



Be the **Best Parent** you can be!



Southview Community School (Entrance on Cameron Rd.)
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October 2017



...make the most of the early years.

HALLOWEEN: Come & join us for a Messy Makers Halloween Party. There will be Halloween themed activities and we may even have some treats for you. Feel free to come dressed up in costume, but be prepared for mess.

MOM'S NIGHT OUT: Come fill up your cup on Tuesday Oct. 17th from 6:00-8:00pm here at PLC. Let's get crafty. Space is limited, so please call to register at 403-504-0833.

RHYME TIME: Join us Wednesday mornings from 10:00-11:00am, starting Nov. 1st, for songs, rhymes and snacks. This program is geared for children ages 0-3, but siblings are welcome. Please call **403-504-0833** to register as space is limited.

BABY MASSAGE: This program is for parents with babies one to five months of age. We will show you, step by step, how to massage your baby and all the benefits it can bring. Please call **403-504-0833** to book an individual session with one of our facilitators. We will also be running it as a registered program Dec. 6th and 13th from 10:00am-11:00am. If you are interested, please call to register.

UPCOMING TRIPLE P:

- **Discussion Group:** "Developing Good Bedtime Routines" runs from 6:00-8:00pm on Oct. 26th at PLC. Space is limited, so please call **403-504-0833** to register.
- **Discussion Group:** "Hassle Free Shopping" runs from 6:00-8:00pm on Nov. 16th at PLC. Space is limited, so please call **403-504-0833** to register.

TRIPLE P ONLINE: If you are interested, you can do the Triple P Online for FREE! This program is funded by the Alberta Government for all Alberta Parents. For more information please visit www.triplep-parenting.net

ASQ DEVELOPMENT SCREENINGS: ASQ Development Screenings are a parent completed survey that gives information regarding your child's development. This is for children aged 0-5 years. We have some appointments available, so please call to book an appointment at **403-504-0833**.

KID KITS: United Way has given us Kid Kits to distribute in our community. Each Kit has a new book, toy, and activity cards for the parents to encourage child development. Please stop in to get yours.

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