

# FAMILY ACTIVITIES IN WESTLOCK

# JANUARY

## 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  
@ Spirit Centre Kali's Corner

**Thursdays** 9:30 - 11:30 am  
@ St. Mary School

Westlock Parent Link presents



## Dealing with Disobedience

January 17 @ St. Mary School 12:00 - 2:30 pm

Register to attend by Jan. 10  
Call 780-307-2444 ext. 1

Get the strategies to build strong, healthy relationships, and confidently manage your children's behavior.

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

Join us at Westlock Parent Link for  
>> **Yoga for Kids** <<

Your kids will learn poses to energize, motivate, calm, and focus them.

**Jan. 15, 2019 12:30 - 1:30 pm @ PLC**

Please call to register 780-307-2444

**\*\*designed for children ages 2+**



## READ AND ROLL

### Book Set #2

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. 22 - Mar. 5**  
1 pm start (Once this session is full we will book for 2 pm)

Register @ 780.307.2444 ext 1  
Limited Space - call now!



Happy New Year!



presents



## "Building Better Brains"

The experiences children have in the first years of their lives affect the physical architecture of their developing brain. Building better brains is possible by exposing children to positive, nurturing interactions at a young age. Explore how relationships, play, and everyday experiences positively impact a child's development.

Join the conversation!

January 21, 2019 1:00 - 2:30 pm

**Call 780-307-2444 to register!**

## What's Up @ Your Library?

**Mother Goose** Mondays @ 10:00 am

**Story Time** Mondays @ 11:00 am

**Story and Song** Fridays @ 10:30 am

\*January 18 & 25

### Special Events

**Family Flick** Jan. 12 @ 1:00 pm  
"Small Foot"

**Puppet Show with Stories & Crafts** Jan. 16 @ 10:30 am

**Family Literacy Day** Jan. 26 @ 11 am - 2 pm  
Reading, Games, and a take home literacy package

**\*\*You and Me Book Club** books available for pick up January 7. Club is designed for Parent/caregivers and young children.



A special learning event in  
Busby, AB:

## Raising Confident, Competent Children

January 22, 2019 @ the Busby Hall 9:00 - 11:30 am

Register by calling 780-307-2444 ext. 1

Find out ways to encourage your child to be respectful and considerate, communicate and get along well with others, feel good about themselves, and become independent problem solvers.

Triple P – Positive Parenting Program®




# COMMUNITY CALENDAR OF EVENTS FOR JANUARY

Health Link Alberta - 811

Poison & Drug Information Services 1-800-332-1414



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>10 am Mother Goose @ L</p> <p>11 am Story Time @ L</p>	<p>9:30 - 11:30 am PLC Playgroup @ RSC</p>		<p>9:30 - 11:30 am PLC Playgroup @ St. Mary School</p>	<p>10:30 am Story and Song @ L *January 18 &amp; 25</p> <p><b>Please Note:</b> Jan. 11 6:30 - 8:30 @AC McDonald's Free Swim 2<sup>nd</sup> Friday of the month</p>	<p><b>Please Note:</b> Jan. 12 @ 1 pm Family Flick @ L Jan. 26 @ 11 am Family Literacy Day @ L</p>

For information on the current swimming schedule, visit [www.westlock.ca](http://www.westlock.ca) or call the Aquatic Centre.

For more information, call

- PLC Parent Link Centre - (780) 307-2444 ext 1
- AC Westlock Aquatic Centre (780) 349-6677
- 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

