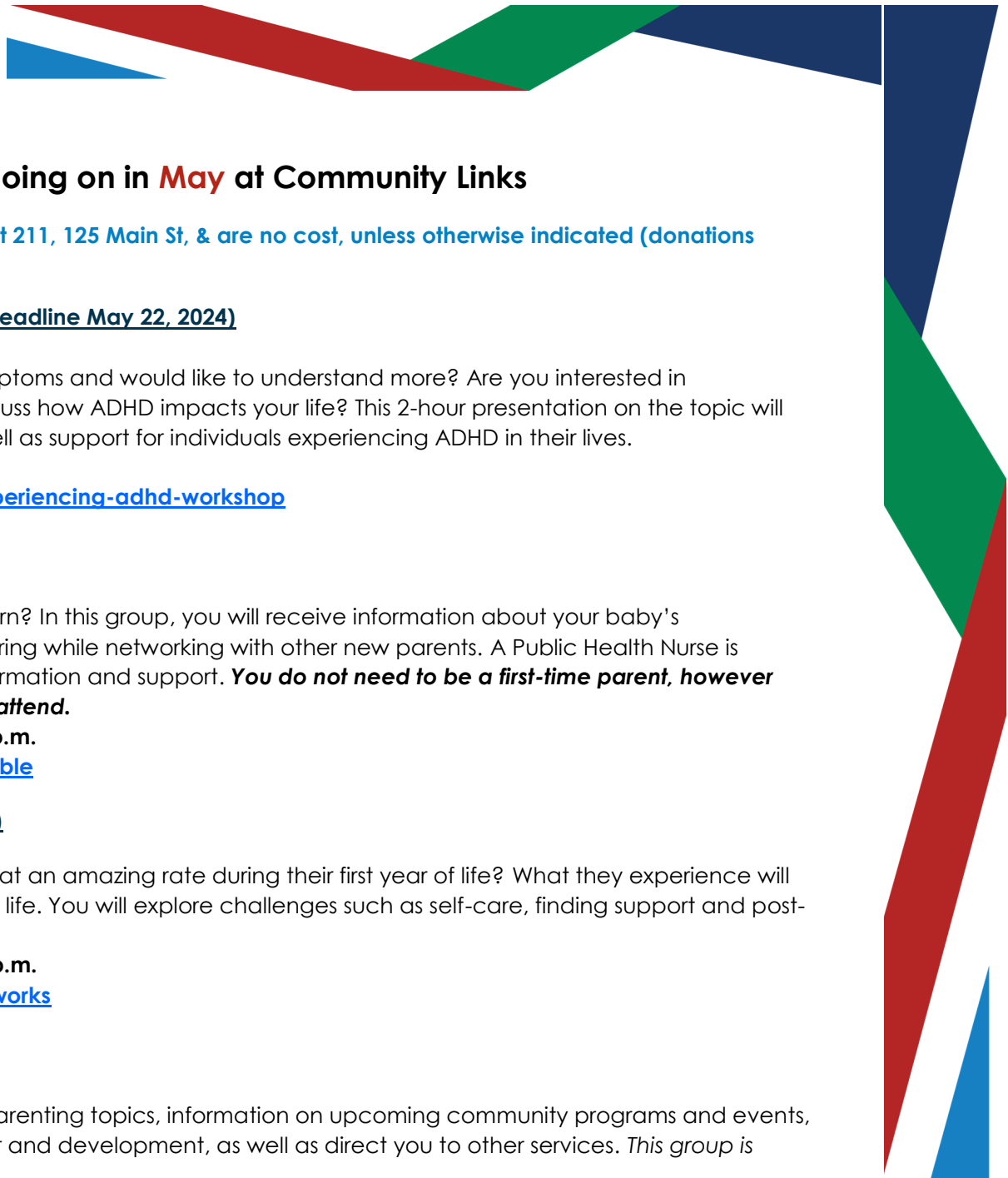




CommunityLinks



What is going on in **May** 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).**

Adults Experiencing ADHD Workshop (registration deadline May 22, 2024)

18+
Have you been diagnosed with ADHD or have symptoms and would like to understand more? Are you interested in connecting with other community members to discuss how ADHD impacts your life? This 2-hour presentation on the topic will offer education, coping tools, and strategies, as well as support for individuals experiencing ADHD in their lives.

Wednesday, May 29, 2024, 6:00 pm - 8:00 pm

<https://mycommunitylinks.ca/programs/adults-experiencing-adhd-workshop>

Baby Babble (registration deadline May 21, 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. 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, May 28 - June 25, 2024, 1:30 p.m. - 3:00 p.m.

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

Baby Networks (registration deadline May 20, 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, May 27 - June 24, 2024, 1:30 p.m. - 3:00 p.m.

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

Irricana Messy Play & More (registration on-going)

For parents/caregivers and children 0 - 5 years

During this 4-week group, we will provide weekly parenting topics, information on upcoming community programs and events, answer your questions about your child's behaviour and development, as well as direct you to other services. *This group is offered in collaboration with the Town of Irricana.*

Thursdays, May 2 - May 23, 2024, 10:00 a.m. - 11:30 a.m.

<https://mycommunitylinks.ca/programs/irricana-messy-play-and-more>

Parenting Children with ADHD - ZOOM Q & A Sessions (registration deadline May 29, 2024)

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? Parents/caregivers will have an opportunity to send in questions prior to the ZOOM session, at which time these questions will be discussed. This 1-hour session provides an opportunity to connect, network, and share experiences with other families who are navigating similar challenges.

Wednesday, June 5, 2024, 6:00 p.m. - 7:00 p.m.

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

SafeKids (registration deadline May 18, 2024)

For children 6 - 12 years (parents are strongly encouraged to attend)

Are you interested in creating a safety plan with your family? In this workshop, Safe4Life Instructors will discuss home alone safety, bullying, the stranger myth, inappropriate touching, abductions, self-confidence, and more. Your child will have the opportunity to practice their new self-defense skills in a safe and stimulating environment.

Saturday, May 25, 2024, 9:30 a.m. - 11:30 a.m.

<https://mycommunitylinks.ca/programs/safe-kids>

SafeTots (registration deadline May 4, 2024)

For parents/caregivers and children 3 - 5 years

Have you ever wondered if you know what you need to keep your young child safe? Can little children learn these skills? In this workshop, a Safe4Life Instructor will help you will both learn about the importance of keeping private parts private and what to do if they feel an "Uh-Oh" in their tummy.

Saturday, May 11, 2024, 9:30 a.m. - 10:30 a.m.

<https://mycommunitylinks.ca/programs/safe-tots>



Join the Conversation with the Alzheimer's Group (for caregivers and their "person")
Conversations Café, May 3, 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, May 20, 2024.

Wednesday, May 15, 2024.
Office closed from 12:00 pm - 4:30 pm