

# MARCH 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

**Saturday 10:00 - 11:30 am**  
**March 3** @ Rotary Spirit Centre Fieldhouse

## Parent Link Registered Programs

### Coffee Talk

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

**9:30 - 11:30 am @ the Westlock Library**  
**Mar. 14 - 'Raising Confident, Competent Children'**

### Lunch & Learn from Triple P

**Mar. 8 - 'Developing Good Bedtime Routines'**  
Explore problems parents commonly face at bedtime and some of the reasons why they happen. Develop strategies to deal with 'bedtime battles'.

**12:15 - 2:00 pm @ St. Mary School**  
**We provide lunch & childcare**

Please register for these programs a week in advance  
780-307-2444 ext. 1

## Westlock Parent Link invites you to DISCOVER TOGETHER

This 5-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, Mar. 1 - 29**  
**1:30 - 2:30 pm**

**@ Parent Link Centre**  
**Must be registered to attend**



## Build a Birdhouse with Dad or Grandpa!

When: Wednesday, March 21, 2018 @ 6:30 pm

Where: Westlock Parent Link Centre

For ages 3+ **\*\*NO COST\*\***

Please register with Erin @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 the "Power of Positive Parenting" from the Triple P - Positive Parenting Program.

**Mar. 22 @ 5:30 pm Westlock Community Daycare (10801 101 St.)**

Call Erin for more information at 780-307-2444 ext. 1

**Please register by Mar. 15 ~ Space is limited!**

**Childcare is available.**



## Playgroup Field Trip Canadian Tractor Museum



Meet us at the Tractor Museum  
(9704 96 Avenue Westlock AB)  
**March 29 from 9:30 - 11:30 am**  
We will race tractors, have other activities, crafts, and snacks.  
No need to register - just drop in!

## What's Up @ Your Library?

<b>Story Time</b>	Mondays @ 11:00 am
<b>Stories &amp; Crafts</b>	Wednesdays @ 10:00 am
<b>Story &amp; Song</b>	Mar 2 & 9 @ 10:30 am

### Special Events:

**Family Flick** for all ages on Saturday, Mar 3 @ 1:30 pm  
"Coco" (PG)

**Meet the Creature** for all ages  
Monday, Mar. 19 at 3:30 - 4:30 pm

### Spring Break Activities ~ March 26-29 @ 1pm

Monday	Old Fashioned Card Games
Tuesday	Art Jam
Wednesday	Spring Crafts
Thursday	Learn to Drive (14+ registered program)
<b>Movies</b>	<b>Everyday @ 1pm</b>

## 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.

**Tuesdays, April 10 - May 22, 2018 (Book Set 2)**

**@ Westlock Library 12:30 pm start**

**Register to attend by calling 780-307-2444 ext. 1**

## Bedtime Yoga

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

Mar. 9, 6:30 - 7:30 pm @ Parent Link Centre

Call to register 780-307-2444 ext. 1








# COMMUNITY CALENDAR OF EVENTS FOR MARCH

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</p> <p>11 am Story Time @ L</p> <p><b>Please Note:</b> Mar. 19 3:30 - 4:30 pm @ L Meet the Creature</p>	<p>9:30 - 11:30 am PLC Playgroup @ RSC</p>  	<p>10 am Stories &amp; Crafts @ L</p> <p>1 - 2:30 pm PLC Free Play Wednesdays @ RSC</p> <p><b>Please Note:</b> Mar. 21 6:30 @ PLC Build a Birdhouse</p>	<p>9:30 - 11:30 am PLC Playgroup @ St. Mary School</p> 	<p>10:30 am Story &amp; Song @ L *March 2 &amp; 9</p> <p><b>Please Note:</b> Mar. 9 6:30 - 8:30 pm @AC McDonald's FREE Swim</p> <p>Mar. 9 6:30 - 7:30 pm @ PLC Bedtime Yoga</p> 	<p><b>Please Note:</b> Mar. 3 1:30 pm Family Flick @ L "Coco"</p> <p>Mar. 3 10 - 11:30 am PLC Playgroup @ RSC</p>
<p>Find this calendar online at <a href="http://TownPost.ca">TownPost.ca</a> Classifieds, Events, Jobs, Garage Sales &amp; Community</p>						

## CRAFT-TASTIC KIDS

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.

**Mondays, April 9 - 30**

**1:30 - 2:30 @ Parent Link Centre**

Remember to call to register!

780-307-2444 ext. 1

## Special Event: Triple P "Raising Resilient Children"

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations?

Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

**Presented by Westlock Parent Link @ Flatbush Complex**

**April 3 at 10 am - 12 pm**

**Please 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

Provided by 'Each One Teach One'



## 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

