

FAMILY ACTIVITIES IN WESTLOCK



Parent Link Drop-In Playgroups

Encourage your child's development through play, socialization, and games! ****No Cost to Attend**** (parents & children 0 - 5 yrs)

Tuesdays 9:30 - 11:30 am
@ Rotary Spirit Centre

Free Play Wednesdays 1:00 - 2:30 pm
@ Rotary Spirit Centre Fieldhouse

Thursdays 9:30 - 11:30 am
@ St. Mary School

Wednesday Dec. 20th Christmas Party
@ Rotary Spirit Centre Fieldhouse 1:00 - 2:30 pm



Parent Link is having an afternoon of

Christmas Fun!



December 2 @ the Parent Link Centre 1 -2:30 pm

Join us for card making, ornament decorating, story time, and cupcakes!

Call to participate 780-307-2444 ext. 1



What's Up @ Your Library?



StoryTime
for ages 0 - 2 years

Mon @ 11 am
Wed @ 10 am

Preschool StoryTime
for ages 0 - 5 years

Fri @ 10:30 am

Special Events

Holiday Open House Dec. 7 @ 3 - 7 pm

Family Flick Dec. 9 @ 1 pm
"Despicable Me 3"



Parents can get together, have coffee, and discuss important parenting issues.

9:30 - 11 am @ the Westlock Library
Dec. 13 - *Kids in the Know - session 3*

Coffee Talk has been coordinated with the Library's *StoryTime* so children in childcare are able to participate.

Contact Parent Link to register
780-307-2444 ext 1 or parent.link@hfalberta.com

Developmental Screening



Learn about the skills and behaviors you can expect from your child from **18 months to 5 years** and discover new ways of supporting this exciting growth and development.

Wednesday, January 31, 2018 9 am - 2:30 pm

@ St. Mary School

Call Parent Link to book your time by
January 23 780-307-2444 ext. 1

(We can provide 1 hour of free childcare for siblings)



Bedtime Yoga

Join us for relaxation exercises, story time, and a healthy snack.

Dec 14, 6:30 - 7:30 pm @ Parent Link Centre
Call to register 780-307-2444 ext. 1



HOME HARDWARE'S 3rd ANNUAL

Magical Winter's Night Lantern Walk



*Come when Dark is here;
To take a spark from someone near
To light the night with a shower of flames
Come, and be glad you came!*

Friday, December 15 (6:30-8:30pm)

Saturday, December 16 (6:00-8:30pm)

Northwest Corner of Spirit Centre Grounds (by tennis courts)

Come for a walk in the woods and enjoy the lanterns created by the students of Westlock in this **free, fun, family event.**

Mother Goose: Join us for song, rhyme, & dance!

Mondays from 10 - 11 am
at the Westlock Library

Fridays from 10 - 11 am
at Westlock Continuing Care Centre



MERRY CHRISTMAS TO ALL AND TO ALL A MOVIE NIGHT

Bring Dad to the Parent Link Centre to make a picture frame and watch a **Christmas Movie!**

Wednesday, December 13 6:30 - 8 pm





Call to attend - 780-307-2444 ext. 1



COMMUNITY CALENDAR OF EVENTS FOR DECEMBER

Health Link Alberta - 811

Poison & Drug Information Services 1-800-332-1414

Every Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Saturday
5:45 - 6:45 pm Boston Pizza's FREE Skate @ RSC	10 - 11 am Mother Goose @ L 11 am StoryTime @ L	 9:30 - 11:30 am PLC Playgroup @ RSC	10 am Storytime @ L 1 - 2:30 pm Free Play Wednesdays @ RSC Please Note: Dec. 20 1 - 2:30 pm PLC Christmas Party @RSC	 9:30 - 11:30 am PLC Playgroup @ St. Mary School 1:30 pm Read with Me @ L	10 - 11 am Mother Goose @ Continuing Care **Dec 1 & 29 only 10:30 am Preschool StoryTime @ L Please Note: Dec. 7 Holiday Open House @ L Dec. 8 6:30 - 8:30 pm @AC McDonald's FREE Swim	Please Note: Dec. 2 1 - 2:30 pm Christmas Fun @ PLC Dec. 9 1 pm Family Flick @ L "Despicable Me 3" 
For more information, call RSC Westlock Rotary Spirit Centre - (780) 349-6654 AC Westlock Aquatic Centre (780) 349-6677 PLC Parent Link Centre - (780) 307-2444 ext 1 L Westlock Municipal Library - (780) 349-3060 EOTO Each One Teach One (780) 349-0742 FCSS Westlock & District FCSS - (780) 349-5900		Find this calendar online at  Classifieds, Events, Jobs, Garage Sales & Community				

Parenting Together

A **Couples Workshop** designed to strengthen and maintain your relationship as your family changes. This program is designed for couples expecting a child, with a baby, or with older children.



Presented by Westlock Parent Link - 7 sessions
 January 17 - February 28, 2018 6:30-8:30 pm
 @ Westlock Parent Link Centre
 Call to register - 780.307.2444 ext. 1



"The greatest gift you can give your child is a strong relationship between the two of you."



Westlock Parent Link presents The Power of Positive Parenting

Dec. 12 12:15 - 2:00 pm
 @ St. Mary School
 Register by Dec. 5 by calling
 780-307-2444 ext. 1

- Raise happy, confident kids
- Manage misbehaviour
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

FREE Childcare & Lunch

