

January FAMILY ACTIVITIES IN WESTLOCK

Parent Link Drop-In Playgroups

Programming begins January 9, 2018
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
January 13 & 27 @ Rotary Spirit Centre Fieldhouse

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)

What's Up @ Your Library?

Join us for Special Events this month...

All ages are welcome to view the "Lego Ninjago Movie" at 1 pm on Saturday the 13th.

Learn how to do sculptures in our Art Jam on Thursday the 25th at 3:30 pm.
Pre-register by calling 780-349-3060

What can we create in MakerSpace? Come see – Saturday the 27th at 1 pm

The Library will be closed on Monday, January 1. Happy New Year to all!
We will reopen at 9:30 on Tuesday, January 2.

Westlock Parent Link invites you to DISCOVER TOGETHER

This 3-week program is designed for children aged 3 - 5 yrs. and their parents.

This is a great opportunity to spend quality time with your little one while you explore together.

Thursdays, Jan. 11 - 25
1:30 - 2:30 pm
@ Parent Link Centre
Sign up now!
Limited space!
780-307-2444 ext. 1



Westlock Parent Link presents



@ St. Mary School 9:30 - 11:00 am
Register a week in advance by calling 780-307-2444 ext. 1

Offering parents practical advice for tackling specific problem behaviour in a relaxed group setting.

Raising Resilient Children (January 16)

Hassle-Free Shopping With Children (January 25)

****FREE Childcare & Lunch****



Parenting Together

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

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."

This program is for couples expecting a child, with a baby, or with older children.
Based on the work of the Gottman Institute's Bringing Baby Home Program.



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

9:30 - 11 am @ the Westlock Library
Jan. 10 - 'Behaviour Health' by Aspen Primary Health
Jan. 24 - 'Kids in the Know': Session 4

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

Call to register 780-307-2444 ext 1

READ AND ROLL

Book Set #1 - The Original Program

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

Promoting engagement, early literacy, and speech for 3 and 4 yr olds.

Tuesdays, Jan. 30 - Mar. 20
12:30 - 1:30 pm

Register @ 780.307.2444 ext 1
Limited Space - call now!



Bedtime Yoga

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

Jan 19, 6:30 - 7:30 pm @ Parent Link Centre
Call to register 780-307-2444 ext. 1







COMMUNITY CALENDAR OF EVENTS FOR JANUARY

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 *starting Jan 10 1 - 2:30 pm Free Play Wednesdays @ RSC 	9:30 - 11:30 am PLC Playgroup @ St. Mary School 	10 - 11 am Mother Goose @ Continuing Care <u>Please Note:</u> Jan. 13 6:30 - 8:30 pm @AC McDonald's FREE Swim	<u>Please Note:</u> Jan. 13 & 27 10 - 11:30 am PLC Playgroup @ RSC Jan. 13 1 pm Family Flick @ L "Lego Ninjago Movie" Jan. 27 1 pm MakerSpace @ L
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		

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. We look forward to the return of this program

Thursdays, Feb. 1 - 22
1:30 - 2:30 @ Parent Link Centre
 Registration Required so remember to call!
 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

