

Winter 2012



PLC Office Hours
Monday - Friday 9am-3pm
9am-12:30pm Saturday (Oct 15-May 26)
10302A-99 Ave Fort Saskatchewan
780-998-5595 or
Toll Free 780-413-9153 ...998-5595

Our News email is:
familiesfirstnews@gmail.com

Our website is:
www.familiesfirstsociety.ca

Find us on [facebook](#)



There is no power greater than a community discovering what it cares about.

Ask "What's possible?" not What's wrong?"

Keep asking.

Notice what you care about.

Assume that many others share your dreams.

Be brave enough to start a conversation that matters.

Talk to people you know.

Talk to people you don't know.

Talk to people you never talk to.

Be intrigued by the differences you hear.

Expect to be surprised.

Treasure curiosity more than certainty.

Invite in everybody who cares to work on what's possible.

Acknowledge that everyone is an expert about something.

Know that creative solutions come from new connections.

Remember, you don't fear people whose story you know.

Real lis-ten-ing always brings people closer together.

Trust that meaningful conversations can change your world.

Rely on human goodness. Stay together.

Margaret Wheatley

Turning to One Another: Simple Conversations to Restore Hope to the Future (Expanded Second Edition), 2009

ChIPS is a
nut free zone



This is a drop-in parent and child program that provides an informal play environment for ages 0months to 6 years. There are lots of toys to enhance motor skills, role play, cooperation, literacy, and more! Children learn socialization skills through play, while parents can access socialization and peer support. Monday thru Friday 9:00am to noon (Closed on holidays, and when E.I.P.S. are closed for PD days, and school breaks)

Creative with Kids: This is a facilitated program that provides parents/ caregivers with opportunities to learn creative ways to interact with their children using interactive, age appropriate crafts. Mondays and Wednesdays 9:00am to noon

Tip Sheet Tuesday's: Triple P tip sheets cover everything from potty training, eating habits, separation anxiety & bullying. Join April Tuesdays at ChIPS



Children's Indoor Play Space
10215 104th St
Fort Saskatchewan
(River Road - Turner Park)
Monday - Friday 9am-12pm
\$3 per family/visit

* **Scholastic orders are available down at Chips as well as the PLC office.**

* **No Tip Sheet Tuesday Feb 14 or 21**

* **Chips will be closed February 9, 10, 17, 20, and Spring Break (March 26-30)**

IN YOUR COMMUNITY:

{VDAY} 2012
 "UNTIL THE VIOLENCE STOPS"

THE VAGINA MONOLOGUES

Featuring local talent..
 LISA ECKER
 LORI-ANN HUOT
 LAURA BURDETT
 TARA SLIWKANICH
 HEATHER BOONSTRA
 KIM HEATHERINGTON

**BENEFIT PERFORMANCE SUPPORTING
 FORT SASKATCHEWAN FAMILIES FIRST SOCIETY'S
 "FAMILY VIOLENCE PREVENTION PROGRAM"**

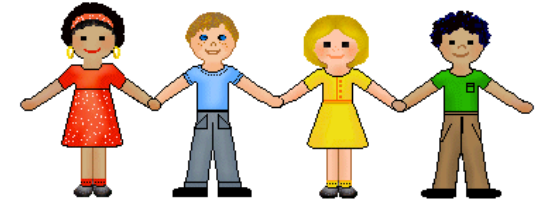
Saturday, February 11th, 2012 • Performance begins at 7:30pm
 Shell Theatre, Dow Centennial Centre • Fort Saskatchewan, AB

Tickets available at: The Dow Centennial Centre 780-998-6400
 Ticket Master 1-855-985-5000 [ticketmaster](http://www.ticketmaster.ca)

Tickets: Adults \$20.⁰⁰ Students/Seniors \$15.⁰⁰ [eyeGO.org](http://www.eyego.org)

DUE TO MATURE THEMES, THIS SHOW MAY NOT BE SUITABLE FOR CHILDREN UNDER THE AGE OF 14.

PARENT LINK CENTER:



COMING SOON:

Creating Confident Kids

Would you like your child to grow into a resilient teenager who makes positive life choices? Then this 7 week program is for you. CCK program teaches parents 40 developmental assets that you should provide your preschooler with. There is research showing that the more assets your children have, the less likely they are to become involved in risky behaviour in their teens.

Kids Have Stress Too

This is a 4 week workshop that enlightens parents about the stress that children have in their lives. We talk about the signs and symptoms of stress, as well as what children do to express their stress. We teach coping techniques, relaxation exercises and problems solving skills appropriate for toddlers to teens.

Please call 780-998-5595 ext.221 to register. These groups are available in all communities. When we have 6 participants registered (in one community) we will run a group.

COMMUNITY KITCHENS:

Providing families a chance to get together and cook in bulk to divide and share. Parents learn through practice and planning to prepare a menu.

Cost \$20.

Fort Sask Registration - call Patti at 780-998-5595 ext 221

Thursday 9:30-11:30am + Friday 9-1:30pm
 Saturday only 9:00-1:30

Legal Registration call Carol at 780-701-5234
 Monday 9:00 - 11:00 & Tuesday 9:00 - 1:00

WECAN Food Coop

\$25 buys you a basket with 3 cuts of meat/3 packages of vegetables/3 - 1 kg fruit.

A savings of at least 25% !!!

Deadline for Wecan food order payments - First Friday of each month. Wecan food order pick-up - Third Thursday of each month from 1:30-4:30pm. Call the PLC for registration information at 780-998-5595 ext 221

Sturgeon County

Check calendar for closures in each community.

Morinville - Creative With Kids
 Monday's, 9:00 to 11:00 thru March
 Ray McDonald Sports Arena
 Programs runs thru March 19

Riviere Qui Barre - Creative With Kids
 Tuesdays 10:00 to 12:00 thru June
 St Emerence Church RQB

Gibbons - Creative with Kids
 Tuesdays 9:30 to 11:30 thru June
 Gibbons Community Hall

Bon Accord - Moms & Tots
 Friday 9:30 to 12:00 thru June
 Library Lower Level

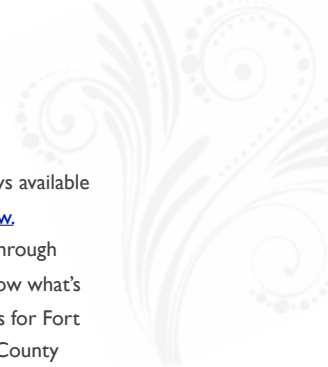
Legal - Coffee Talk
 Wednesday 10:00 to 12:00
 Legal School

Legal - Creative with Kids
 First and third Thursday
 10:00 to 12:00 Legal School

Legal - Music with Munchkins
 Second and Fourth Thursday
 10:00 to 12:00 Legal School
 Programs run thru June

Redwater - Marvelous Movers
 Thursdays 10:00 to 12:00 thru June
 Provident Place

Families First Calendar - Fort Saskatchewan



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 February	30 9 CWK-Chips 10 *Books for Babies	31 9 ChiPS Tip Sheet	1 Feb 9 CWK-Chips	2 *Community Kitchen Ft 5p *Young Parents Gp	3 WECAN Due	4 9 PLC Open
5 7p *Baby Loss Support	6 9 CWK-Chips 9:30 *Gimme A Break 10 *Books for Babies	7 9 ChiPS Tip Sheet	8 9 CWK-Chips	9 5p *Young Parents Gp	10	11 9 PLC Open
12 7p *Subsequent Pregnancy	13 9 CWK-Chips 10 *Sing & Sign	14 Valentine's Day 9 NO Tip Sheet	15 9 CWK-Chips	16 2p WeCan pick up 5p *Young Parents Gp	17	18
19	20 Alberta Family Day	21 9 NO Tip Sheet	22 9 CWK-Chips	23 *Community Kitchen 5p *Young Parents Gp	24	25 9 PLC Open
26	27 9 CWK-Chips 10 *Sing & Sign	28 9 ChiPS Tip Sheet	29 9 CWK-Chips	1 Mar 5p *Young Parents Gp	2 WECAN Due	3 *Community Kitchen 9 PLC Open

Our Google calendar is always available for your convenience @ www.familiesfirstsociety.ca Scroll through future events, and always know what's happening. Separate calendars for Fort Saskatchewan and Sturgeon County each listing events by location.

Feature Program: Creative With Kids

This is a free program for parents/caregivers and their children (0-6yrs) that provides opportunities for creative play and interaction through crafts, songs, games, rhymes, and stories. Program runs Tuesday Mornings from 10-noon at Gibbons Community Hall. Starts September 6th

(No class Oct 25, Nov 1, and Nov 22) and ends in June. Come by anytime, this program is Drop-In

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 March	27 9 CWK-Chips 10 *Sing & Sign	28 9 ChiPS Tip Sheet	29 9 CWK-Chips	1 Mar 5p *Young Parents Gp	2 WECAN Due	3 *Community Kitchen 9 PLC Open
4 7p *Baby Loss Support	5 9 CWK-Chips 10 *Sing & Sign	6 9 ChiPS Tip Sheet	7 9 CWK-Chips	8 *Community Kitchen 5p *Young Parents Gp	9	10 9 PLC Open
11 *Subsequent Pregnancy Daylight Saving Time Begins 7p *Subsequent Pregnancy	12 9 CWK-Chips 10 *Sing & Sign	13 9 ChiPS Tip Sheet	14 9 CWK-Chips	15 *Community Kitchen 2p WeCan pick up 5p *Young Parents Gp	16	17 St. Patrick's Day 9 PLC Open
18	19 9 CWK-Chips 10 *Sing & Sign	20 9 ChiPS Tip Sheet	21 9 CWK-Chips	22 5p *NO Young Parents Gp	23	24 9 PLC Open
25	26 9 NO CWK-Chips	27 9 NO CHIPS Tip Sheet	28 9 NO CWK-Chips	29 5p *NO Young Parents Gp	30	31 9 PLC Open

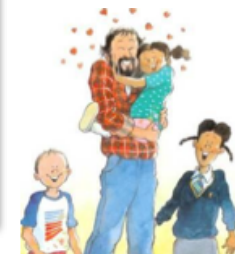
WE NEED YOU:

*While parents are attending programs, we offer childcare and programming for their children. In order to provide this service we have several Children's Programmers on staff. **We are in search of more staff to help us in this role.** This would be an ideal position for someone who is a stay-at-home parent with school-aged children, a grandparent, or someone who loves to help children learn and play. For further details visit our website at careers.

MUNSCHALOOZA!

Family Day, February 20th 1pm, DCC's Shell Theater Tickets are required for FREE admission at Ticketmaster.

Based on stories by Robert Munch
Performed by Center Stage Theater Company



Parent Link Calendar - Sturgeon County



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 February	30 *Community Kitchen Legal 9 CWK-Morinville	31 9:30 CWK-Gibbons 10 CWK-RQB	1 Feb 10 Coffee Talk Legal	2 10 Music w/Munchkins 10 Marvellous Movers	3 9:30 Mom&Tot-BA	4
5	6 9 CWK-Morinville	7 9:30 CWK-Gibbons 10 CWK-RQB	8 10 Coffee Talk Legal	9 10 CWK Legal 10 NO Marvellous Movers	10 9:30 NO Mom&Tot-BA	11
12	13 9 CWK-Morinville	14 Valentine's Day 9:30 CWK-Gibbons 10 CWK-RQB	15 10 Coffee Talk Legal	16 10 Music w/Munchkins 10 Marvellous Movers	17 9:30 Mom&Tot-BA	18
19	20 Alberta Family Day	21 9:30 CWK-Gibbons 10 CWK-RQB	22 10 Coffee Talk Legal	23 10 CWK Legal 10 Marvellous Movers	24 9:30 Mom&Tot-BA	25
26	27 *Community Kitchen Legal 9 CWK-Morinville	28 9:30 CWK-Gibbons 10 CWK-RQB	29 10 Coffee Talk Legal	1 Mar 10 Music w/Munchkins 10 Marvellous Movers	2 9:30 Mom&Tot-BA	3

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Feature Program: Marvellous Movers
 Start off your day with fun songs and games that will get you movin' and groovin'! This is a free drop-in program for children 0-6yrs and their caregivers that will make Physical Activity Fun!! This program runs every Thursday from 10-noon at Provident Place. Program runs until June 14!
 No program Feb 9th and Mar 29th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 March	27 *Community Kitchen Legal 9 CWK-Morinville	28 9:30 CWK-Gibbons 10 CWK-RQB	29 10 Coffee Talk Legal	1 Mar 10 Music w/Munchkins 10 Marvellous Movers	2 9:30 Mom&Tot-BA	3
4	5 9 CWK-Morinville	6 9:30 CWK-Gibbons 10 CWK-RQB	7 10 Coffee Talk Legal	8 10 CWK Legal 10 Marvellous Movers	9 9:30 Mom&Tot-BA	10
11 Daylight Saving Time Begins	12 9 CWK-Morinville	13 9:30 CWK-Gibbons 10 CWK-RQB	14 10 Coffee Talk Legal	15 10 Music w/Munchkins 10 Marvellous Movers	16 9:30 Mom&Tot-BA	17 St. Patrick's Day
18	19 *Community Kitchen Legal 9 CWK-Morinville	20 9:30 CWK-Gibbons 10 CWK-RQB	21 10 Coffee Talk Legal	22 10 CWK Legal 10 NO Marvellous Movers	23 9:30 Moms & Tots BA	24
25	26	27 9:30 NO CWK-Gibbons 10 NO CWK-RQB	28 10 NO Coffee Talk Legal	29 10 NO Music w/Munchkins 10 NO Marvellous Movers	30 9:30 NO Mom&Tot-BA	31



- Fort Saskatchewan F.
- Gibbons/Bon Accord
- Legal
- Morinville
- R.Q.B.
- Redwater
- Sherwood Park