



CommunityLinks



What is going on in **January** at Community Links

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

Baby Babble (registration deadline January 10, 2023)

For parents/caregivers of children 0 - 3 months

In this group, you will receive information about your baby's development and the changes a new baby can bring while networking with other new parents. You will explore challenges such as self-care, finding support and post-partum signs and symptoms. A Public Health Nurse will attend one of the sessions to provide information and support. *This group is offered in collaboration with Alberta Health Services.*

Tuesdays, January 17 - February 21, 2023, 1:30 p.m. - 3:00 p.m.

Beyond Trauma Group (registration deadline January 18, 2023) \$25/person

For adults only

Are you a woman looking to heal from a traumatic relationship? Attend a 6-session healing journey where we will discuss the process and connection between violence, abuse, and trauma as well as exploring power and abuse, boundaries, self-compassion, self-soothing skills, and self-healing.

Wednesdays, January 25 - March 1, 2023, 9:00 a.m. - 11:00 a.m.

Comfort Play and Teach - 2 years old (registration deadline January 26, 2023)

For parents/caregivers and children 2 years

Did you know that preparing your child for success in school begins long before kindergarten? This school readiness group provides you and your child, 2 years old, the opportunity to be part of a fun, educational, and structured class that emphasizes the importance of social/emotional development along with other key areas of learning.

Older siblings are not able to attend. Younger siblings must register.

Thursdays, February 2 - 23, 2023, 10:00 a.m. - 11:30 a.m.

Discipline Tools for your Preschooler (registration deadline January 12, 2023)

For parents/caregivers of children 18 months - 5 years, ADULTS ONLY

Parenting a preschooler comes with great rewards and some common challenges such as tantrums, bedtime, and picky eating. Throughout the 2-week group, you will gain a better understanding of where your child is developmentally and learn ways to communicate effectively with them and to strengthen the foundation of positive, effective parenting as your child grows. **Limited childcare is available.**

Thursdays, January 19 & 26, 2023, 9:30 a.m. - 11:30 a.m.

Family Violence Women's Support Group (registration on-going)

For adults only

Have you experienced abuse (emotional, sexual, financial, psychological, physical, and/or spiritual) in an intimate partner relationship? This group provides a safe and supportive place for women to connect with others who have similar shared experiences, to provide education and awareness on the effects of family violence, to share information about community resources, and explore emotional health and wellness.

Thursdays, January 12 & 26, 2023, 6:00 p.m. - 8:00 p.m.

Financially Fit (registration deadline January 9, 2023, Airdrie & January 10, 2023, Beiseker)

For Ages 16+

Financially Fit is a workshop related to topics including food security, meeting your basic needs, cutting costs, and making difficult financial decisions. The workshop will focus on practical information for your everyday life. This information is ideal for teens, adults, families, and seniors.

Monday, January 16, 2023, (Airdrie) or Tuesday, January 17, 2023, (Beiseker), 1:00 p.m. - 3:00 p.m.

Managing Big Feelings 4 - 6 years (registration deadline January 24, 2023)

For parents/caregivers and child 4 - 6 years (one child per parent/caregiver)

Do you have a child that struggles to manage their emotions? If you have a child 4 - 6 years who has big feelings that can be overwhelming for you and for them, then this group is for you. In this 2-week group, 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, January 31 & February 7, 2023, 6:00 p.m. - 7:30 p.m.

Moving Forward: For Families Moving Forward after Separation and Divorce (registration deadline January 18, 2023) \$15/child

For children 8 - 12 years

Are you looking for supports for your children moving forward after separation and divorce? This art-based program for children, 8-12 years, will provide the support your family needs. During the Program your child will receive tools and resources to build life skills in the areas of safety planning, emotional wellness, coping behaviors, and personal strength.

Participation in this Program will require consent from parents/legal guardians.

Wednesdays, January 25 - February 22, 2023, 5:30 p.m. - 7:30 p.m.

Moving Forward: For Parents Moving Forward after Separation and Divorce (registration deadline January 16, 2023)

For adults only

Are you looking for skills and strategies to address the challenges of separation and divorce? This group is an opportunity to develop skills to communicate with your children about separation and divorce, ideas as how to partner with your children's school or support system, strategies to co-parent and space for reflection on your child's development.

Mondays, January 23 - February 6, 2023, 6:00 p.m. - 8:00 p.m.



Please note that our offices will be closed:

**Wednesday, January 18, 2023
Office closed from
12:00 pm - 4:30 pm**

Airdrie Office: 211-125 Main Street NW T4B 0P7
Phone: 403.945.3900 or 1.866.945.3905 Fax: 403.945.3901
www.mycommunitylinks.ca

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