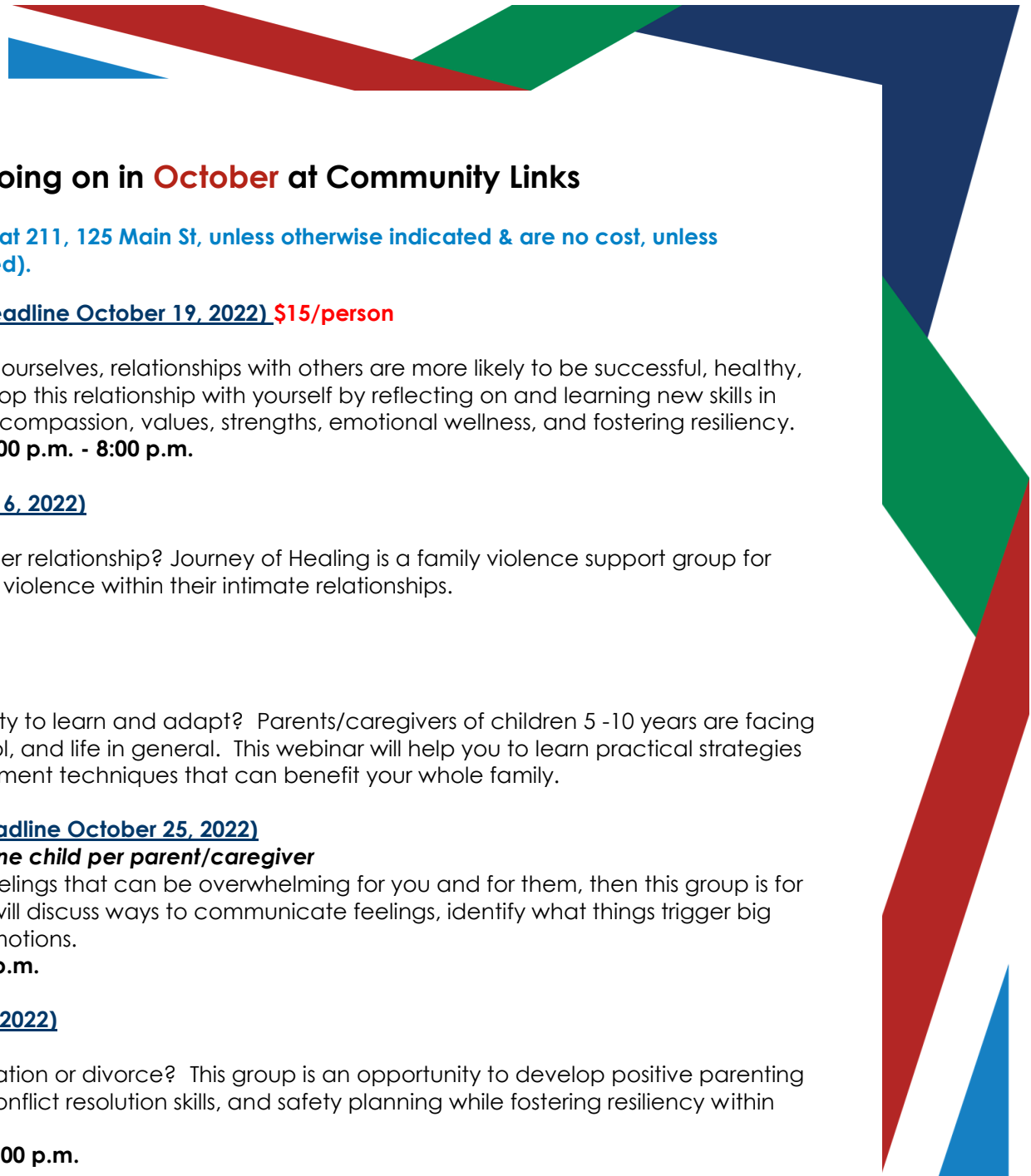




CommunityLinks



## What is going on in **October** at Community Links

**\*Please note all Programs/Workshops will be held at 211, 125 Main St, unless otherwise indicated & are no cost, unless otherwise indicated (donations gratefully accepted).**

### Healthy Relationships—With Myself (registration deadline October 19, 2022) \$15/person

**For adults only**

With a better understanding and relationship with ourselves, relationships with others are more likely to be successful, healthy, and fulfilling. This group is an opportunity to develop this relationship with yourself by reflecting on and learning new skills in areas of stress, coping strategies, self-esteem, self-compassion, values, strengths, emotional wellness, and fostering resiliency.

**Wednesdays, October 26 - November 16, 2022, 6:00 p.m. - 8:00 p.m.**

### Journey of Healing (registration deadline October 6, 2022)

**For adults only**

Have you experienced abuse in an intimate partner relationship? Journey of Healing is a family violence support group for women in the community who have experienced violence within their intimate relationships.

**Thursday, October 13, 2022, 6:00 p.m. - 8:00 p.m.**

### Kids Have Stress Too (Webinar)

**For adults only**

Did you know that stress can impact a child's ability to learn and adapt? Parents/caregivers of children 5 -10 years are facing increasing amounts of stress in the home, at school, and life in general. This webinar will help you to learn practical strategies to recognize stressors and develop stress management techniques that can benefit your whole family.

### Managing Big Feelings 7-10 years (registration deadline October 25, 2022)

**For parents/caregivers and children 7-10 years (one child per parent/caregiver)**

If you have a child 7 – 10 years old who has big feelings that can be overwhelming for you and for them, then this group is for you. In this 2-week program, you and your child will discuss ways to communicate feelings, identify what things trigger big emotions and explore ways to cope with those emotions.

**Tuesdays, November 1 & 8, 2022, 6:00 p.m. - 7:30 p.m.**

### Moving Forward (registration deadline October 5, 2022)

**For adults only**

Are you facing the stress and challenges of separation or divorce? This group is an opportunity to develop positive parenting strategies, parenting plans, healthy boundaries, conflict resolution skills, and safety planning while fostering resiliency within yourself and your family.

**Wednesdays, October 12 & 19, 2022, 6:00 p.m. - 8:00 p.m.**

### Parenting Children with ADHD (registration deadline October 12, 2022)

**For parents/caregivers of children 5 - 12 years (Adults only)**

Do you have a child diagnosed with ADHD, or are wondering if your child might have ADHD? If you do or are wanting to learn more about ADHD, we invite parents/caregivers to join us for this 2-session workshop. We will discuss information about ADHD such as symptoms and causes, look at resources available to support you and your child, discuss the process of getting a diagnosis and explore parenting strategies that can help set your child up for success.

**Wednesdays, October 19 & 26, 2022, 6:00 p.m. - 8:00 p.m.**

### Parenting your Grandchild (registration deadline October 19, 2022)

**For adults only**

Are you involved in the upbringing of your grandchildren? This group is for grandparents who are involved in raising their grandchildren, from helping with childcare to having full-time custody and financial responsibility.

**Wednesdays, October 26 & November 2, 2022, 6:00 p.m. - 8:00 p.m.**

### Potty Training (Webinar)

**For parents/caregivers of children 18 months - 4 years**

Are you looking for tips on Potty Training? If you are a parent/caregiver who has a child 18 months - 4 years old, this webinar may be for you! Potty Training is a 1-hour webinar where we will go over signs of readiness, facts about potty training and approaches to learning.

### Taking Care of Me (Webinar)

**For adults only**

Do you want to learn more about self-care? This group is for adults who want to learn about self-awareness and mindfulness. Join us for a session where we will discuss stress-reducing and self-soothing techniques in a positive and relaxed environment.

### Triple P: Positive Parenting Program Information Series (registration deadline October 26, 2022)

**For parents/caregivers of children 7 - 12 years - Adults only**

Would you like to help your child be more responsible and competent? Do you know what types of behaviour are normal for this age group and how to adapt your parenting skills? Parents/caregivers of tweens (7 – 12 years) want to be prepared to face the teen years with as much confidence and parenting knowledge as possible. This 3-week program focuses on identifying common behaviour challenges and developing strategies that will help you to reduce minor problem behaviours and be more confident by learning to prevent issues, establish limits and consequences when necessary.

**Wednesdays, November 2 - 16, 2022, 6:00 p.m. - 7:30 p.m.**



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Beiseker Office: #401 - 5th Street  
Phone: 403.947.2841 Fax: 403.947.2839

**Please note that our offices will be closed:**

**Wednesday,  
October 19, 2022  
Office closed from  
12:00 pm - 4:30 pm**

**Monday, October 10, 2022**