

February

# 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

**Saturdays 10:00 - 11:30 am**  
**February 10 & 24 @ Rotary Spirit Centre Fieldhouse**

## Parent Link Registered Programs

### Coffee Talk

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

**9:30 - 11 am @ the Westlock Library**  
Feb. 14 - 'Happiness Basics' by Aspen Primary Health  
Feb. 28 - 'Kids in the Know': Session 5

## Parenting Together

A **Couples Workshop** designed to strengthen and maintain **your** relationship as your family changes.

Presented by Westlock Parent Link  
**\*\*Date Changes\*\***

**Mondays, Feb. 12 & 26 6:30 - 8:30 pm**  
**Saturday, Mar. 3 9:00 am - 3:30 pm**  
**Monday, Mar 12 & 19 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."*

Based on the work of the Gottman Institute's **Bringing Baby Home** Program.



## Calling all dads...

(grandpas, uncles, or brothers too)  
Westlock Parent Link is having *two nights* of building and racing fun!  
**February 5 & 26, 2018 @ 6:30 pm**

We will kick things off on **Feb. 5th** by watching a fun racing movie and then taking home materials to build your very own Kub Kar.

Then... **WE ARE OFF TO THE RACES**

Come back on the **26th** to see how fast your car is. Race for fun and prizes!

Register now by calling 780-307-2444 ext. 1



## Join Westlock Parent Link at the Westlock Community Daycare for **Dinner & Discussion Night**

Enjoy supper on us and then engage in a discussion about *"Raising Confident, Competent Children"* from the Triple P - Positive Parenting Program.

**Feb. 15 @ 6 pm Westlock Community Daycare (10801 101 St.)**  
Call Erin for more information at 780-307-2444 ext. 1  
**Please register by Feb. 8. Space is limited!**  
**Childcare is available.**



## Family Day Fun

Bundle up and come join us for a toboggan party on Family Day.  
We will be at **Belvedere Park on Monday, February 19, from 12 - 2:30 pm**, with free hot dogs, hot chocolate, and marshmallows for everyone!  
The first 25 children attending with their parents will receive a **FREE Crazy Carpet!**

*But Wait...*  
**THERE'S MORE!**

More Family Day events will be shared on our Facebook Page!

## What's Up @ Your Library?

**Story Time** for ages 0-5 on Mondays at 11:00 am  
**Story & Song** for ages 0-5 on Fridays at 10:30 am

### Special Events:

**Family Flick** for all ages on Saturday, Feb. 10 at 1 pm  
**"My Little Pony: the Movie"** (PG)

**MakerSpace** for ages 5-14  
Saturday, Feb. 24 at 1:00

**Meet the Creature** for all ages  
Monday, Feb. 26 at 3:30

**Library is closed** the morning of Thursday, Feb. 15;  
We are open from 1 to 8 pm

**Family Day weekend**, Feb. 17-19, the Library is closed.

## READ AND ROLL



Join us for an exciting, interactive program for you and your child aged 3 or 4.

Read an age appropriate book and then roll with activities to promote engagement, early literacy, and speech.

Foster your child's interest in books while encouraging language development through group activities.

**\*\*Date Changes\*\***








**Tuesdays, February 13 - March 27, 2018 (Book Set 1)**  
**@ Westlock Library 12:30 pm start**  
Register to attend by calling 780-307-2444 ext. 1



# COMMUNITY CALENDAR OF EVENTS FOR FEBRUARY

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
<p>5:45 - 6:45 pm Boston Pizza's FREE Skate @ RSC</p> 	<p>10 - 11 am Mother Goose @ L *except Feb. 19</p> <p>11 am Story Time @ L *except Feb. 19</p> <p><b>Please Note:</b> Feb. 26 3:30 pm Meet the Creature @L</p> 	<p>9:30 - 11:30 am PLC Playgroup @ RSC</p> 	<p>1 - 2:30 pm PLC Free Play Wednesdays @ RSC</p> 	<p>9:30 - 11:30 am PLC Playgroup @ St. Mary School</p> 	<p>10 - 11 am Mother Goose @ Continuing Care *Feb. 2 &amp; 9 only</p> <p>10:30 am Story &amp; Song @ L</p> <p><b>Please Note:</b> Feb. 9 6:30 - 8:30 pm @AC McDonald's FREE Swim</p> 	<p><b>Please Note:</b> Feb. 10 &amp; 24 10 - 11:30 am PLC Playgroup @ RSC</p> <p>Feb. 10 1 pm Family Flick @ L "My Little Pony the Movie"</p> <p>Feb. 24 1 pm MakerSpace @ L</p> 
<p>Find this calendar online at <a href="http://TownPost.ca">TownPost.ca</a> Classifieds, Events, Jobs, Garage Sales &amp; Community</p>						

## Bedtime Yoga

Join us for relaxation exercises, story time, and a healthy snack.  
Feb. 23, 6:30 - 7:30 pm @ Parent Link Centre  
Call to register 780-307-2444 ext. 1



## CRAFT-TASTIC KIDS

Come join Parent Link for a fun filled, sensory inspired, crafts-for-kids experience for preschool children.

This program will run for 4 weeks, and participants are required to register and attend all sessions as projects will overlap from week-to-week.

All projects will require parent assistance and supervision.

**Thursdays, Feb. 1 - 22 1:30 - 2:30**  
@ Parent Link Centre  
Call to register: 780-307-2444 ext. 1

## 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



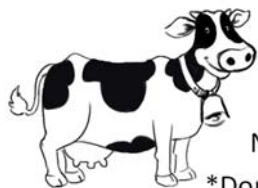
## Playgroup Field Trip Westlock Pioneer Museum

Meet us at the Pioneer Museum  
February 8 from 9:30 - 11:30 am

Learn how to milk a cow and make butter!

No need to register - just drop in. See you there!

\*Donations to the museum welcome but not necessary\*



## 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  
L Westlock Municipal Library (780) 349-3060  
EOTO Each One Teach One (780) 349-0742  
FCSS Westlock & District FCSS (780) 349-5900