



MON		TUE	WED	THU	FRI	SAT
Registration for WINTER PROGRAMS will begin at Mini Energizer Night on Wednesday, January 8th from 6:00-8:00pm at the Rec Centre. ★			PLC Closed <i>New Years Day</i>	2	3 Drop-In Playtime 9:30 - 11:30am	4
6 Drop-In Playtime 9:30 - 11:30am	7 Grow and Learn <i>Developmental Screening (ASQ)</i> 9:30 - 11:30am Baby Time 3:00pm - 4:30pm	8 Drop-In Playtime 9:30 - 11:30am Program Registration Begins at Mini Energizer ★ 6:00- 8:00pm Chestermere Rec Centre	9	10 Drop-In Playtime 9:30 - 11:30am	11 Program Registration Continues Call (403) 207-7050 ext. 7064 or come in person	
13 Drop-In Playtime 9:30 - 11:30am	14 Grow and Learn <i>Speech & Language Pathologist</i> 9:30 - 11:30am Baby Time 3:00pm - 4:30pm	15 Drop-In Playtime 9:30 - 11:30am Baby & Rhymes Storytime Chestermere Library 10:15 - 11:15am Drop-In Playtime (PM) 🌙 4:30 - 7:00pm	16 The Power of Positive Parenting - Seminar #1 4:15 - 6:00pm BrightPath Chestermere	17 Drop-In Playtime 9:30 - 11:30am	18 Daddy & Me 9:30 - 11:30am 	
20 Drop-In Playtime 9:30 - 11:30am Music Move & Sign Chestermere Library 10:15 - 11:30am Emotion Commotion 2:00 - 3:30pm	21 Grow and Learn <i>Car Seat Technician</i> 9:30 - 11:30am Baby Time 3:00pm - 4:30pm	22 Drop-In Playtime 9:30 - 11:30am Baby & Rhymes Storytime Chestermere Library 10:15 - 11:15am Drop-In Playtime (PM) 🌙 4:30 - 7:00pm	23 Comfort, Play, Teach 9:30 - 11:00am Langdon Family Music Langdon Community Church 9:30 - 11:00am Raising Confident, Competent Children - Seminar #2 4:15 - 6:00pm BrightPath Chestermere	24 Drop-In Playtime 9:30 - 11:30am Messy Hands 2:00 - 3:00pm	25	
27 Family Literacy Day Event Chestermere Library 10:30am - 12:00pm Emotion Commotion 2:00 - 3:30pm	28 Grow and Learn 🌟 <i>La Leche League - Breastfeeding</i> 9:30 - 11:30am Baby Time with a local Family Nurse Practitioner 3:00pm - 4:30pm	29 Drop-In Playtime 9:30 - 11:30am Baby & Rhymes Storytime Chestermere Library 10:15 - 11:15am Drop-In Playtime (PM) 🌙 4:30 - 7:00pm	30 Comfort, Play, Teach 9:30 - 11:00am Langdon Family Music Langdon Community Church 9:30 - 11:00am Raising Resilient Children - Seminar #3 4:15 - 6:00pm BrightPath Chestermere	31 Drop-In Playtime 9:30 - 11:30am Messy Hands 2:00 - 3:00pm		

Winter Drop-In Programs

Drop in Playtime (0-5 years)
This program is for parents/caregivers and children to discover different play-based activities which help build your child's cognitive, physical, and social-emotional development. Our Early Childhood Supports Team will be available throughout the program to answer questions, provide resources and information. We will finish off the program with a circle time, and light snack before we say farewell!
Mondays, Wednesdays & Fridays - 9:30 - 11:30am - Chestermere Parent Link
Wednesdays Evenings - 4:30 - 7:00pm - Chestermere Parent Link

Grow & Learn (0-5 years)
Meet and connect with local specialists in our community, and free play with your child. Each week we will feature a different topic or professional from the community such as our Speech & Language Pathologist, Healthy Eating, Breastfeeding Support with La Leche League, and so much more!
Tuesdays - 9:30 - 11:30am - Chestermere Parent Link

Family Music Program LANGDON
You and your child/ren will participate in music related activities that involve song, dance, instruments, and imaginative play. Bang on drums, shake tambourines, dance with ribbons, and meet new friends at this Family Music Program!
Thursdays - 9:30 - 10:30am - Langdon Community Church

Baby Time (0-18 months)
This program is for parents/caregivers and their babies 0-18 months. Baby Time program will provide developmentally appropriate activities, supports and resources while you interact with your baby and socialize with other parents in the community.
Tuesdays - 3:00 - 4:30pm - Chestermere Parent Link
January 28th and March 3rd will include Family Nurse Practitioner Lynette Wohlgenuth

Baby & Rhymes Storytime (0-12 months)
Parents/caregivers and babies (0-12 months) are invited to this exciting new program in partnership with library! Join us for a morning of stories, songs and rhymes to promote bonding, and the development of your baby's language, communication, and early literacy skills.
Wednesdays - 10:15 - 11:15am - Chestermere Public Library



Winter Registered Programs

How Can I Register for Programs?

Registration for Winter Programs will begin on **January 8th at Mini Energizer Night from 6:00 - 8:00pm** at the **Chestermere Rec Centre**. We will then begin accepting registration requests over the phone or in person starting on **Thursday, January 9th at 9am**. Please call **(403) 207-7050 ext.7064** and leave a voicemail with your name, phone number, and the program(s) you are interested in registering for. Families can expect to receive a confirmation email between January 13th and 17th with an update on which programs they are in and/or if they are waitlisted.

Music Move & Sign (0-18 months)

This is a fun and interactive music program that encourages parents and their babies to play, move, sing, and communicate using hand signs. Activities in this program will allow you to bond and connect with your little one, and it is a great opportunity to get to know other families in your community.

Mondays - 10:15 - 11:30 - Chestermere Public Library

Emotion Commotion (3-5 years)

With your participation, children will learn how to increase their ability to independently problem solve, improve friendship skills, enhance positive behaviours and control their emotions. This program also touches on self-esteem, self-confidence, and the ability to give and receive compliments.

Mondays - 2:00 - 3:30pm - Chestermere Parent Link

Daddy & Me (0-5 years)

Calling all Dads/grandfathers/uncles/caregivers and children from 0-5 years! January Daddy & Me will be specifically designed to get dads and kiddos playing, singing, learning, and moving together in a fun and interactive environment.

Saturday, January 18th - 9:30 - 11:30am - Chestermere Parent Link

Messy Hands (2.5-5 years)

Explore your child's creativity with a new craft, art, and/or sensory experience each week! You will learn about how sensory play and open-ended art helps to expand development, all while enjoying a new experience with your child. We will finish off the program with stories and songs at circle time.

Fridays - 2:00 - 3:00pm - Chestermere Parent Link

Comfort, Play, Teach (2-3 years)

A program designed to build school readiness skills with Music and Movement, Science and Nature, Language and Literacy, Creative Art and Mathematics. Through play your child learns to explore and discover their world. This simple practical and easy to understand program builds on what your child can already do, and what you can do as a parent to support them.

Thursdays - 9:30 - 11:00am - Chestermere Parent Link

Parent Education & Workshops



The Positive Parenting Program (Triple P) - Seminar Series

Seminars are informal, parenting workshops designed for larger groups of parents. There are three seminars in the Triple P series and you can choose to do one, two or all three. Please call (403) 207-7050 to register.

Free childcare, and snacks are provided (limited spots available).

Location: BrightPath Chestermere Time: 4:15 - 6:00pm

Dates: Thursday, January 16th, 23rd, & 30th

January 16th: The Power of Positive Parenting: For every parent who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don't like.

January 23rd: Raising Confident, Competent Children: You can help your child become confident and successful – at school and beyond. Learn ways to encourage them to be respectful, considerate, communicate and get along with others, feel good about themselves and become independent problem solvers.

January 30th: 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.



Bringing Baby Home
Professionals helping new parents
with the transition to parenthood

Bringing Baby Home

Location: Chestermere Parent Link Time: 9:30am - 3:30pm

Dates: Saturday, February 1st & 8th

Are you and your partner expecting or new parents?

Bringing Baby Home is a program designed to: Increase relationship satisfaction, learn ways to effectively manage stress, ensure a smooth transition to parenthood, learn how to be a cohesive parenting team, promote positive development in your child, and improve the quality of infant-parent interactions.

Positive Parenting Support Group (Triple P)

Location: Chestermere Parent Link Time: 2:30 - 4:30pm

Dates: Wednesdays - February 19th - March 11th

Register for our free, 4-week Parent Support Group. Each session is 2-hours in length, and provides opportunities for parents to learn through observation, discussion, practice and feedback. DVD segments are used to demonstrate positive parenting skills. These skills are then practiced in small groups. Parents receive constructive feedback about their use of skills in an emotionally supportive context. Between sessions, parent's complete homework tasks to consolidate their learning from the group sessions.

Free childcare, and snacks are provided (limited spots available).



Upcoming Events

Family Literacy Day Event

Let's celebrate Literacy Day at the Chestermere Public Library! Come and learn about the importance of early literacy at this fun event! There will be plenty of songs, activities and games to enjoy with your child.

Monday, January 27th - 10:30am - 12:00pm - Chestermere Public Library



Family Day Unplugged

Join the PLC, Formative 5 and other service providers at the Chestermere Recreation Centre this upcoming Family Day to participate in a day of play! Learn about the importance of play with fun and engaging activities that promotes family connection and child development.

Monday, February 17th - 1:00 - 4:00pm - Chestermere Rec Centre



www.chestermere.ca

