

Hours of Operation:

Monday 9:30 am - 3:00 pm
 Tuesday / Wednesday / Thursday
 9:30 am - 6:30 pm
 (Closed from 12-1 for lunch)
 Friday 9:30 am - 12:00 pm
 Last Saturday of the Month
 11:00 am - 3:00 pm



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Parent Link On Wheels (PLOW) Outreach Program

September - June
 Songs, crafts, stories and
 tons of fun with friends

Irma United Church
 once a month TBA, 10:00 - 11:30 am

Chauvin Gospel Center
 Wednesdays, 10:00 - 11:30 am

Edgerton United Church
 Thursdays, 10:00 - 11:30 am

Programs are not religion based.

Call 780.842.2585 for more info.

If I Had My Child To Raise Over Again

*If I had my child to raise all over again,
 I'd finger paint more, and point fingers less.
 I would do less correcting and more connecting.
 I'd take my eyes off my watch, and watch with my eyes.
 I would care to know less and know to care more.
 I'd take more hikes and fly more kites.
 I'd stop playing serious, and seriously play.
 I would run through more fields and gaze at more stars.
 I'd do more hugging and less tugging.
 I'd build self-esteem first, and the house later.
 I'd teach less about the love of power,
 and more about the power of love.*

By Diane Loomans

Wainwright & District

parentLINKcentre

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To obtain more information or our
 monthly calendar visit us on
 the web at www.wdfcs.ca

PLC is a FREE place to **Play, Learn
 and Connect** due to funding from:



Wainwright & District

parentLINKcentre

Play, Learn and Connect

Welcome to your community
 Family Resource Centre



**A place for you
 and your children**

A place to play



A place to learn



Photos courtesy of FRP Canada
www.frp.ca www.parentsmatter.ca

A place to share parenting ideas



A place to bring your friends and make new ones



Parent Link Activities

Early Childhood Development & Care

Parent child relationships are enhanced when families have positive experiences playing together. Parent Link Centre offers a wide variety of play based learning activities in which parents and children interact. Some programs include “*Mov’in and Groov’in*” with Mom, Dad ‘n’ Me Play Days, *Rhyme Time*, and lots of free play.

Parent Education

Parent education programs help to build parents’ skills and confidence in providing a nurturing environment for their children. Parent Link offers informal and formal Parent Education sessions. Some examples of the programs include: *Coffee Talk—Parenting Strategies*, *Kids Have Stress Too*, *Active Babies*, *Post Natal—Making Lasting Connections*.

Family Support

Family Support services are intended to be preventative measures designed to help parents identify and develop their strengths... and be active, involved, concerned directors of their families’ lives and their children’s development. Some examples of these services include access to a *Toy Lending Library*, *Clothing Exchange*, *Family Counseling Services*, and opportunities for parents to meet other parents, build new friendships, creating networks of support.

Information and Referral

Parent Link provides an information portal that connects parents with programs, tools and resources that can help them raise strong, healthy children. Some services provided include: *Parent Resource Library* that includes books, videos related to parenting and child development, *Resource Directory* that provides details about the range of family services in the community, access to developmental screening using the *Ages and Stages Questionnaire*.