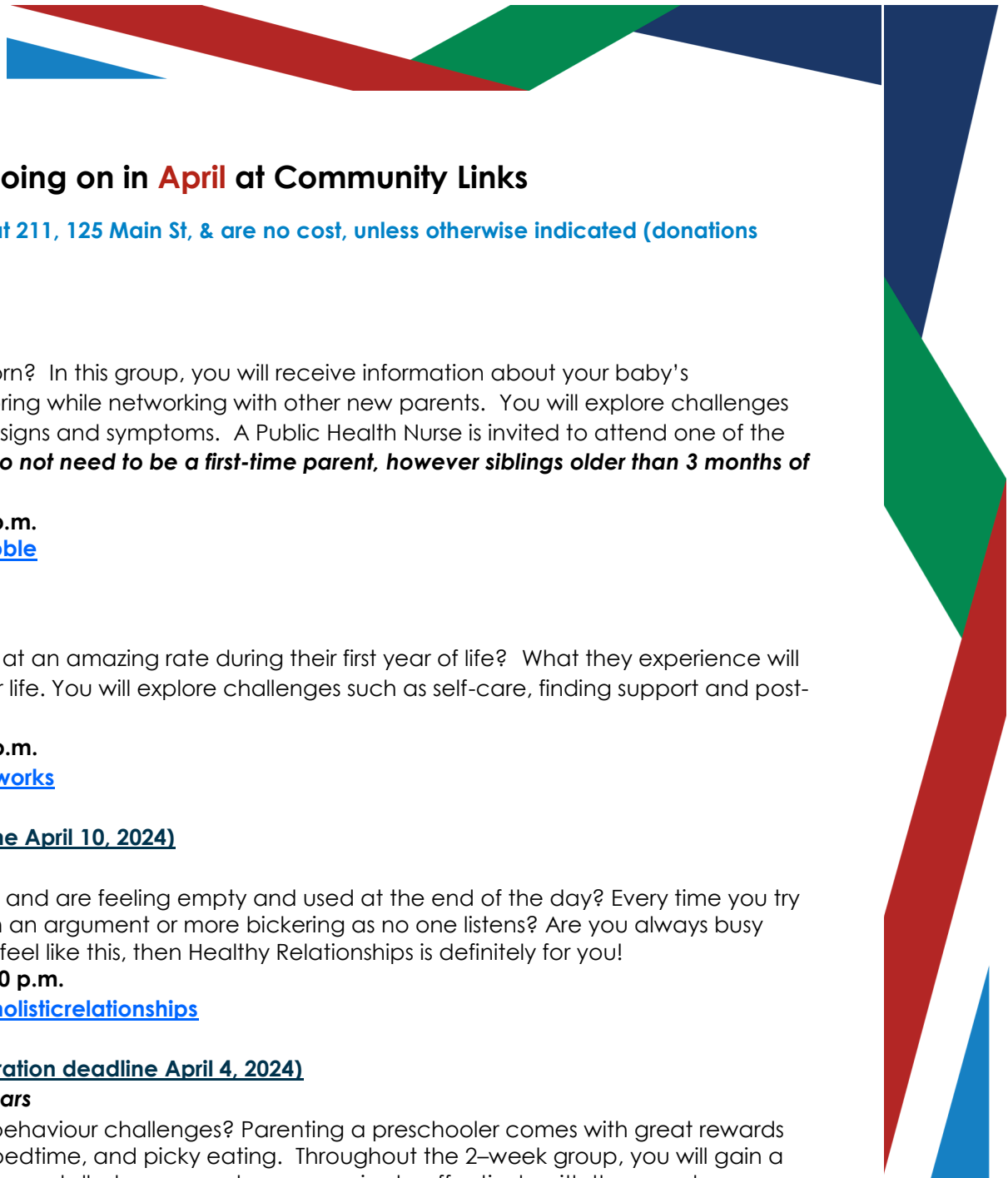




CommunityLinks



What is going on in April 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 April 9, 2024)

For parents/caregivers of children 0 - 3 months

Would you like to meet other families with a newborn? 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 is invited to attend one of the sessions to provide information and support. **You do not need to be a first-time parent, however siblings older than 3 months of age are not able to attend.**

Tuesdays, April 16 - May 14, 2024, 1:30 p.m. - 3:00 p.m.

<https://mycommunitylinks.ca/programs/baby-babble>

Baby Networks (registration deadline April 8, 2024)

For parents/caregivers of children 4 - 12 months

Did you know that your infant's brain is developing at an amazing rate during their first year of life? What they experience will impact how their brain develops for the rest of their life. You will explore challenges such as self-care, finding support and post-partum signs and symptoms.

Mondays, April 15 - May 13, 2024, 1:30 p.m. - 3:00 p.m.

<https://mycommunitylinks.ca/programs/baby-networks>

Healthy Wholistic Relationships (registration deadline April 10, 2024)

For 18+

Are you tired of doing everything for everyone else and are feeling empty and used at the end of the day? Every time you try to talk or speak your mind, does it always end up in an argument or more bickering as no one listens? Are you always busy doing chores and have no time for yourself? If you feel like this, then Healthy Relationships is definitely for you!

Wednesdays, April 17 - May 8, 2024, 6:00 p.m. - 7:30 p.m.

<https://mycommunitylinks.ca/programs/healthywholisticrelationships>

Positive Discipline Tools for your Preschooler (registration deadline April 4, 2024)

For parents/caregivers of children 18 months - 5 years

Do you want to learn some strategies to manage behaviour challenges? 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, learn ways to communicate effectively with them and strengthen the foundation of positive, effective parenting as your child grows. **Limited free childcare is available.**

Thursdays, April 11 & 18, 2024, 9:30 a.m. - 11:30 a.m.

<https://mycommunitylinks.ca/programs/positive-discipline-for-your-preschooler>

Seniors Wisdom Circle (registration deadline April 11, 2024)

For 60+

Are you looking for a safe and supportive space to connect with others? At this workshop, we will discuss emotional wellness, self-esteem, moving forward, resources and building connections with other seniors.

Thursday, April 18, 2024, 9:30 a.m. - 11:30 a.m.

<https://mycommunitylinks.ca/programs/seniorwisdomcircle>

Women Supporting Women in Healing from Abuse (registration on-going)

(formerly Family Violence Women's Support Group)

For women 18+

Have you been subjected to abuse (emotional, sexual, financial, psychological, physical, and/or spiritual) in a relationship? This group will discuss what is family violence, barriers in leaving, boundaries, beyond trauma, gender oppression, roles of culture and environment, parenting in adversity, anger and moving forward. Join us for evenings filled with learning, understanding compassion and laughter! We will learn and unlearn together and explore our creative side.

Guest speakers from partner agencies, Victim Services & Yoga instructors.

Thursdays, April 11 & 25, 2024, 6:00 p.m. - 8:00 p.m.

<https://mycommunitylinks.ca/programs/women-supporting-women-in-healing-from-abuse>

Are you passionate about making a positive impact in your community? If so, we invite you to consider becoming a valued member of Community Links' Board of Directors!

[2024+Board+Member.pdf \(squarespace.com\)](https://www.squarespace.com)



Join the Conversation with the Alzheimer's Group (for caregivers and their "person")
Conversations Café, April 5, 2024, 1:30 p.m. - 3:30 p.m.
211, 125 Main St. Airdrie (room 201)
Contact Margie @ 403.404.6667 for more information

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: #1, 401 - 5th Street
Phone: 403.947.2841 or 1.866.945.3905 Fax: 403.947.2839



Please note that our offices will be closed:

Monday, April 1, 2024.

Wednesday, April 17, 2024.
Office closed from 12:00 pm - 4:30 pm