

November & December Registered Courses



Avoid disappointment! Be sure to register for all Bow Valley Parent Link programs/courses a minimum of one week prior to the program start date. Sign up today by calling 403.678.2529, emailing parentlink@canmore.ca or sign up in person at any Bow Valley Parent Link Centre. **All workshops are FREE of charge.**

Car Seat Safety Clinic

Did you know that 80% of car seats in Alberta are used incorrectly?
Do you have questions about car seat safety?
Is your child's car seat installed correctly?

Car Seat Safety Installation Clinics include:

- 45-minute hands-on appointment with Child Passenger Safety Technician (CPSAC).
- Learn how to correctly install and use your child's car seat(s) and have all questions answered.
- Children are encouraged to attend.

You **MUST** pre-register for your 45-minute session by contacting wendy.kuiper@banff.ca

Sunday, November 17 | 9:30 a.m. - 3:30 p.m.

Canmore Fire Hall

Mealtime Struggles

Ever had mealtime struggles? Learn about ways to cope with picky eating, refusal of foods, getting your child to eat vegetables, and more!

This workshop is for parents with toddler/preschool aged children.

Thursday, November 7 | 6:00 - 8:00 p.m.

Bow Valley Parent Link | Canmore | Free Childcare Available

Moms Connect

Are you looking to meet other Mom's in the community and have adult conversations? Is your tea or coffee often cold by the time you get to it each day? Every Friday for 4 weeks, you can enjoy a hot beverage, some sweet treats and some adult time and conversations. This group is facilitator led however, topics and conversations are based on parent's interest.

This program is for parents with children 18 months to 6 years old.

Fridays, November 8, 15, 22, 29 | 10:00 - 11:30 a.m.

Bow Valley Parent Link | Canmore | Free Childcare Available

Infant CPR and Choking

What would you do if your infant started choking or required CPR? Empower yourself with the knowledge to keep your little one safe.

Please note no first-aid or CPR certification will be offered through this program.

Tuesday, November 19 | 6:00 - 8:00 p.m.

Bow Valley Parent Link | Canmore
Free Childcare Available

Positively Guiding Toddler Behavior

The toddler years are times of great learning and growth, but parenting a toddler can be a challenge. A positive approach to discipline makes parenting more enjoyable and is less stressful for children.

Register today to reserve your spot and walk away with some tips and tricks to help guide you through the toddler years.

Thursday, November 28 | 6:00 - 8:00 p.m.

Bow Valley Parent Link | Banff
Free Childcare Available

Baby Steps: Transitioning Your Relationship to Parenthood

This research-based workshop, developed by Doctor's John and Julie Gottman and presented by Gottman Bringing Baby Home Educators, helps prepare you for the most important and rewarding job you will ever have: raising a child.

This workshop is for couples who are expecting, or have a newborn up to 9 months old.

Childcare isn't available but babies are welcome to attend.

Monday, December 9 | 6:00 - 9:00 p.m.

Bow Valley Parent Link | Canmore

