you to become an expert on your child's growth, physically and socially. The Ages and Stages Facilitator provides you with activities for your child(ren) from 2 months to 5 years of age, as well as information, resources, and referrals.

**To speak with a facilitator about Ages & Stages developmental screening, parenting support, or Parent Link programs, connect with us! We offer consultations to clients through walk-in, phone or email.**



**All Parent Link programs and services provided are free to caregivers and their children 0-5 years of age.**