

# Connecting

January - June 2020

Community Links Programs & Services



INSIDE:

## Programs and Services

for building strong individuals, families and communities

CHILDREN • YOUTH • PARENTING • ADULTS • SENIORS

A photograph of several rowers in a boat, wearing blue long-sleeved shirts and red shorts, pulling their oars. The oars are black with green handles and blue and orange connectors. The boat is on a body of water.

**PHARMASAVE<sup>®</sup>**

**Stay active  
with diabetes**

We're **trained** to support you in managing your **blood glucose & diet** while **staying active**.

Manage your diabetes & reach your athletic goals.  
Speak with your **Pharmasave pharmacist**.



# Connecting

COMMUNITY LINKS PROGRAMS  
AND SERVICES GUIDE

JANUARY – JUNE, 2020



**CommunityLinks**

Strong Individuals  
Strong Families  
Strong Communities



**EXECUTIVE DIRECTOR**

Brenda Hume  
brenda@nrvc.ab.ca

**FAMILY RESOURCE SERVICES MANAGER**

Barb Gross  
barb@nrvc.ab.ca

**SUPPORT SERVICES MANAGER**

Sandra Joe  
sandraj@nrvc.ab.ca

**COMMUNITY ENGAGEMENT SERVICES MANAGER**

Laurie Jacob-Toews  
laurie@nrvc.ab.ca

**ADMINISTRATIVE SERVICES MANAGER**

Suzanne Howe  
suzanne@nrvc.ab.ca

**FINANCE MANAGER**

Denine Lucas  
denine@nrvc.ab.ca

**FUND DEVELOPMENT OFFICER**

Matt Mitchell  
matt@nrvc.ab.ca



# Welcome to Community Links 2020 Connecting: Programs and Services Guide

The Guide outlines a variety of valuable programs and services offered by Community Links for all ages living within Airdrie, Beiseker, Irricana, Crossfield, Kathryn, Balzac and surrounding County of North Rocky View.

On average, we provide a “link” to over 11,000 residents a year as we work towards our Vision of **Strong Individuals Strong Families Strong Communities**. Programming would not be possible without the staff and volunteers who give their time and expertise throughout the communities we serve. Our dedicated and qualified staff can offer:

- Information about your community;
- Education and programming on early child development and support for positive, effective parenting strategies;
- Developmental Check-ups (birth to 5 years);
- Toy Lending Library;
- Approved and accredited Family Day Home Program;
- Support for family violence and bullying;
- Short-term, drop-in and long-term individual counselling;
- Group counselling;
- Short term respite;
- Support for basic needs;
- Educational workshops;
- Referrals to other supports in your community;
- Parent Link Centre programming;
- Volunteer opportunities.

Thank you to Airdrie Pharmasave for their continued support and sponsoring our 2020 Connecting: Programs and Services Guide.

A special thank you to Frog Media Inc for making this guide possible.

We are also very grateful for the ongoing support from community donors and funders to offer our programming and community supports – thank you!

Brenda Hume  
Executive Director

**DID  
YOU?  
KNOW!**

You can follow  
Community Links at  
**www.nrvc.ab.ca**



community links.ab.ca



@NRVCL



community\_links



www.pinterest.com/north  
rocky view community links

# Registration Information

Register by phone or drop in during office hours. Payment accepted by Visa, MasterCard, cheque, cash, debit or e-transfer.

**Registration is not confirmed until payment has been made.**

*\*Sliding fee scale available for most programs*

**Our service area includes the North Rocky View Region (Airdrie, Beiseker, Crossfield, Irricana and the surrounding areas of North Rocky View County):**

**Contact Us:**

211, 125 Main Street N.W.  
Airdrie, Alberta T4B 0P7  
Phone: 403-945-3900  
Toll Free: 1-866-945-3905  
Fax: 403-945-3901  
info@nrvc.ab.ca

**Office Hours: Airdrie**

Monday to Friday  
8:30 am – 4:30 pm  
Thursday 8:30 am – 8:00 pm  
\* Limited services available between  
12:00 pm – 1:00 pm daily

**Office Hours: Beiseker**

401, 5th Street  
Tuesdays and Fridays  
9:30 am – 3:00 pm

**Office Hours: Crossfield**

1210 Railway St –  
Crossfield Municipal Library  
Second Wednesday of each month  
10:00 am – 1:00 pm

**Office Hours: Irricana**

226, 2nd St  
Irricana and Rural Municipal Library  
\*\*By Appointment Only

## Important Numbers

Addiction & Mental Health  
Services, Airdrie:  
403.943.1500 or  
1.844.943.1500

Airdrie and District Victims  
Assistance:  
403.945.7290

Alberta Works Income Support:  
1.866.644.5135

Community Links:  
403.945.3900 or  
1.866.945.3905

Distress Centre (24 hours):  
403.266.4357

Family Violence Info Line  
(24 hours):  
310.1818

RCMP (Non Urgent Line):  
403.945.7267

RCMP (Emergency):  
911

Sexual Violence (Call or Text):  
1.866.403.8000

## EVENTS



**FEBRUARY 8**

The Vagina Monologues

**PINK  
SHIRT  
DAY**

**FEBRUARY 26**

Pink Shirt Day



**APRIL 19**

Legacy Run to End  
Family Violence



*National Volunteer Week*

**APRIL 19 TO 25**

National Volunteer Week



**JUNE**

Senior's Week



**JUNE 13**

Beiseker Parade and Open  
House

# Board Members - Community Links



"I have chosen to join the Community Links Board as it allows me to donate my time, knowledge and experience to an important organization that supports the communities of North Rocky View."

**Brett Mark, Chair**



"Airdrie is growing and so are the needs of its citizens, and I want to be part of an organization that enriches lives in so many ways."

**Lisa Elmore, Vice Chair**



"I joined the Community Links Board to support the programs and services provided by Community Links. My strong background in Service Clubs and FCSS programming will help me to help Community Links make Airdrie a great place to live."

**Dirk Bannister, Secretary**



"I look forward to gaining an understanding of the rising demand for services and programs and helping to meet the needs of the residents of Airdrie"

**Thelma Cameron, Treasurer**



"There is nothing more satisfying than giving back to the community in which I work and live. Community Links provides important services for people who need help and make Airdrie a better place to live, and that benefits all of us, who call Airdrie home".

**Kelly Ross, Director**



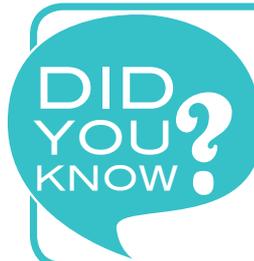
"As a firm believer in complete communities, I joined the Community Links Board in order to support the services that best meet the needs of North Rocky View".

**Matthew Pawlow, Director**



"I joined the Board of Directors to play a part in ensuring our communities continue to be strengthened and supported by the vast programming and services provided by Community Links".

**Monica Simpson, Director**



If you are interested in becoming a Board Member, please check out our website under "Get Involved"!

## Volunteering with Community Links

**Volunteering Benefits the Volunteer too!** Studies show that volunteering for a cause, or just lending a helping hand, makes you feel really good inside. A "Feeling" is one thing, but knowing that something great happens to you when you volunteer is something else. Research shows that volunteers gain tremendous benefits from the act of giving, such as a reduction in stress and depression and a rush of endorphins that makes people literally "feel great inside". Volunteers....Give without expecting anything in return, think of others first, and make the world a better place for us all.

**Contact us today to find out how you can experience the benefits of volunteering, which include:**

- Gaining valuable work experience – looks great on a resume!
- Encouraging leadership, personal development and self-esteem
- Making the community a better place
- Experiencing learning and satisfaction
- Expanding professional network
- Learning about a new society, country or community
- Becoming more aware of social issues that affect the community
- Being a part of the positive change in the community
- Fulfilling a sense of empathy/connection with a "cause"
- Instilling a value of giving and caring
- Meeting new people and having fun!

**Community Links offers a variety of volunteer opportunities, including:**

- Advertising Distribution (newsletters, brochures, fundraisers)
- Board Members
- Childcare for Groups
- Community Volunteer Income Tax Program
- Crafting activities such as Knitting, Crocheting, Quilting, Scrapbooking, Card Making, etc.
- Donation and Jacket Racket Program
- Group and Workshop Assistant
- Home Maintenance (Snow Angels and Light Yard Work)
- Program Assistance (Photocopying, Creating Packages, Shredding)
- Toy and Resource Library Inventory
- Toy and Resource Library Supports (Department Coverage and Toy Washing)
- Roots of Empathy
- Senior Friendly Visiting/Telephone Reassurance
- Senior Outreach Newsletter Researcher/Writer
- Senior Transportation (compensation provided based on available funding)
- Soliciting for Donations of Basic Needs
- Special Projects and Events



**Airdrie Housing Limited** provides affordable housing to the Airdrie community. This program provides housing that is a minimum of 10% below the average monthly rental. Airdrie Housing currently owns forty-four units that are one, two, and three bedroom apartment and condominium style units. To find out if you qualify, please visit the Airdrie Housing website at [www.airdriehousing.ca](http://www.airdriehousing.ca) or email [assessment@airdriehousing.ca](mailto:assessment@airdriehousing.ca).



**The Airdrie Participant Support Program (APSP)** supports low-income residents of the City of Airdrie and Rocky View County with subsidized programming within Airdrie. This program qualifies individuals and families for discounts on Genesis Place user fees and Airdrie Transit fares. Applicants must meet income requirements and provide proof of residency. Some restrictions apply. For more information visit [www.airdrie.ca/apsp](http://www.airdrie.ca/apsp).



**Community Links Quarterly E-Newsletter** subscribers can check out upcoming programs, events, Community Links news, as well as highlighted services and new programs. The e-newsletter is sent out quarterly—January to March; April to June; July to September and October to December. If you are interested in subscribing to the quarterly e-newsletter, you can submit your email on our website [www.nrvc.ab.ca](http://www.nrvc.ab.ca), phone or DM us on social media.



**Drop-In Counselling Services** are available in Airdrie (except holidays) on a first come, first served basis. Drop-In Counselling allows residents to receive solution focused sessions, with no appointment necessary. An intake is required for the first counselling session. Sliding scale fees are available. See our website for Drop-in hours. **Consent for minors is required as well as a copy of guardianship or parenting order.**



**Family Resource Program** provides a wide variety of programs that recognize the critical role parents and caregivers play in their child's academic and social success in life. We believe that every parent is going to have a question about some aspect of raising a child at some point. Nobody has the job figured out completely. As one of 55 Parent Link Centres in the province, we combine a FUN, FREE environment for children with opportunities for adults to meet other parents and learn about their child's development and how they can help a child reach their full potential. **(Please note, some programming has a minimal cost)**



**Family Respite Program** provides short term child care to parents/caregivers with children 0 - 12 years who are experiencing a stressful situation and/or experiencing barriers such as a lack of social support or family crisis.



**Information Sessions** on Community Links Programs and Services are available. Please contact us to book a session for your group or organization, we'd love to come and share with you what we do!



**Intake Services** provides a comprehensive assessment and triage service to connect residents with resources in our agency and community. Intake services can be accessed

over the phone or in person by visiting our Airdrie or Beiseker offices or one of our satellite locations (Crossfield and Irricana) during regular business hours, on a first come, first served basis. Intake staff provide information, referrals and advocacy to help you connect to government programs, housing supports, basic needs supports, Parent Consultations, Family/Domestic Violence supports, Counselling and Senior Services. Intake Services can also connect you to our partner agencies for additional supports, including but not limited to: Canadian Tire Jumpstart, Kids Up Front, Best Beginnings and KidSport.



**Preventative Counselling Services** are available for those who would like to see a Counsellor to address various individual, couple and family concerns. An intake is required before being appropriately matched with a Counsellor. Sliding scale fees are available with proof of income. **Consent for minors is required as well as a copy of guardianship or parenting order.**



**Parenting with Pride** is a peer-led group for parents of children who identify as LGBTQ2S+, or who are questioning their sexuality or gender identify. This group provides a safe space to explore the questions, challenges, successes and emotions that parents face when their kids come out. **For adults only. In collaboration with Airdrie Pride Society.**

LOCATION	DAY	DATES	TIME
211, 125 Main St NW	Tues.	Mar. 17	6:30 pm – 8 pm
211, 125 Main St NW	Tues.	June 16	6:30 pm – 8 pm

*Dates and location are subject to change; please check [airdriepride.ca](http://airdriepride.ca) for up to date information.*



**PRYSM (Pride Youth Social Movement)** is a monthly group for LGBTQ2S+ youth and their allies to connect with others in a safe place. Activities are planned based on input from attendees and are new and different each month. **In collaboration with Airdrie Pride Society.**

LOCATION	DAY
211, 125 Main St NW	Third Sat. of each month

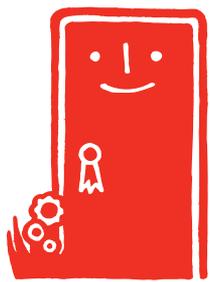
*Dates and location are subject to change; please check [airdriepride.ca](http://airdriepride.ca) for up to date information regarding dates and times. See School Based Programs for more Youth Information.*



The **Supplies 4 Success Program** helps ensure students from low-income families in Airdrie and area have what they require to succeed in school. Backpacks are for K- grade 12 students and are distributed at the Community Links office prior to the beginning of the new school year. Families need to provide proof residency and identification for their child(ren). This program is offered in partnership with Staples (Airdrie) and supported by Davis Chev.



**The Community Volunteer Income Tax Program (CVITP)** is a partnership between Canada Revenue Agency (CRA) and Community Links. Volunteers, trained and screened through CRA and Community Links, prepare income tax returns for North Rocky View residents only. Identification & proof of residency must be presented. Certain restrictions apply and only simple, straight-forward tax returns are considered.



## Alberta Approved Family Day Homes

# Family Child Care

Approved, accredited child care service for children 0 – 12 years

Family Child Care (FCC) strives to enhance the social, physical, intellectual and emotional development of your child.

For a family looking for child care, our FCC Homes offer carefully screened Child Care Providers who work with the guidance of a qualified FCC Consultant. Every Provider has had a Criminal Record Check and an Intervention Check completed.

All our FCC homes are fully/completely safety screened. Subsidy is available to parents who qualify. Every effort is made to match the needs of the child and families to the FCC home.

In the best interest of the child, three way communication is maintained between the parents, the Providers and the Agency. For those interested in being a Provider, all FCC Providers are contracted according to the provincially approved standards and will receive support, monitoring, training opportunities and access to resources.

Becoming a Provider of an accredited FCC Home enables you to earn an income while staying at home. If you enjoy working with children and are interested in becoming a Child Care Provider please contact us or come by to pick up an information package.

## Toy Lending Library



We know that PLAY is one of the most important aspects of early childhood development. The Toy Library offers a wide selection of toys for children up to 5 years of age. Parents, grandparents and caregivers appreciate being able to borrow age appropriate toys. The children enjoy the novelty of choosing toys that may be different from the ones they have at home.

The Library contains a variety of toys; the most popular items are the ride-on toys, trucks and dinosaurs. We also have puzzles, playsets, puppets, Lego and games.

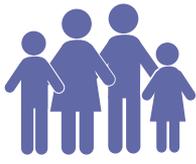
We have Parent Coaches on hand to assist parents in selecting developmentally appropriate toys for their children at every stage of their early learning.

There is a one-time registration fee of \$10 per family. The fee may be waived for families with limited resources.

### THE LIBRARY IS OPEN:

Monday to Wednesday	8:30 am – 12:00 pm	1:00 pm – 4:30 pm
Thursday	8:30 am – 12:00 pm	1:00 pm – 8:00 pm
Friday	8:30 am – 12:00 pm	1:00 pm – 4:30 pm
Closed Statutory Holidays		

Some families enjoy coming to the Toy Lending Library before or after the P.L.A.Y. Program, just down the hall in room 203. It makes for a full, fun and free morning.



# Children

Newborn to 12 years

## Ages and Stages Birthday Party (Register)

*For parents/caregivers and their children 1 – 5 years*

A fun way to support your child's development, including activities, treats and information. Ages & Stages Questionnaires are developmental snapshots of your child's milestones. Their fine motor, gross motor, communication, problem solving and social-emotional skills are reviewed giving you a complete picture of your child's current developmental position. Each completed ASQ is returned to you with a full-range of developmentally appropriate activities to help support their ongoing growth and learning.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Tues.	Apr. 21	1:00 pm – 3:00 pm	Apr. 14
211, 125 Main St NW	Wed.	Apr. 22	9:00 am – 11:00 am	Apr. 15

**No cost (donations gratefully accepted)**

\*Free Developmental Checkups are available throughout the year. Parents may complete these independently and return or call to book an appointment to complete with a Parent Coach.

## Baby Babble (Register)

*For parents and infants up to 3 months*

*In collaboration with Alberta Health Services*

**ATTENTION NEW PARENTS!**

You and your baby can join us for this 8 week program for resources, information and networking with other new parents! A Public Health Nurse will also attend 2 sessions along with Parent Coaches. Parents can register within their child's first 3 months. You do not have to be a first time parent, however siblings older than 3 months of age are not able to attend.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Fri.	Jan. 17 – Mar. 6	9:30 am – 11:00 am	Jan. 10
211, 125 Main St NW	Fri.	Apr. 24 – June 12	9:30 am – 11:00 am	Apr. 17

**No cost (donations gratefully accepted)**

## Baby Networks (Drop-In)

*For parents/caregivers and infants 3 months - 1st birthday*

Sometimes the difference between a good day and a bad day may simply be an opportunity to meet with other new parents who can relate to what you are going through. This interactive play program also offers parents the opportunity to access information and resources pertaining to their baby's first year.

LOCATION	DAY	DATES	TIME
211, 125 Main St NW	Mon.	Jan. 6 – June 15	1:30 pm – 3:00 pm

(No program Feb. 17, Apr. 13 and May 18)

**No cost (donations gratefully accepted)**

## BabyTime (Register)

*For parents/caregivers and infants up to 12 months*

*In collaboration with Airdrie Public Library*

Come and enjoy a variety of rhymes, songs and storybooks used to underline the importance of building early literacy through singing, talking, reading and bonding with children at an early age. A Parent Coach will be available to answer your parenting questions.

**Class size is limited to 15 children**

LOCATION	DAY	TIME
111, 304 Main St S	Mon.	11:30 am
111, 304 Main St S	Fri.	11:30 am

For more information on program dates as well as registration information please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca) or call 403.948.0600.

**No cost (donations gratefully accepted)**

\*Please note a valid Airdrie Public Library card is required to register

## Comfort Play and Teach™ (Register)

*For parents/caregivers and their children 3 and 4 years*

Is your child prepared to begin their new adventure entering Kindergarten? This school readiness program provides children ages 3 & 4 years old and their caregivers, the opportunity to be a part of a fun, educational and structured class that emphasizes the importance of social/emotional

development along with other key areas of learning. During the 6 weeks we discuss and provide activities to foster the development of: numbers and counting, science and nature, language and literacy, creative art and music and movement.

**Families may participate in the program once every 6 months.**

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Thurs.	Jan. 9 – Feb. 13	10:00 am – 11:30 am	Jan. 2
211, 125 Main St NW	Thurs.	Feb. 27 – Apr. 2	10:00 am – 11:30 am	Feb. 20

**No cost (donations gratefully accepted)**

### **Daddy 'N Me (Register)**

**For parents/caregivers and children 0 - 8 years**

Calling all kids! Bring your dad, stepdad, grandpa, uncle or other important male adult out for an evening of fun! Join us for food, fun and hands-on activities.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Wed.	Mar. 11	5:30 pm – 7:00 pm	Mar. 4
211, 125 Main St NW	Wed.	June 3	5:30 pm – 7:00 pm	May 27

**No cost (donations gratefully accepted)**

### **Little Hands Arts and Crafts (Register)**

**For parents/caregivers and children 0 – 8 years**

Spend a Friday afternoon creating memories together by participating in a holiday themed art activity.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Fri.	Apr. 24	1:30 pm – 3:00 pm	Apr. 17

**No cost (donations gratefully accepted)**

### **Moving Forward (Register) NEW!!**

**For children ages 8-12 years**

A 4 week program for children whose parents are going through a high conflict separation and/or divorce. This group utilizes expressive arts to support children in the areas of emotional wellness, personal strength, self-care, resiliency, communication skills and safety planning.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Tues.	Feb. 18 – Mar. 10	6:00 pm – 7:30 pm	Feb. 11

**Cost: \$25/child**

### **The "One" der Year (Drop-In)**

**For parents/caregivers and infants 1st birthday – 2nd birthday**

This interactive program is a continuation of Baby Networks and will allow you to explore what to expect at this fun and exciting stage. This program also offers you the opportunity to access information and resources pertaining to your baby's second year.

LOCATION	DAY	DATES	TIME
211, 125 Main St NW	Fri.	Jan. 3 – June 19	10:00 am – 11:30 am

(No program Feb. 21, Apr. 10 and Apr. 17)

**No cost (donations gratefully accepted)**

### **P.L.A.Y. (Parent Link and You) (Drop-In)**

A program where you can take part in a variety of interactive play activities and connect with Parent Coaches as well as with other parents/caregivers. Parenting and child development information and resources such as Developmental Check-Ups are available.

#### **Airdrie P.L.A.Y.**

**For parents/caregivers and children 0 - 6th birthday**

LOCATION	DAY	DATES	TIME
211, 125 Main St NW	Mon. – Thurs.	Jan. 6 – June 18	9:00 am – 11:00 am
(No program Feb. 17 - 20, Apr. 13 -16, May 18 and June 17)			
211, 125 Main St NW	Tues.	Jan. 7 – June 16	1:00 pm – 3:00 pm

(No program Feb. 18 & Apr. 14)

**No cost (donations gratefully accepted)**

#### **Family P.L.A.Y.**

**For parents/caregivers and children 0 – end of Grade 3**

LOCATION	DAY	DATES	TIME
211, 125 Main St NW	Thurs.	Jan. 9 – June 18	5:30 pm – 7:00 pm

(No program Feb. 20 and Apr. 16)

**No cost (donations gratefully accepted)**

**Bethany P.L.A.Y.****For parents/caregivers and children 0 - 6th birthday**

LOCATION	DAY	DATES	TIME
1736, 1st Ave NW	Tues.	Jan. 7 – June 16	10:00 am – 11:30 am

(No program Feb. 18 and Apr. 14)

**No cost (donations gratefully accepted)****SafeKids (Register)****For children 6 – 12 years****\*\*Parents are strongly encouraged to attend**

SafeKids was designed to educate both parents and their children on principles that are the starting point to creating a safety plan with their family.

Presented by: Safe4Life Safety Training Classes For more information, contact Community Links or check out Safe4Life at [www.safe4life.ca](http://www.safe4life.ca)

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Sat.	Apr. 25	9:00 am – 11:00 am	Apr. 17

**Cost: \$15/child****SafeTots (Register)****For parents/caregivers and children 3 – 5 years****A parent must attend with child**

Start the personal safety training early with this lively and interactive program aimed at preschool children. Children will learn about the importance of keeping private parts private and what to do if they feel an “Oh, Oh” in their tummy. Songs and rhymes that children will remember are part of the class.

Presented by: Safe4Life Safety Training Classes

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Sat.	Apr. 25	10:00 am – 11:00 am	Apr. 17

**Cost: \$5/child****Sign, Say and Play (Register)****For parents/caregivers and children 6 – 18 months**

Babies who use sign language are happier and less frustrated, they may learn to talk sooner and they get a long-lasting boost in their intellectual development. Classes include Baby Signs activities, singing, signs as well as parenting information and resources.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Wed.	Feb. 5 - Mar. 11	10:00 am – 11:00 am	Jan. 29

**No cost (donations gratefully accepted)****ToddlerTime (Register)****For parents/caregivers and children 13 months - 3 years****In collaboration with Airdrie Public Library**This is an action-oriented program, featuring simple rhymes, songs and short stories to encourage early literacy. A Parent Coach will be available to answer your parenting questions. **Class size is limited to 15 children.**

LOCATION	DAY	TIME
111, 304 Main St	Mon.	9:30 am or 10:30 am
111, 304 Main St	Fri.	9:30 am or 10:30 am

**No cost (donations gratefully accepted)****For more information as well as registration please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca) or call 403.948.0600****\*Please note a valid Airdrie Public Library card is required to register****Travelling Tales and Tunes (Register)****For parents/caregivers and children 0 - 5 years****A collaboration with Airdrie Public Library and Rocky View Schools Adult Learning**

Travelling Tales and Tunes is a preschool literacy program that offers an opportunity to enjoy songs, rhymes, and stories in a lively environment.

For more information please contact Community Links at [www.nrvc.ab.ca](http://www.nrvc.ab.ca) or call 403.945.3900 or Airdrie Public Library[www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca) or call 403.948.0600

LOCATION	DAY	DATES	TIME
<b>A.E. Bowers School</b> 1721 Summerfield Blvd SW	Tues.	Mar. 3 – Apr. 7	10:30 am – 11:15 am

**No cost (donations gratefully accepted)****To register please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca)**

LOCATION	DAY	DATES	TIME
<b>Heloise Lorimer</b> 6 King's Heights Dr. SW	Wed.	Jan. 8 – Feb. 12	11:00 am – 11:45 am

**No cost (donations gratefully accepted)**

To register please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca)

LOCATION	DAY	DATES	TIME
<b>Heron's Crossing School</b> 1860 Reunion Blvd NW	Thurs.	Jan. 9 – Feb. 13	10:00 am – 10:45 am
1860 Reunion Blvd NW	Thurs.	Apr. 30 – June 4	10:00 am – 10:45 am

**No cost (donations gratefully accepted)**

To register please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca)

LOCATION	DAY	DATES	TIME
<b>Luxstone Manor</b> 2014 Luxstone Blvd SW	Wed.	Apr. 29 – June 3	9:30 am – 10:15 am
2014 Luxstone Blvd SW	Wed.	Apr. 29 – June 3	10:30 am – 11:15 am

**No cost (donations gratefully accepted)**

To register please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca)

LOCATION	DAY	DATES	TIME
<b>Ralph McCall School</b> 1505 1 Ave NW	Tues.	Jan. 7 – Feb. 11	10:30 am – 11:15 am
1505 1 Ave NW	Tues.	Apr. 28 – June 2	10:30 am – 11:15 am

**No cost (donations gratefully accepted)**

To register please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca)

LOCATION	DAY	DATES	TIME
<b>R.J. Hawkey School</b> 233 Big Springs Dr. SE	Thurs.	Mar. 5 – Apr. 9	10:15 am – 11:00 am

**No cost (donations gratefully accepted)**

To register please go to [www.airdriepubliclibrary.ca](http://www.airdriepubliclibrary.ca)



### **Discipline Tools for Your Preschooler (Register)**

*For parents/caregivers of children 18 months – 5 years*

*For adults only*

Parenting a preschooler comes with great rewards and also some common challenges such as tantrums, bedtime and picky eating. Understanding where your child is developmentally and being able to communicate effectively with them will help prevent many challenging situations and strengthen a foundation of positive, effective parenting as your child grows.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Fri.	Mar. 20 – Apr. 3	9:30 am – 11:30 am	Mar. 13

**No cost (donations gratefully accepted)**

\*Limited FREE child care is available

### **Kids Have Stress Tool! (Register)**

*For parents/caregivers and professionals living with or working with children ages 2 – 12 years*

*For adults only*

Join us for a highly informative presentation on using practical strategies to recognize stressors and learn stress management techniques that work for children as well as for adults.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Thurs.	May 14	6:30 pm – 8:30 pm	May 7

**No cost (donations gratefully accepted)**

**Managing Big Feelings (Register)**

*For parents/caregivers and children 4 – 6 years*

Spend three evenings with your child (one child per parent please), exploring, recognizing and claiming “big feelings”. Learn where they come from and how to express them safely! Drawing on the Gottman Institute’s Emotion Coaching; it supports children through life’s ups and downs in a way that builds confidence and helps them grow socially, emotionally and intellectually.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Tues.	Jan. 28 – Feb. 11	6:00 pm – 8:00 pm	Jan. 21

**No cost (donations gratefully accepted)**

**Mealtime Struggles to Mealtime Success (Register)**

*For parents/caregivers of children 18 months – 5 years*

*For adults only*

Ever had mealtime struggles? Join a Registered Dietitian from Alberta Health Services and learn about ways to cope with picky eating, refusal of foods, strategies to help you develop a healthy feeding relationship with your child, and more!

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Tues.	Jan. 21	7:00 pm – 8:30 pm	Jan. 14
211, 125 Main St NW	Tues.	Mar. 17	7:00 pm – 8:30 pm	Mar. 10
211, 125 Main St NW	Tues.	May 19	7:00 pm – 8:30 pm	May 12

**No cost (donations gratefully accepted)**

**Parent Consultation**

This program is designed to support you in your role as a parent or caregiver. Our Parent Coaches will help you to strengthen your skills and increase your confidence. We will:

- Offer ideas and suggestions for effective parenting strategies
- Provide child/youth development information
- Offer guidance with home and family management strategies and parent self-care
- Make appropriate referrals
- Advocate for families with other support services
- Facilitate the development of formal and informal social support networks
- Nurture the personal development of the parent or caregiver
- Work collaboratively with other services in furthering the best interests of the parent or caregiver
- Supply additional resources to supplement the learning needs of the parent or caregiver

Parent Consultation is offered in office, over the phone, in-home or in the community when appropriate. **Intake is required.**

**Potty Training (Register)**

*For parents/caregivers of children 12 months and older*

This program introduces developmentally appropriate practices that help toddlers learn to use the potty.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Wed.	Mar. 18	9:30 am – 11:00 am	Mar. 11

**No cost (donations gratefully accepted)**

\* Limited FREE childcare is available

**Pregnancy & Beyond Group (Register)**

*For pregnant/new mothers with children under the age of 18 months*

*In collaboration with Alberta Health Services*

Pregnancy and Beyond is a group designed to help moms build skills and connect with others and set them up for success during pregnancy and in the first year of their child’s life. Each month focuses on specific topics aimed at supporting parents to build skills necessary to be successful during this time. Topics repeat on an annual basis. If your child is older than 18 months, please refer to the children’s section for programs that are available to help you and your child succeed as they reach new stages of development. Please call a Parent Coach if you need more information.

Expectant moms and new moms and their babies meet to:

- Build friendships
- Access information on parenting
- Learn prenatal, infant and pediatric nutrition information
- Connect to resources in your community

At this group you can talk with a:

- Dietitian
- Public Health Nurse
- Support Services Worker
- Parent Coach

These groups meet once a month, all year long, at the following location:

**Airdrie: Living Springs Christian Fellowship**

<b>LOCATION</b>	<b>DAY</b>	<b>TIME</b>
2304 Yankee Valley Blvd.	Last Thur. of each month	1:00 pm – 3:00 pm

\* Limited FREE child care is available for children 0 – 18 months and their siblings up to their 6th birthday.

Please register one week prior by Contacting Community Links.

**Prevent It! Taking Action to Stop Child Sexual Abuse (Register)**

*For adults only*

This program is designed to educate adults, including parents, caregivers and professionals in the prevention of child sexual abuse and the protection of children.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Tues.	Apr. 7	6:00 pm – 9:00 pm	Mar. 31

**No cost (donations gratefully accepted)**

**Recipes for a Hearty Family**

Our Recipes for a Hearty Family provides parents or anyone caring for children birth to 6 years quick access to tips on the essentials for creating loving and nurturing relationships with children. These tips will provide information on parenting, children’s development, brain development, play and art ideas and much more. This resource is free for families within the North Rocky View Region.

*(professionals and parents/caregivers outside of North Rocky View Region may purchase them for \$30.00 each)*

**Triple P: Positive Parenting Program – Primary Group (Register)**

*For parents/caregivers of children/youth 7 – 12 years*

*For adults only*

This intensive training will focus on the 17 core parenting skills to address problem behavior such as aggression or disrespect.

Note: Three weeks involve phone contact rather than in-class work.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Wed.	Mar. 25 – May 13	6:30 pm – 8:30 pm	Mar. 18

**No cost (donations gratefully accepted)**

**Triple P: Positive Parenting Program – Tween Information Series (Register)**

*For parents/caregivers of children/youth 8 - 12 years*

*For adults only*

This 3 part series will help you to prepare for parenting a teen.

Focus will be on the common minor behavior challenges for this age group and participants will learn some simple techniques for gaining cooperation and reducing conflict.

Sessions include:

- 1) Raising Responsible Teenagers
- 2) Raising Confident, Competent Teenagers
- 3) Getting Teenagers Connected

Register for 1, 2 or all 3 sessions

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Wed.	Mar. 4 – Mar. 18	6:30 pm – 8:00 pm	Feb. 26

**No cost (donations gratefully accepted)**



## Adults

18 years and older

### Grief and Loss

#### Adult Grief and Loss Group (Register)

For adults only

In collaboration with Darren Dressler, Shepherd of the Hills Lutheran Church

During this 8 week program, adults will become more aware of their own grief process and how to deal with it more effectively. This group will offer education, coping tools and strategies, as well as, support while individuals cope with their loss.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Tues.	Mar. 3 – Apr. 21	6:30 pm – 8:30 pm	Feb. 25

Cost: \$25/person

### Budgeting

#### Budgeting Basics Workshop (Register)

This workshop is for anyone wanting to learn the basics of budgeting and how to get the bills paid on time with money left over for fun. Through this interactive and informative workshop, you will create a plan for how to work with your money to set a budget that is right for you. Practical tips and hints will help you identify your problem areas in regards to money management and help you get back on track.

Participants are asked to bring a calculator and a 30 day financial statement.

### Budgeting Basics

For adults only

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Thurs.	Feb. 6	6:30 pm – 8:30 pm	Jan. 30

Cost: \$5/person

### Wellness Series

#### Airdrie Post-Partum Group (Register)

For adults only

In collaboration with Alberta Health Services

Many women experience emotional changes following the birth of a baby. For some it can be exciting and at times it can be overwhelming. The Post-Partum Group allows mothers to come together in a nonjudgmental environment and find support through the transition time. Please check [www.nrvcl.ab.ca](http://www.nrvcl.ab.ca) for dates, times and locations. To register please contact Airdrie Public Health at 403-912-8400 ext. 2

### Anger Awareness Workshop (Register)

For adults only

These 2 half-day workshops helps adults increase their awareness of anger as an emotion and explores the skills and tools needed to manage anger more effectively.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Fri.	Mar. 13	1:00 pm – 5:00 pm	Mar. 6
211, 125 Main St NW	Sat.	Mar. 14	10:00 am – 1:00 pm	Mar. 6
211, 125 Main St NW	Fri.	June 12	1:00 pm – 5:00 pm	June 5
211, 125 Main St NW	Sat.	June 13	10:00 am – 1:00 pm	June 5

Intake and registration is required.

Cost: \$50/person

### Brave not Broken Group (Register)

For adults only

This group runs the first Monday of each month from January to December (no sessions July & August). Ten preventive monthly sessions to keep you focused on holistic health and wellness and on the path of reflective and mindful living. This is an educational talking circle group that promotes personal growth, goal setting, changed thinking and behavior patterns, risk taking and self-discovery.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Mon.	Jan. 6 – Dec. 7	6:30 pm – 8:30 pm	Jan. 2

(No program Feb. 17 & Sept. 7)  
Cost: \$50 (\$5/session)

## Modern Man: Guy Code for a New Generation (Register)

### For adults only

These series of three, half day workshops will provide a safe place for men who want to gain skills in self-awareness, body, mind, spirit connection and mindfulness. A positive and relaxed environment to learn about masculinity misconceptions, anger awareness, stress reduction, healthy relationships, boundary setting and communication techniques that will empower you to express your needs to others in a strength based and mindful manner.

### Series 1

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Sat.	Apr. 18	11:00 am – 2:00 pm	Apr. 10

Cost: \$10/person/workshop

### Series 2

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Sat.	May 16	11:00 am – 2:00 pm	May 8

Cost: \$10/person/workshop

### Series 3

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Sat.	June 20	11:00 am – 2:00 pm	June 12

Cost: \$10/person/workshop

## What's Your Love Language Relationship Workshop (Register)

### For adults only

This spring give yourself the gift of love. Learn how “you” accept and express affection, and what barriers you need to eliminate in order to love fully and unconditionally. This communicative workshop will assist you in being your authentic self and will share insights into breaking unhealthy relationship patterns; paving the way for new and exciting love languages you can understand and speak.

Singles and couples welcome

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Thurs.	Mar. 26	6:30 pm – 8:30 pm	Mar. 19

Cost: \$25/person or \$40/couple

## Women's Empowerment Group (Register)

### For adults only

This 8 week group provides support, encouragement and empowerment to assist in increasing self-esteem, self-worth and self-care.

You will also have an opportunity to reflect on relationship building, health and wellness, communication and assertiveness skills, boundary setting and planning goals for the future.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Tues.	Apr. 7– May 26	9:30 am – 11:30 am	Mar. 31

Cost: \$50/person

## Women's Relationship Healing Group (Register) NEW!

### For adults only

A 6 week healing journey addressing the unique challenges that women with trauma face in a way that is both sensitive and understanding.

Topics will include the process of trauma, self-compassion, power and abuse, grounding and self-soothing skills, prevention, and healthy relationships. This is an evidence-based group created by Dr. Stephanie S. Covington and Eileen M. Russo.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Mon.	Jan. 13 – Feb 24.	9:30 am – 11:30 am	Jan. 6

(No program Feb. 17)

Cost: \$10 Work Book / \$25 group fee

## Women's Wisdom Circle Workshop (Register)

### For adults 50+

This half day workshop will provide a safe and supportive place for women 50+ to share their experiences, strength and hope. Topics will include emotional wellness, self-esteem, moving forward, future planning and building connections with other 50+ community services.

The group will empower, support, value and encourage women to thrive.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Fri.	May 22	11:00 am – 2:00 pm	May 15

Cost: \$25/person



# Family Violence Services

Community Links has provided support to those affected by family and domestic violence in Airdrie and Area for the past 16 years. Individuals are supported through various educational programs and activities including: intake, assessment, crisis support, safety planning, healthy parenting, avenues to basic needs, information and referrals to support services and healing groups.

## Journey of Change Men's Group (Register)

*For adults only*

This group provides treatment for men who are mandated or volunteering to receive counselling for intimate partner violence. Men increase awareness of their beliefs and attitudes around intimate partner violence and learn how to manage their emotions & behaviours more effectively. The group consists of an intake and goal setting session, 16 group sessions and an individual wrap up session. This group runs all year except for two weeks over Christmas and the month of August.

LOCATION	DAY	TIME	REGISTER BY:
211, 125 Main St NW (No program Feb. 17, Apr. 13 & May 18)	Mon. & Wed.	6:30 pm – 8:30 pm	Registration is ongoing

**Cost: Sliding Fee scale**

**\*Intake and Registration is required**

## Journey of Change Women's Group (Register)

*For adults only*

This group provides treatment for women who are mandated or volunteering to receive counselling for intimate partner violence. Women increase awareness of their beliefs and attitudes around intimate partner violence and learn how to manage their emotions & behaviours more effectively. The group consist of an intake and goal setting session, 16 group sessions and an individual wrap up session. This group runs all year except for two weeks over Christmas and the month of August.

LOCATION	DAY	TIME	REGISTER BY:
211, 125 Main St NW	Tues.	6:30 pm – 8:30 pm	Registration is ongoing

**Cost: Sliding Fee scale**

**\*Intake and Registration is required**

## Journey of Healing Women's Group (Register)

*For adults only*

A combination of a process and educational group for women who have experienced abuse in an intimate partner relationship. Topics such as: understanding abuse, safety planning, emotional health and wellness are discussed. Trauma healing and preventative solutions will also be explored. Guest speakers from partner agencies in the community will be included.

LOCATION	DAY	TIME	REGISTER BY:
211, 125 Main St NW	2nd & 4th Thurs.	6:30 pm – 8:30 pm	Registration is ongoing

**No cost (donations gratefully appreciated)**

**\*Free child care will be provided to those participants who register two weeks in advance.**



# School Based Programs

*(available at various schools - dates & times vary)*

All groups and workshops are booked by the individual schools. If you think that one of these groups would be a benefit at your child's school, please contact the school CDA or Guidance Counsellor to discuss further.

## Beyond the Hurt - Preventing Bullying and Harassment Program

**Youth in Grades 6-12**

Beyond the Hurt is an educational group that explores topics such as bullying and peer harassment, interpersonal power, the rights and responsibilities of individuals, as well as prevention and intervention strategies. This Red Cross RespectED Program equips youth in understanding the varied aspects of bullying and harassment so they can actively help create a safe and respectful school environment.

## Budgeting Basics

**Youth in Grades 7-11**

Students learn the value of money, how to keep track of where it all goes and how to set themselves up for a successful financial future. Topics include the creation of a monthly budget, managing unexpected expenses, credit, budgeting after high school, investing, tools for making money go further, and money management tips and tricks.

## **Budgeting for University/College**

### **Grade 12 students**

This workshop is for students wanting to learn the basics of budgeting and how to get the bills paid on time with money left over for fun. Through this interactive and informative workshop, you will create a plan for how to work with your money to set a budget that is right for you. Practical tips and hints will help you identify your problem areas in regards to money management and help you get back on track.

**Participants are asked to bring a calculator and a 30 day financial statement.**

## **Girls Circle**

### **Youth in Grades 4-9**

Girls Circle is an educational group offering weekly sessions focused on gaining knowledge, skill development, and making connections to community supports. Through activity based learning, youth will increase their self-esteem, competency to meet life's challenges and resiliency.

## **Guys Circle**

### **Youth in Grades 4-9**

Guys Circle is an educational group offering weekly sessions focused on gaining knowledge, skill development and making connections to community supports. Through activity based learning, youth will increase their self-esteem, competency to meet life's challenges and resiliency.

## **Healthy Youth Relationships Program**

### **Youth in Grades 7-12**

Healthy Youth Relationships is an educational group that focuses on developing communication skills and raising self-awareness within interpersonal relationships. This Red Cross RespectED Program provides youth with understanding and strategies to enable them to make healthy choices about their own relationships and to support their friends in also making these healthy choices.

## **Kids Have Stress Too!**

### **For parents/caregivers of children in Kindergarten – Grade 8**

Parents will learn practical strategies to recognize stressors and learn stress management techniques that work for children as well as for adults.

## **Managing Big Feelings**

### **For parents/caregivers and their children Kindergarten – Grade 4**

You and your child (one child per parent please) will spend 3 weeks exploring, recognizing and claiming "big feelings". Learn where they come from and how to express them safely! Drawing on the Gottman Institute's Emotion Coaching; it supports children through life's ups and downs in a way that builds confidence and helps them grow socially, emotionally and intellectually.

## **Mindfulness Series 1-2-3**

### **Youth in Grades 5-12**

This series will teach participants mind-body awareness and encourage wellness through relaxation and mindfulness techniques. These skill-based workshops will allow participants to increase their confidence and self-esteem, while helping them understand their body's responses to stress and challenging situations.

## **Overcoming Exam Anxiety Workshop**

### **Youth in Grades 9-12**

This workshop will teach youth successful thinking and empowerment techniques to decrease the anxiety often related to exam writing. Self-soothing and calming exercises, as well as new stress management techniques will be taught to assist youth with achieving higher exam scores and increased self-esteem.

## **Roots of Empathy**

### **Grade 1**

Designed to teach children about positive parenting, human development, emotional literacy and nurture the growth of empathy. The mission of Roots of Empathy is to build caring, peaceful and civil societies through the developmental of empathy in children. Roots of Empathy is an evidence based classroom program that has shown significant effect in reducing levels of aggression among school children through raising social-emotional competence. The teacher is a baby, who visits a classroom throughout the school year. The students learn empathy by watching parent(s) meet the needs of their baby. Classes are taught by certified Facilitators.

## **Sibling Relationships**

### **For parents/caregivers of children K – Grade 6**

Anyone with more than one child would agree that conflict and comparisons do happen. Wouldn't it be great to avoid that conflict and encourage your children to develop life-long friendships built on respect? Yes...this is possible.

**Social Thinking Vol. 1: The Incredible Flexible You**

*For parents/caregivers and children OR one class with classroom support K – Grade 2*

This 6 week program focuses on 5 key areas of social learning needed for successful social awareness, communication and interactions.

**Terrific Test Techniques**

*Youth in Grades 5 - 8*

This workshop will teach children/youth successful thinking and empowerment techniques to decrease the nervousness often related to writing tests. Self-soothing and calming exercises, as well as anxiety reduction techniques will be taught to assist children/youth with achieving higher test scores and increased self-esteem.

**Triple P Discussion Groups**

*For parents/caregivers of children K – Grade 4*

Parent discussion groups focusing on 4 common parenting challenges (Dealing with Disobedience, Managing Fighting and Aggression, Developing Good Bedtime Routines and Hassle-free Shopping with Children). Each session provides an overview of the positive parenting principles. Parents/caregivers can then implement parenting plans that are generated during each group. Can be offered as a series or individual topics.

**Triple P Primary Series**

*For parents/caregivers of children K – Grade 6*

Parenting series focusing on common (minor) behavior challenges and developmental transitions (The Power of Positive Parenting, Raising Confident, Competent Children and Raising Resilient Children). Can be offered as a series or individual topics.

**Triple P Raising Responsible Children: Homework and Housework**

*For parents/caregivers of children Grade 4 – Grade 8*

Parents have a role to play in helping children establish good homework habits. Parents also play a critical role in building healthy school attitudes and effective home/school communication. Being responsible is more than just doing what you are told – it involves problem solving and decision making. Learn strategies to help your child succeed in school.

**Triple P Teen Information Series**

*For parents/caregivers of youth in Grade 9*

3 part parenting series focusing on common (minor) behavior challenges and developmental transitions. Participants will learn some simple techniques for gaining cooperation, set appropriate limits and reduce conflict. (Raising Responsible Teenagers, Raising Confident, Competent Teenagers and Getting Teenagers Connected). Can be offered as a series or individual topics.



**Seniors**

**Resources and support for those 55+**

**Referrals are made through Community Links' Intake Services**

Our Senior Services Worker will meet with the senior by appointment at the Airdrie office, at one of our satellite offices (Beiseker, Crossfield or Irricana), or at their place of residence. Our Senior Services Workers provide comprehensive assessments to determine the needs of the senior and provide follow-up ensuring they feel supported and connected to their community. The Senior Services Workers can assist with forms and advocacy to municipal, provincial and federal programs that may be of direct benefit to the senior.

**Budgeting Basics for Retirement (Register)**

This workshop is for seniors wanting to learn the basics of budgeting and how to get the bills paid on time. Through this interactive and informative workshop, you will create a plan for how to work with your money to set a budget that is right for you. Practical tips and hints will help you identify your problem areas in regards to money management and help you get back on track.

**Participants are asked to bring a calculator and a 30 day financial statement.**

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
211, 125 Main St NW	Fri.	May 15	11:00 am – 2:00 pm	May 8

**Cost \$5/person**

**Caregiver Support Group**

Our Caregiver Support Group provides social support for individuals caring for a senior. Educational resources and

presentations are offered as well as opportunities to network and share challenges and successes with other group participants. Topics may include: caregiver fatigue, self-care and bereavement related issues.

LOCATION	DAY	TIME
211, 125 Main St NW	Third Tues. of each month	1:30 pm – 3:00 pm

### Community Presentations

Community Links works with various community partners to provide educational presentations and workshops on a variety of topics of interest to seniors. These presentations are offered monthly at the Airdrie Over 50 Club (February to June and September to December), or as requested at other sites in Airdrie and North Rocky View. Please contact Seniors Services to discuss topics and availability.

LOCATION	DAY	TIME
101, 275 Jensen Dr. NW	First Wed. of each month	1:30 pm – 3:00 pm

### Friendly Visiting Program

The Friendly Visiting Program offers isolated seniors in need of companionship, social, recreational and supportive visits at the senior's home or in the community. Volunteers are matched with the senior based on similar interests and assist the senior in connecting with their community.

### Senior's Respite Care Program

This program is dedicated to provide short-term respite (8 weeks 3 hours per week) to individuals that are the primary caregiver of a senior who is faced with significant situational stress, fatigue or crisis. The senior that is being cared for must not have an acute medical condition. Getting the family connected to resources and other community supports is an integral part of the program.

### Senior Transportation Program

The Senior Transportation Program is specifically for seniors 65 years of age and over. The program provides seniors with safe and quality transportation to medical appointments in Airdrie and Calgary. Volunteers are carefully screened through our Volunteer Services to determine dependability, integrity, reliability and safety. The Senior Transportation Program is meant to be a "last resort" for those seniors who do not have other transportation options (i.e. friends, family, neighbor's, etc). We request a minimum of 1 week's notice for Calgary appointment's and 3 days for Airdrie appointment's. Seniors wishing to access the Senior Transportation Program are asked to contact Intake Services at Community Links.



Available in Beiseker, Crossfield, and Irricana on a first come, first serve basis. Residents in need of information, assistance with government applications, referrals to community services and access to Community Links programming, including Parent Consultations, Family/Domestic Violence supports, Counselling and Senior Services, can connect with the intake staff.

Rural Intake Services can be provided in person or by calling 403-945-3900 or toll free at 1-866-945-3905

LOCATION	DAY	TIME
Beiseker: 401, 5th St	Tues. & Fri.	9:30 am – 3:00 pm
Crossfield: 1210 Railway St	Second Wed. of each month	10:00 am – 1:00 pm
Irricana: 226, 2nd St	By Appointment Only	

### Women's Empowerment Group (Register)

#### For adults only

This 8 week group provides support, encouragement and empowerment to assist in increasing self-esteem, self-worth, and self-care. You will also have an opportunity to reflect on relationship building, health and wellness, communication and assertiveness skills, boundary setting and planning goals for the future.

LOCATION	DAY	DATES	TIME	REGISTER BY:
Beiseker: 401, 5th St	Fri.	Apr. 17 – June 5	9:30 am – 11:30 am	Apr. 9

**Cost: \$25/person**

# Rural Parents & Children

## **Ages and Stages Birthday Party**

**For parents/caregivers and their children 1 – 5 years**

A fun way to support your child's development, including activities, treats and information. Ages & Stages Questionnaires are developmental snapshots of your child's milestones. Their fine motor, gross motor, communication, problem solving and social-emotional skills are looked at giving you a complete picture of your child's current developmental position. Each completed ASQ is returned to you with a full-range of developmentally appropriate activities to help support their ongoing growth and learning.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
Beiseker: 308 – 6 St Arcadia Café	Tues.	June 16	10:00 am – 11:30 am	June 9
Irricana: 300 - 1st St Lions Community Hall	Thurs.	June 18	10:00 am – 11:30 am	June 11

**No cost (donations gratefully accepted)**

## **Beiseker Music and Messy Play**

**For parents/caregivers and their children 2 – 4 years**

**A collaboration with Beiseker Municipal Library and Rocky View Schools Adult Learning**

Spend time with your child learning how music & messy play enrich your child's development.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
Beiseker: 401, 5th St	Tues.	May 5 – June 2	10:00 am – 11:30 am	Apr. 28

**No cost (donations gratefully accepted)**

## **Irricana Messy Play (Register)**

**For parents/caregivers and their children 0 - 4 years**

Spend 5 weeks with your child learning why messy play is important to your child's development. Join us for a variety of sensory activities exploring numbers and counting, language and literacy, science and nature, music and movement and creative art with your child.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
Irricana: 300 - 1st St Lions Community Hall	Thurs.	Mar. 5 – Apr. 9	10:00 am – 11:30 am	Feb. 28

**No cost (donations gratefully accepted)**

## **Irricana Travelling Tales and Tunes (Register)**

**For parents/caregivers and children 0 - 5 years**

**A collaboration with Irricana & Rural Municipal Library and Rocky View Schools Adult Learning**

Travelling Tales and Tunes is a high-quality preschool literacy program that offers an opportunity to enjoy songs, rhymes, and stories in a lively environment.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>	<b>REGISTER BY:</b>
226 – 2nd St., Irricana	Thurs.	Jan. 9 – Feb. 13	10:00 am – 10:45 am	Jan. 2
226 – 2nd St., Irricana	Thurs.	Apr. 23 – May 21	10:00 am – 10:45 am	Apr. 16

**No cost (donations gratefully accepted)**

## **Parenting Connections (Register)**

**For pregnant/new mothers/and mothers with children under the age of 6 years (6th birthday)**

**In collaboration with Alberta Health Services**

Parenting Connections is a group designed to help parents build skills, connect with others, and access information on subjects relevant to parents of infants, toddlers and preschoolers. Each session will focus on a specific topic aimed at creating stimulating and informative discussions and providing information that can contribute to the healthy development of children. At the group, parents can talk with a: Dietitian, Public Health Nurse, Support Services Worker and Parent Coach.

The program will be offered in Beiseker and Crossfield four times a year.

<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIME</b>
Beiseker: 401, 5th St Community Links Office	Thurs.	Feb. 13 & May 14	1:00 pm – 3:00 pm
Crossfield: 900 Mountain Ave. Crossfield Community Centre	Thurs.	Feb 20 & May 21	1:00 pm – 3:00 pm

**\*Limited FREE child care is available for children birth to 6 years**

For other Early Childhood Program options, please refer to other communities or contact us at 403-945-3900 or 1-866-945-3905.

We are always interested in hearing your feedback for additional programming in your community.

# DONATIONS & SPONSORSHIPS

**Support the valuable programs and services that make a difference in communities.**

On behalf of Community Links, we would like to take this opportunity to sincerely thank you so much for your past support – it has truly made a positive difference for so many individuals and families.

We are asking for your continued support to ensure that all of our services can continue to support the North Rocky View Region (Airdrie, Beiseker, Crossfield, Irricana and surrounding North Rocky View County).

During the period of April 1, 2018 to March 31, 2019 Community Links is proud to have been able to:

- Support 11,175 members of our community through our various programs & services
- Work with 7,600 families
- Connect residents over 11,912 times with various additional supports
- Provide 23,404 referrals to individuals for additional support
- Provide support for 14% of Airdrie's growing population (new parents, children, seniors & volunteers)
- Engage 263 volunteers who contributed 7,480 hours of support to the agency

In-kind donations are welcome with respect to computer equipment, office furnishings, advertising and emergency supplies for basic needs.

Please contact us today at 403-945-3900 or toll free at 1-866-945-3905 for further information on how you can support your community!

## Funders Thank-you



**We really appreciate and would like to thank all our wonderful funders!**

# Donor Thank You

*\*Recognizing donations between Sept. 1, 2018 and Aug. 31, 2019*

For a full list of FRIENDS please visit our website

### SILVER

- Calgary Shaw Charity Classic Foundation
- Greene Family Charitable Foundation
- Heighton Auto Restoration Inc.
- McKee Homes
- Shoppers Drug Mart Life Foundation
- Vitreous Glass Inc.

### BRONZE

- Rotary Club of Airdrie
- Airdrie Chrysler Dodge Jeep
- Airdrie Festival of Lights Society
- Airdrie Lioness Club
- Airdrie Lions Club
- Airdrie Oilmen's Association
- Beiseker & District Chamber of Commerce
- Benevity Community Impact Fund
- Business Condominiums Inc.
- Cooper's Crossing Joint Venture
- Dirk Bannister
- Emerald Homes (Strengthen the Foundation)
- Kiersten Mohr
- Kin-Club of Airdrie
- Legacy Run to End Family Violence
- Melrose Drugs Ltd. O/A Pharmasave #338
- Mr. Mike's Steakhouse & Bar
- Propak Social Club
- St. Martin De Porres
- Strategic Charitable Giving Foundation
- Zytech Building Systems Ltd.

# Partnerships & Collaborations

- A Friend Indeed
- Abriohealth
- Accredited Supports to the Community
- AE Bowers School
- Airdrie and District Victims Assistance Society (ADVAS)
- Airdrie Chamber of Commerce
- Airdrie Christian Academy
- Airdrie Community Corrections
- Airdrie and Area Domestic Violence Coalition
- Airdrie Food Bank
- Airdrie Housing Limited
- Airdrie Lioness Club
- Airdrie Meals on Wheels
- Airdrie Over 50 Club
- Airdrie Pride Society
- Airdrie Public Library
- Airdrie YES Committee
- Alberta Health Services
- Arcadia Café (Beiseker)
- Beiseker Community Hall
- Beiseker Community School
- Beiseker Golden Years Town & Country Club
- Beiseker Municipal Library
- Beiseker Play School
- Bethany Care Centre
- Big Brothers Big Sisters
- Bow Valley College
- Bright Path Day Care
- C.W. Perry School
- Calgary Bridge Foundation for Youth
- Calgary Housing Company
- Calgary Separate School Division
- Canada Revenue Agency – Community Volunteer Income Tax Program
- Canadian Tire Jumpstart
- Children's Cottage Society – Healthy Families
- City of Airdrie
- Coopers Crossing School
- Crossfield Community Hall
- Crossfield Elementary School
- Crossfield Lodge
- Crossfield Municipal Library
- Davis Chevrolet GMC Buick Ltd.
- Daybreak Church—Good Food Box
- Diamond Jubilee Manor
- Distress Centre
- Dr. Whillan's Manor
- ECCA – Pathways to Success Coalition
- Ecole Airdrie Middle School
- Ecole Des Petits Amis
- Ecole Edwards Elementary
- Fletcher Village
- Friends of Andrea Conroy
- Genesis Place
- George McDougall High School
- Golden Key Club
- Good Shepherd School
- Heloise Lorimer School
- Heron's Crossing School
- Highland Primary Care Network
- Independent Counselling Enterprises (ICE)
- Irricana and Rural Municipal Library
- Irricana Community Hall
- Irricana Preschool
- Kathryn Community School
- Kids Up Front
- KIK Seniors
- Kingdom City Church
- Kiwanis Airdrie
- Legacy Endurance
- Little Sprouts Preschool
- Little Warriors
- Living Springs Christian Fellowship
- Loving Hands Partners in Care
- Luxstone Manor
- Mental Health Task Force
- Metis Calgary Family Services Society—Community Voice Mail
- Phillips Lifeline
- Propellus
- Ralph McCall School
- RCMP—Airdrie and Beiseker
- RJ Hawkey School
- Rocky View Employment Services
- Rocky View Foundation
- Rocky View Immigrant Services
- Rocky View Schools
- Rocky View Schools Adult Learning
- Rocky View Schools Community Learning
- Rural Addiction and Mental Health Services (AHS)
- Safe 4 Life
- Seniors Week Planning Committee
- Shepherd of the Hills Lutheran Church
- St. Martin de Porres
- St. Paul's Roman Catholic Church
- Staples Airdrie
- Stepping Stones to Mental Health
- Telus Wise
- The Hamlets of Cedarwood Station
- The Rotary Club of Airdrie
- Thumbs Up Foundation
- Town of Crossfield
- Town of Irricana
- Village of Beiseker
- Volunteer Airdrie
- Volunteer Alberta
- Welcoming Airdrie Committee
- WG Murdoch School
- WH Croxford High School
- Windsong Heights School



## NOT YOUR AVERAGE PHARMACY

### ESSENTIAL CARE THAT YOU WON'T FIND ELSEWHERE

- Compounding Pharmacy
- Prescribing Pharmacist
- Smoking Cessation
- Diabetic Education
- Blister Packs
- Wound Care
- Sport Braces
- Ostomy Supplies
- Foot Care
- Home Care
- Compression Stockings
- Mastectomy Care Supplies
- Wheel Chair and Walker Rentals
- Breast Pump Rentals



[PHARMASAVE.COM](https://www.pharmasave.com)

403-948-0010 | 209 CENTRE AVE SW AIRDRIE

Beanie Boos SHAVE KITS  
Teas Books Jewelry  
SWIMWEAR Plush Puzzles  
Toy Horses Gifts Bath & Body  
Hats Novelty Sweets  
Teapots Wallets Toy Dinosaurs

We sell happy.

Schleich Mugs Dolls  
Home Decor Barware  
CHILDREN'S DRESS-UP  
Purses Games SLIPPERS  
Socks Lego Fashion

THE STOREUPSTAIRS



STOREUPSTAIRS.CA  
209 CENTRE AVE SW AIRDRIE