

# HIGH RIVER & DISTRICT PARENT LINK CENTRE



Stay & Play for Grandparents  
and their Grandchildren

Sat. Oct. 26, 2019

High River Parent Link Centre  
303, 9th Ave SW  
9:00am-12:00pm

This Special Playtime is Reserved for  
Grandparents & their Grandchildren under 6  
years old. Join us for a FREE morning of fun  
crafts and games.

To Register, Please Call 403-652-8633

In Partnership With PLAY + GROW + CONNECT + SHINE  
FOOTVILLE CHILDREN'S WELLNESS NETWORK

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FOOTVILLE CHILDREN'S WELLNESS NETWORK

## I Am Three..Explore With Me!

A FREE EVENT for parents, grandparents, or caregivers  
and their child who turns 3 in 2019!

- PLAY with crafts and games
- GROW an opportunity to discuss your child's development (Ages and Stages Questionnaire)
- CONNECT with community resources
- SHINE and have fun!

Every 3 year old will go home with a favour bag!



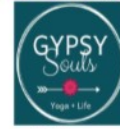
FRIDAY  
OCTOBER 4, 2019  
10 am—12 pm  
High River & District  
Parent Link Centre  
303 9th Ave SW

Pre-registration is required! Please call the  
Parent Link Centre at 403 652 8633

Alberta Government

parentLINKcentre

## PARENT & TOT YOGA



Join us Friday mornings

September 20th-November 22nd, 2019 at the  
High River PLC from 11am- 12pm

Parent Link is Proud to Partner with Gypsy Souls  
for this wonderful, Parent/child bonding and  
interactive family yoga class!

Come recharge and de-stress with us!

Call the High River PLC for more information  
403.652.8633



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Speech Clinics 2019:

Claresholm- October 1st, 2019

Okotoks- October 9th, 2019

High River- October 24th, 2019

Diamond Valley-

November 28th, 2019

## Parent Link's HALLOWEEN PARTY!!

Calling all the little bats, monkeys,  
superheroes and ones in witches hats...

Join us for some SPOOKY fun!

The Parent Link knows how to get it  
done!

On Thursday October 31st, 2019 from  
9:30-11:30am at the High River PLC

For more information call the High River PLC

403-652-8633

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## Bellies & bundles

For moms to be and moms that are...

We are offering an opportunity for new and expectant moms to  
connect with one another. This group will include information  
and support on your child's development, nutrition, health and  
well-being. It is intended for expectant moms and those with  
babies under one year of age. Siblings are welcome!

BELLIES AND BUNDLES WILL RUN EVERY SECOND AND FOURTH  
FRIDAY FROM 1:30-3:30PM STARTING ON SEPTEMBER 13TH, 2019.

For more information please call the Parent Link Centre at 403-652-8633



Children will have FUN preparing  
Yummy Snacks, as the HEAD CHEF!

Children will LOVE this  
culinary experience

Thursday afternoon on

November 21st- December 12th, 2019

from 1:30-2:30pm

Call the High River PLC to register

403.652.8633



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HIGH RIVER HOSPITAL MULTIDISCIPLINARY BREASTFEEDING COMMITTEE  
PRESENTS

## MILK

THE HISTORIC WALES THEATER in HIGH RIVER  
SATURDAY OCT 5<sup>TH</sup>, 2019@ 1:00 PM



Milk is a sweeping cinematic look at the politics of breastfeeding and birth across four continents. Both  
Political and investigative director, Naomi Wales sheds light on the choices women must make in motherhood.  
As much as it is a call to action and reflection MILK is a celebration of life and deserves to be seen by  
everybody. Now is your opportunity to help raise the voices of women from around the world and make a real  
impact in your community.

Brought to you with support from  
THE HIGH RIVER DISTRICT HEALTH CARE FOUNDATION AND THE WALES THEATER



High River Hospital Multidisciplinary Breastfeeding Committee Presents

## KangarooCare-a-thon

Breastfeeding Challenge 2019  
&  
Kangaroo Skin 2 Skin Care

For more info visit  
[www.hrh.kangaroo.ca](http://www.hrh.kangaroo.ca)

Come celebrate National Breastfeeding Week

@ The High River Parent Link Center  
Sat Oct 5<sup>th</sup>, from 10-11am

at the High River Parent Link Centre  
nature Park will be bringing the Joys, Wallabies and Sugar gliders to add some interactive fun!

Stay with us @ 1:00 to

Share how you Care

The challenge is to participate in either  
Skin 2 Skin Kangaroo-care with your baby  
or a Latch on Breastfeeding Challenge



Kangaroo visit is generously sponsored by  
High River Health Services Patient and Family Centred Care Program



Phone: 403.652.8633

Email: [parentlinkcentre@highriver.ca](mailto:parentlinkcentre@highriver.ca)

Address #106-303 9th Ave SW High River, AB



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stay & Play: 9am to 12pm 1-4pm	2 Stay & Play 9am to 12pm 1-4pm	3 Stay & Play 9am to 12pm 1-3pm	4 CLOSED I am Three Event	5 Stay & Play 9am-12pm
7 Stay & Play for Child Care Providers 9am to 12pm	8 Stay & Play: 9am to 12pm 1-4pm	9 Stay & Play 9am to 12pm 1-4pm	10 Stay & Play 9am to 12pm 1-3pm	11 Stay & Play: 9am to 12pm	12 
14 	15 Stay & Play: 9am to 12pm 1-4pm	16 Stay & Play 9am to 12pm 1-4pm	17 Stay & Play: 9am to 12pm 1-3pm	18 Stay & Play 9am-12pm	19 Stay & Play: 9am to 12pm
21 Stay & Play for Child Care Providers 9am to 12pm	22 Stay & Play: 9am to 12pm 1-4pm	23 Stay & Play 9am to 12pm 1-4pm	24 Stay & Play 9am to 12pm 1-3pm Speech Clinic	25 Stay & Play: 9am to 12pm	26 Stay & Play: 9am to 12pm Grandparents Day
28 Stay & Play for Child Care Providers 9am to 12pm	29 Stay & Play : 9am to 12pm 1-4pm	30 Stay & Play 9am to 12pm 1-4pm	31 Halloween Party from 9:30-11:30am		