

Connecting

ANNUAL 2019

Community Links Programs & Services



INSIDE:

Programs and Services

for building strong individuals, families and communities

CHILDREN • YOUTH • PARENTING • ADULTS • SENIORS

A close-up 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 water is visible in the background.

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Connecting

COMMUNITY LINKS PROGRAMS

AND SERVICES GUIDE

ANNUAL 2019



CommunityLinks

Strong Individuals
Strong Families
Strong Communities



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Connecting

Community Links Programs & Services Guide is published by Frog Media Inc. and is made possible by the generous donation of Airdrie Pharmasave



Welcome to Community Links 2019 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 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 and Resource 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 Annual 2019 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



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



community.links.ab.ca



[community_links](https://www.instagram.com/community_links)



[@NRVCL](https://twitter.com/NRVCL)



[WWW.PINTEREST.COM/
NORTH ROCKY VIEW
COMMUNITY LINKS](http://WWW.PINTEREST.COM/NORTH ROCKY VIEW COMMUNITY LINKS)

Registration Information

Register by phone or drop in during office hours to register. Payment made by Visa, Mastercard, cheque, cash, debit or e-transfer.

Registration is not confirmed until payment has been made.

Community Links will make every effort to ensure that groups and workshops offered in this guide are available to those that express interest. In the event that a group or workshop needs to be cancelled or postponed, the registration fee will be refunded in full. Where possible, Community Links will provide alternative supports to address the needs of the registrants (i.e. providing workshop materials, one-on-one support, referrals to other programs, etc.)

***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

Office Hours: Airdrie

Monday to Friday
8:30 am – 4:30 pm
*Thursday 8:30 am – 8:00 pm
Limited Services Available from
12:00 pm – 1:00 pm

Office Hours: Beiseker

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

Office Hours: Crossfield

1005 Ross Street – Crossfield Town Office
Second Wednesday of each month
9:00 am – 12:00 pm

Office Hours: Irricana

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

**DID
YOU
KNOW?**

You can register online!

Please visit www.nrvcl.ab.ca today

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Important Numbers

Distress Centre (24 hours):
403-266-4357

Alberta Works Income Support:
1-866-644-5135

Addiction & Mental Health Services—
Airdrie: 1-877-652-4700

Airdrie and District Victims Assistance:
403-945-7290

Family Violence Info Line (24 hours):
310-1818

Community Links: 403-945-3900/
1-866-945-3905

RCMP (Non Urgent Line): 403-945-7267
RCMP: 911

Board Members - Community Links



Ashley Jellema, Chair

I joined the Community Links Board in order to take the opportunity to use my experience to give back to our community. I come from an extensive background in the not for profit sector starting out as an in home family therapist and then moving into Leadership. My international background includes the delivery, development and implementation of evidence based models of therapy for positive outcomes working with children, youth, families and women.



Brett Mark—Director

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. My business acumen coupled with my experience with corporate relationship building will allow me to provide meaningful contributions to the organization. Community Links provides a wealth of relevant programs and services and I look forward to being a part of the growth and success of the organization.



Dirk Bannister—Secretary

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.



Glenn Smaha—Director

I joined the Community Links Board as I have come to appreciate Community Links good work in the Airdrie area. In looking at common or shared values I believe my personal beliefs align very closely with the vision of Community Links. Giving back is a mutual responsibility all of us as a society share. I enjoy the sense of satisfaction that comes with knowing that I can contribute to the wellbeing of others by being part of organizations like Community Links.



Lisa Elmore—Director

In the short time I've lived here, I've come to understand the vital role that Community Links plays in the region. Airdrie is growing and so are the needs of its citizens, and I want to be a part of an organization that enriches lives in so many ways. I will draw on my legal background, together with the knowledge I've gained volunteering with non-profits, to support the dedicated people who make Community Links so effective.



Thelma Cameron—Director

I joined the Community Links Board to support the work done by the Board in Airdrie and the surrounding community. 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. My extensive background in the energy industry has provided me with an ability to communicate with and grow positive relationships with staff, clients and colleagues at all levels of the organization.

**DID
YOU?
KNOW!**

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

L I V E W E L L
informed.



let's talk about... **creating a healthy lifestyle**

We can help you achieve a healthy lifestyle, whether it's managing your weight, reducing stress or quitting smoking.

Speak with your **Live Well Pharmacist** about our healthy living program.

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Community Supports

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 bed-room apartment and condominium style units. To find out if you qualify, please visit the Airdrie Housing website at www.airdriehousing.ca or email assessment@airdriehousing.ca.

Airdrie Participant Support Program (APSP) is a single application process for low income City of Airdrie and Rocky View County residents for subsidized City of Airdrie programming. You may qualify to receive 50% off the purchase of a Genesis Place pass or registered programs as well as Airdrie Transit. Some restrictions apply. This program requires applicants to provide proof of residency and income. For more information visit 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.nrvcl.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 people 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 adult programming has a small cost)

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

Supplies 4 Success Program helps ensure students in need have what they require to succeed in school. Backpacks are distributed at the Community Links Office, one week prior to the beginning of the new school year. Families need to provide proof of income, residency and identification for their child(ren). This program is offered in partnership with Staples (Airdrie).

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. Identification must be presented. Certain restrictions apply and only simple, straight-forward tax returns are considered.



Toy and Resource Library

The Toy and Resource Library offers a wide selection of toys for children up to five years of age. Parents, grandparents and caregivers appreciate being able to borrow age appropriate toys that will help their children develop skills they will use throughout their lives. The children enjoy the novelty of choosing toys that may be different from the ones they have at home. The Library includes activity centres, building blocks, puzzles prop boxes, games and toys that encourage gross motor activity. In addition, we offer a variety of resources (books and DVD's) on topics such as parenting,

discipline, separation and divorce, bullying, self-esteem and child development. A one time Toy and Resource Library registration fee of \$10 will be collected from each individual/family.

This fee will go directly towards maintaining and expanding our inventory which will allow us to offer a greater selection of toys, books and DVD's. The fee may be waived for individuals or families with limited resources.

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.

Homes are screened for any physical safety concerns. 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.

Volunteering with Community Links

Community Links Volunteer Program provides opportunities for children, youth, adults, seniors and families to become engaged in the community through a variety of volunteer opportunities. Volunteers are an integral component to the success of Community Links' service delivery. Registered volunteers are interviewed and screened. A criminal record check, a child intervention check, a driver's abstract and character references may be required depending on the volunteer opportunity.

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

To be a Volunteer it takes...

Generosity, Understanding, Empathy, Compassion, Patience and Dedication.

Thank You, volunteers, for making a difference in your community!



**Gross
Motor**



**Fine
Motor**



**Problem
Solving**



**Personal -
Social**



Communication



Developmental Check-Ups at Community Links

You check their eyes. You check their growth. You check their teeth.

It is time to check their development.

Developmental Check-Ups every 6 months for children ages 0 to 5 years.

FAST - 30 minutes is all you need to complete your test and get your results.

EASY - A simple series of everyday activities that you complete with your child.

IMMEDIATE – An Information Summary & activities that are just right for your child.

FREE – This service is offered at no cost.

Book your appointment with Community Links today.

Limited number of evening appointments available. Book early for the best time.



CommunityLinks

Children

Newborn to 12 years

Baby Babble (Register)

In collaboration with Alberta Health Services

For parents and infants up to 3 months

ATTENTION NEW PARENTS!

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. 18 – Mar. 8	9:30 am – 11:30 am	Jan. 11
211, 125 Main St NW	Fri.	Apr. 26 – June 14	9:30 am – 11:30 am	Apr. 18
211, 125 Main St NW	Fri.	Oct. 11 – Nov. 29	9:30 am – 11:30 am	Oct. 4

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. 7—June 17 (No program Feb. 18, Apr. 22 and May 20)	1:30 pm – 3:00 pm
211, 125 Main St NW	Mon.	Sep. 9—Dec. 9 (No program Oct. 14 and Nov. 11)	1:30 pm – 3:00 pm

No cost (donations gratefully accepted)

BabyTime (Register)

In collaboration with Airdrie Public Library

For parents/caregivers and infants up to 12 months

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 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)

This program focuses on key areas of school readiness including: numbers and counting, language and literacy, science and nature, music and movement and creative art. Enrich everyday moments with your child and gain confidence as a parent.

Families may participate in the program once every 6 months.

For parents/caregivers and their children 2 years

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Thurs.	Jan. 3—Feb. 7	10:00 am—11:30 am	Dec. 21, 2018
211, 125 Main St NW	Thurs.	Oct. 31—Dec. 5	10:00 am—11:30 am	Oct. 24

No cost (donations gratefully accepted)

For parents/caregivers and their children 3 and 4 years

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Thurs.	Feb. 28—Apr. 4	10:00 am—11:30 am	Feb. 21
211, 125 Main St NW	Thurs.	Sep. 5—Oct. 10	10:00 am—11:30 am	Aug. 29

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.	Feb. 6	5:30 pm—7:00 pm	Jan. 30
211, 125 Main St NW	Wed.	Apr. 3	5:30 pm—7:00 pm	Mar. 27
211, 125 Main St NW	Wed.	June 5	5:30 pm—7:00 pm	May 29
211, 125 Main St NW	Wed.	Nov. 6	5:30 pm—7:00 pm	Oct. 30

No cost (donations gratefully accepted)

Little Hands Arts and Crafts (Register)

For parents/caregivers and children 0 – 8 years

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

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Fri.	Feb. 1	1:30 pm—3:00 pm	Jan. 25
211, 125 Main St NW	Fri.	June 7	1:30 pm—3:00 pm	May 31
211, 125 Main St NW	Fri.	Oct. 25	1:30 pm—3:00 pm	Oct. 18
211, 125 Main St NW	Fri.	Dec. 6	1:30 pm—3:00 pm	Nov. 29

No cost (donations gratefully accepted)

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. 4—June 21 (No program Feb. 22, Apr. 19 and Apr. 26)	10:00 am—11:30 am
211, 125 Main St NW	Fri.	Sep. 6—Dec. 13	10:00 am—11:30 am

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. 7—June 18 (No program Feb 18-21, Apr. 22-25 and May 20)	9:00 am—11:00 am
211, 125 Main St NW	Tues.	Jan. 8—June 18	1:00 pm—3:00 pm
211, 125 Main St NW	Mon.—Thurs	Sep. 3—Dec. 12 (No program Oct. 14 and Nov. 11)	9:00 am—11:00 am
211, 125 Main St NW	Tues.	Sep. 3—Dec. 10	1:00 pm—3:00 pm

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. 10—June 20 (No program Feb. 21 and Apr. 25)	5:30 pm—7:00 pm
211, 125 Main St NW	Thurs	Sep. 5—Dec. 12	5:30 pm—7:00 pm

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. 8—June 18 (No program Feb. 19 and Apr. 23)	10:00 am—11:30 am
1736, 1st Ave NW	Tues.	Sept. 3—Dec. 10	10:00 am—11:30 am

No cost (donations gratefully accepted)

Summer P.L.A.Y.

For parents/caregivers and their children 0 – 8 years

LOCATION	DAY	DATES	TIME
211, 125 Main St NW	Tues.	Jul. 2—Aug. 20	9:00 am – 11:00 am

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

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Sat.	Apr. 13	9:00 am—11:00 am	Apr. 5

***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. Based on the book, “My Mom Says”, 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. 13	10:00 am—11:00 am	Apr. 5
*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	Fri.	Feb. 8—Mar. 15	1:30 pm—2:30 pm	Feb. 1
2014 Luxstone Blvd	Mon.	Oct. 21—Dec. 2	10:00 am—11:00 am	Oct. 11
(No program Nov. 11)				

No cost (donations gratefully accepted)

Social Thinking – “We Thinkers – Volume 1 Social Explorers” (Register)*Formerly known as Social Thinking – “The Incredible Flexible You”**For parents/caregivers and children 3 – 5 years*

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

These components are strong predictors of a child’s school readiness and school success.

LOCATION	DAY	DATES	TIME	REGISTER BY:
211, 125 Main St NW	Mon.	Mar. 11 – Apr. 15	1:00 pm—2:30 pm	Mar. 4
211, 125 Main St NW	Mon.	Sep. 9—Oct. 21	1:00 pm—2:30 pm	Aug. 30
(No program Oct. 14)				

No cost (donations gratefully accepted)

*Community Links has been such an awesome resource for our family.
We find the classes relevant and evidence based. We have loved being able to access
parent coaches as parenting questions arise.*

– Anonymous, April 27, 2018

ToddlerTime (Register)*In collaboration with Airdrie Public Library**For parents/caregivers and children 13 months - 3 years*

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 or call 403.948.0600

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

Travelling Tales and Tunes (Register)*A collaboration with Airdrie Public Library and Rocky View Schools Adult Learning**For parents/caregivers and children 0 - 5 years*

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.

LOCATION	DAY	DATES	TIME
A.E. Bowers School			
1721 Summerfield Blvd SW	Tues.	Mar. 5—Apr. 9	10:30 am—11:15 am
1721 Summerfield Blvd SW	Tues.	Sep. 10—Oct. 15	10:30 am—11:15 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600

LOCATION	DAY	DATES	TIME
Heloise Lorimer			
6 King's Heights Dr SW	Wed.	Jan. 9—Feb. 13	11:00 am—11:45 am
6 King's Heights Dr SW	Wed.	Sep. 11—Oct. 16	11:00 am—11:45 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600

LOCATION	DAY	DATES	TIME
Herons Crossing School			
1860 Reunion Blvd NW	Thurs.	Jan. 10—Feb. 14	10:00 am—10:45 am
1860 Reunion Blvd NW	Thurs.	May 2—June 6	10:00 am—10:45 am
1860 Reunion Blvd NW	Thurs.	Nov. 7—Dec. 12	10:00 am—10:45 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600

LOCATION	DAY	DATES	TIME
Luxstone Manor			
2014 Luxstone Blvd SW	Wed.	May 1—June 5	9:30 am—10:15 am
2014 Luxstone Blvd SW	Wed.	May 1—June 5	10:30 am—11:15 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600

LOCATION	DAY	DATES	TIME
Ralph McCall School			
1505 1 Ave NW	Tues.	Jan. 8—Feb. 12	10:30 am—11: 15 am
1505 1 Ave NW	Tues.	Apr. 30—June 4	10:30 am—11: 15 am
1505 1 Ave NW	Tues.	Nov. 5—Dec. 10	10:30 am—11: 15 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600

LOCATION	DAY	DATES	TIME
R.J. Hawkey School			
233 Big Springs Dr SE	Thurs.	Mar. 7—Apr. 11	10:15 am—11: 00 am
233 Big Springs Dr SE	Thurs.	Sep. 12—Oct. 17	10:15 am—11: 00 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600

LOCATION	DAY	DATES	TIME
Windsong Heights School			
3030 Windsong Blvd SW	Wed.	Mar. 6—Apr. 10	10:30 am—11: 15 am
3030 Windsong Blvd SW	Wed.	Nov. 6—Dec. 11	10:30 am—11: 15 am

No cost (donations gratefully accepted)

For more information as well as registration please go to www.airdriepubliclibrary.ca or call 403.948.0600



I have used Community Links as a resources to strengthen my family for several years. Whether it is the PLAY program, parenting courses, marriage courses or the toy resources library. I am usually at community Links several times a month. The staff and programs are wonderful, I recommend visiting to everyone!

– Becky J, Jan 30, 2018

Parenting

Bringing Baby Home (Register)

For expectant parents

A 6 week program designed to prepare expectant couples or couples with newborns to become a parenting team during the transition to parenthood. Even the strongest of relationships can be strained during this time due to lack of sleep, household responsibilities and other demands leading to decreased relationship satisfaction. Learn relationship skills to encourage a healthy supportive family relationship.

No cost (donations gratefully accepted)

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. 29–Apr. 12	9:30 am–11:30 am	Mar. 22
211, 125 Main St NW	Fri.	Sep. 20–Oct. 4	9:30 am–11:30 am	Sep. 13

No cost (donations gratefully accepted)

*Limited FREE child care is available

Helping Kids Get Along (Register)

For adults only

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.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	May. 22	7:00 pm–8:30 pm	May. 15
211, 125 Main St NW	Wed.	Nov. 13	7:00 pm–8:30 pm	Nov. 6

No cost (donations gratefully accepted)

Kids Have Stress Too! (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 16	6:30 pm–8:30 pm	May 2
211, 125 Main St NW	Thurs.	Oct. 17	6:30 pm–8:30 pm	Oct. 10

No cost (donations gratefully accepted)



Managing Big Feelings (Register)

For parents/caregivers and their children

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.

Parent/caregiver and child 4 – 6 years

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Tues.	Jan. 29–Feb. 12	6:00 pm–8:00 pm	Jan. 22

No cost (donations gratefully accepted)

Parent/caregiver and child 7–10 years

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Tues.	Sep. 10–Sep. 24	6:00 pm–8:00 pm	Sep. 3

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 Dietician 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!

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Tues.	Jan. 15	7:00 pm–8:30 pm	Jan. 8
211, 125 Main St NW	Tues.	Mar. 19	7:00 pm–8:30 pm	Mar. 12
211, 125 Main St NW	Tues.	May 21	7:00 pm–8:30 pm	May 14
211, 125 Main St NW	Tues.	Sep. 17	7:00 pm–8:30 pm	Sep. 10
211, 125 Main St NW	Tues.	Nov. 19	7:00 pm–8:30 pm	Nov. 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 as a parent or caregiver.

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. Intake is required.

Parenting with Pride

For adults only

In collaboration with Airdrie Pride Society.

This is a peer-led group for parents of children who identify as LGBTQ+, and provides a safe place to explore the challenges, successes and emotions that parents face when their kids come out.

LOCATION	DAY	TIME
211, 125 Main St NW	First Tuesday of the month	6:30 pm–8:00 pm

Potty Training (Register)

For parents/caregivers of children 12 months and older

This program introduces developmentally appropriate practices that help toddlers' potty train.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	Mar. 20	9:30 am–11:00 am	Mar. 13
211, 125 Main St NW	Wed.	Nov. 20	9:30 am–11:00 am	Nov. 13

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 nutrition information and how to cook healthy, affordable meals
- Make connections to resources in your community

At this group you can talk with a:

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

These groups meet all year long, except the month of December, at the following locations:

LOCATION	DAY	TIME
Airdrie: Living Springs Christian Fellowship 2304 Yankee Valley Blvd.	Last Thur. of each month	1:00 pm—3:00 pm
Beiseker: Community Links Office 1, 401 5th St	Second Thur. of each month	1:00 pm—3:00 pm
Crossfield: Crossfield Community Centre 900 Mountain Ave.	Third Thur. of each month	1:00 pm—3:00 pm

* Limited FREE child care is available



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.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Apr. 11	6:00 pm—9:00 pm	Apr. 4

No cost (donations gratefully accepted)

Recipes for a Hearty Family

Our Recipes for a Hearty Family provide 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, developmental stages, 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.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	Mar. 27–May 15	6:30 pm–8:30 pm	Mar. 20
211, 125 Main St NW	Wed.	Oct. 16–Dec. 4	6:30 pm–8:30 pm	Oct. 9

No cost (donations gratefully accepted)

Triple P: Positive Parenting Program – Primary information Series (Register)

For parents/caregivers of children 2 - 7 years

For adults only

This 3 part series focuses on common behavior challenges and developmental transitions.

Sessions include:

- 1) The Power of Positive Parenting
- 2) Raising Confident, Competent Children
- 3) Raising Resilient Children

Register for 1, 2, or all 3 sessions

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	Oct. 2–Oct. 16	1:30 pm–3:00 pm	Sep. 25

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

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	Mar. 6–Mar. 20	6:30 pm–8:00 pm	Feb. 27

No cost (donations gratefully accepted)

Triple P: Positive Parenting Program Styles – Discussion Group Workbook Series (Register)

For parents/caregivers of children 2 – 12 years

For adults only

This discussion group series offers suggestions and ideas on positive parenting to help you deal with day to day challenges and promote your child’s development.

A) Managing Fighting and Aggression

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Mon.	Jul. 8	9:30 am–11:30 am	Jul. 2
No cost (donations gratefully accepted)				
* Limited FREE child care is available				

B) Developing Good Bedtime Routines

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Tues.	Jul. 9	9:30 am–11:30 am	Jul. 2
No cost (donations gratefully accepted)				
* Limited FREE child care is available				

C) Dealing with Disobedience

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	Jul. 10	9:30 am–11:30 am	Jul. 3
No cost (donations gratefully accepted)				
* Limited FREE child care is available				

D) Hassle Free Shopping

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Jul. 11	9:30 am–11:30 am	Jul. 4
No cost (donations gratefully accepted)				
* Limited FREE child care is available				

E) Hassle Free Shopping

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Wed.	Nov. 6	9:30 am–11:30 am	Oct. 30
No cost (donations gratefully accepted)				
* Limited FREE child care is available				

Triple P: Positive Parenting Program - Stepping Stones Group (Register)

A Positive Parenting Program for families who have a child with a disability

For parents/caregivers of children 2 – 12 years

For adults only

This program is designed to improve the quality of parent-child relationships and help parents develop effective, practical strategies for managing misbehavior and developmental challenges common among children with disabilities.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Sep. 19–Nov. 14	12:30 pm–3:00 pm	Sep. 12
No cost (donations gratefully accepted)				



Adults

18 years and older

Grief and Loss Series

Adult Grief and Loss Group (Register)

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, 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. 5—Apr. 23	6:30 pm—8:30 pm	Feb. 18

*Cost: \$25/person

Over the Rainbow Bridge, Pet Loss Healing Workshop (Register)

This half day workshop will help you honour and heal from the loss of your beloved pet. Take this opportunity to work through the stages of grief, while learning coping skills to assist with loneliness, unconditional love loss and the sometimes deep seeded emptiness that can follow with the passing of our four legged friends. Tears are welcome and part of the journey.

Adults

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Sat.	Jun. 8	1:00 pm—4:00 pm	May 24

*Cost: \$20/person, \$30/couple

Family Edition: Children ages 6+

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Sat.	Dec. 7	1:00 pm—4:00 pm	Nov. 22

*Cost: \$20/person, \$30/couple or \$50/family



Budgeting Series

Budgeting Basics Workshop Series (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

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Feb. 7	6:30 pm—8:30 pm	Feb. 1

*Cost: \$5/person

Budgeting for University/College

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	May 9	6:30 pm—8:30 pm	May 2

*Cost: \$5/person

Planning a Budget for Retirement

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Jun. 13	2:30 pm—4:30 pm	Jun. 6
211, 125 Main St NW	Thurs.	Oct. 17	6:30 pm—8:30 pm	Oct. 10

*Cost: \$5/person

Budgeting for Baby

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Nov. 14	9:30 am—11:30 am	Nov. 7

*Cost: \$5/person

Wellness Series

Airdrie Post-Partum Group (Register)

In collaboration with Alberta Health Services

Many women experience emotional changes following the birth of a baby. For many 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.nrvc.ab.ca for dates, times and locations. To register please contact Airdrie Public Health at 403-912-8400 ext. 2

Anger Awareness Workshop (Register)

This workshop helps adults increase their awareness of anger as an emotion and explores the skills and tools needed to manage anger more effectively. For more information on program dates, please visit our website at www.nrvc.ab.ca

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. 7—Dec. 2	6:30 pm—8:30 pm	Jan. 2

*Cost: \$50 (\$5/session)

Empty Nest Group (Register)

For adults only

This 6 week group provides encouragement, self-discovery and identify renewal whose children have left home.

It will assist with increasing self-esteem, self-worth and self-love. You will also have the opportunity to reorganize your new priorities, reflect and refocus on the next phase of your life as a single or married independent adult. Topics include health and wellness, healthy boundaries, downsizing and letting go, communication and assertiveness skills and planning goals for the future.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Fri.	Feb. 1—Mar. 8	9:30 am—11:30 am	Jan. 25

*Cost :\$30/person

Community Links gave me the opportunity to take several courses to improve myself as a father and husband.

– Anonymous, Jan. 30, 2018

Wellness Series

Mindful Men Workshop Series (Register)

These series of three, one 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. 20	10:00 am—4:00 pm	Apr. 6
*Cost :\$10/person/workshop				

Series 2

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Sat.	May 18	10:00 am—4:00 pm	May 8
*Cost :\$10/person/workshop				

Series 3

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Sat.	Jun. 22	10:00 am—4:00 pm	Jun. 8
*Cost :\$10/person/workshop				

What's Your Love Language Relationship Workshop (Register)

For adults only

This Valentine's Day 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 unconditional 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

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Feb. 14	6:30 pm—8:30 pm	Jan. 31
*Cost :\$25/person or \$40/couple				

Wisdom Circle Workshop (Register)

For Women 50+

This one 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	Sat.	May 25	10:00 am—4:00 pm	May 10
211, 125 Main St NW	Sat.	Oct. 12	10:00 am—4:00 pm	Sep. 27
*Cost: \$25/person				

Wellness Series

Wisdom Circle Workshop (Register)

For Men 50+

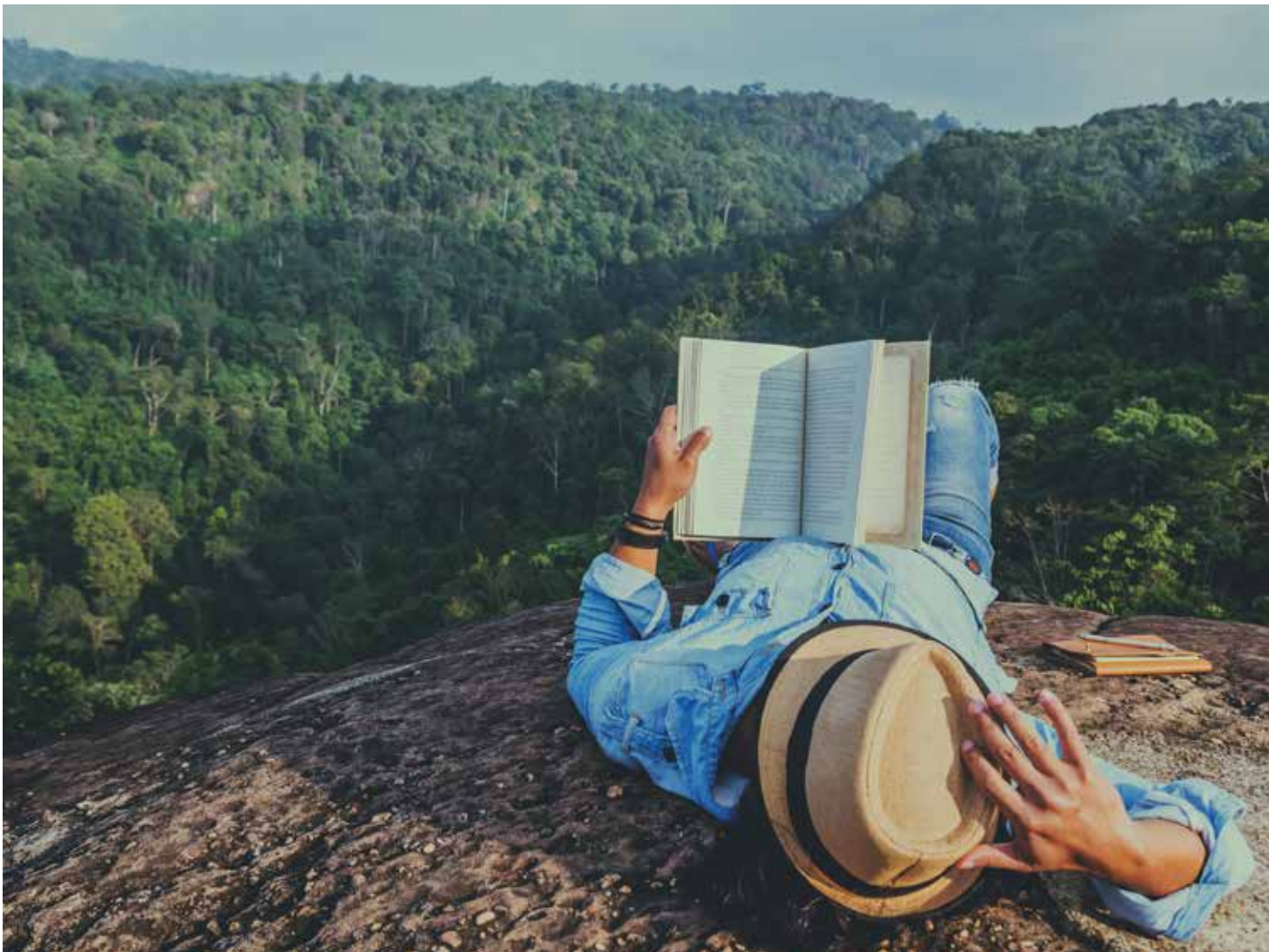
This one day workshop will provide a safe and supportive place for men 50+ to share their experiences, strength and hope. Topics will include emotional wellness, self-esteem, moving forward, future planning and building connections with other 50+ community services. The group will empower, support, value and encourage men to thrive.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Sat.	Feb. 23	10:00 am—4:00 pm	Feb. 8
*Cost: \$25/person				

Women’s Empowerment Group (Register)

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. 2—May 21	9:30 am—11:30 am	Mar. 19
211, 125 Main St NW	Tues.	Oct. 1—Nov. 19	6:30 pm—8:30 pm	Sep. 17
*Cost: \$50/person				



Family Violence Services

Community Links has provided support to those affected by family and domestic violence in Airdrie and Area for the past 15 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)

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 anger 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	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)

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 anger more effectively.

The group consist of an intake and goal setting session, 15 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)

A combination of a process and educational group for women who have experienced abuse in an intimate partner relationship or in their family of origin. Topics such as understanding abuse, safety planning, emotional health and wellness. 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.**

Community Links and its program helps with early literacy, taking an interest in reading, offering great opportunities for my kids to interact with other children and work on interpersonal relationships. Community Links programs has also helped me find my Centre after a difficult time in life through its counselling programs.

– Jessica G, Mar 22, 2018

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 7–12

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.

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.

Mindfulness Series 1-2-3

Youth Grades 5–8 and 9–12

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 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

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.

Terrific Test Techniques

Youth 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.

Thriving Teens

Youth aged 13–17

This is a 6 week teen holistic educational, group focusing on the circle of safety, healthy relationships, expressive feelings through the arts, communication skills, self-regulation, relaxation techniques, and building a thought stopping and feeling survival kit. This group is designed to assist youth with expanding their lives, boundary setting, building armor, and promotes on-going healing.

Seniors

Resources and support for those 55+

Senior Services

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 Worker provides a comprehensive assessment to determine the needs of the senior and provides follow-up ensuring the senior feels supported and connected to their community. The Senior Services Worker 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 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.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Thurs.	Jun. 13	2:30 pm—4:30 pm	Jun. 6
211, 125 Main St NW	Thurs.	Oct. 17	6:30 pm—8:30 pm	Oct. 10

***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.

This group runs year round except for July and August.

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

Community Newsletter

This informative Senior Service Community Newsletter is offered on a bi-monthly basis. Please contact Community Links to request a copy via email.

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), and 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 support 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 program 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.

Wisdom Circle Workshop for Women (Register)

This one 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	Sat.	May 25	10:00 am—4:00 pm	May 10
211, 125 Main St NW	Sat.	Oct. 12	10:00 am—4:00 pm	Sep. 27

*Cost: \$25/person

Wisdom Circle Workshop for Men (Register)

This one day workshop will provide a safe and supportive place for men 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 men to thrive.

LOCATION	DAY	DATES	TIME	REGISTER BY
211, 125 Main St NW	Sat.	Feb. 23	10:00 am—4:00 pm	Feb. 8

*Cost: \$25/person

Youth

*Sliding Fee Scale Available

13 – 17 Years

PRYSM (Pride Youth Social Movement)

In collaboration with Airdrie Pride society.

This is a monthly group for LGBTQ+ 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.

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

Times alternate between evening and afternoon.

See School Based Programs for more Youth Information

Rural Adults

Rural Intake Services

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 403-620-0778

LOCATION	DAY	TIME
Beiseker: 401, 5th St	Tues. & Fri.	9:30 am—3:00 pm
Crossfield: 1005 Ross St.	Second Wed. of each month	9:00 am—12:00 pm
Irricana: 226, 2nd St.	By Appointment Only	

Empty Nest Group (Register)

Adults

This 6 week group provides encouragement, self-discovery and identify renewal for adults whose children have left home. It will assist with increasing self-esteem, self-worth and self-love. You will also have the opportunity to reorganize your new priorities, reflect and refocus on the next phase of your life as a single or married independent adult. Topics include health and wellness, healthy boundaries, downsizing and letting go.

LOCATION	DAY	DATES	TIME	REGISTER BY
Beiseker: 401, 5th St	Fri.	Oct. 4—Nov. 8	9:30 am—11:30 am	Sept. 20

* Cost: \$30/person

Wisdom Circle Workshop (Register)

For Women 50+

This one day workshop will provide a safe and supportive place for women 50+ to share their experiences, strengths 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

LOCATION	DAY	DATES	TIME	REGISTER BY
Beiseker: 401, 5th St	Sat.	Jan. 19	10:00 am—4:00 pm	Jan. 11

* Cost: \$25/person

Rural Parents & Children

Comfort Play and Teach (Register)

For parents/caregivers and their children 2–4 years

This program focuses on key areas of school readiness including: numbers and counting; language and literacy; science and nature; music and movement and creative art. Enrich everyday moments with your child and gain confidence as a parent.

LOCATION	DAY	DATES	TIME	REGISTER BY
Beiseker: 401, 5th St	Tues.	May 21—June 11	10:00 am—11:30 am	May 14

No cost (donations gratefully accepted)

Discipline Tools for Your Preschooler (Register)

For parents/caregivers of children 18 months—3 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
Beiseker: 401, 5th St	Tues.	Jan. 29—Feb. 12	9:30 am—11:30 am	Jan. 22

No cost (donations gratefully accepted)

* Limited Free child care is available

Irricana Indoor Explorers (Register)**For parents/caregivers and their children 0—4th birthday**

A program where you can take part in a variety of interactive play activities focusing on gross motor skills and connect with Parent Coaches as well as with other parents/caregivers.

LOCATION	DAY	DATES	TIME	REGISTER BY:
Irricana: 300, 1st St	Thurs.	Mar. 7—Mar. 28	10:00 am—11:30 am	Feb. 28

No cost (donations gratefully accepted)

P.L.A.Y. (Parent Link and You) (Register)**For parents/caregivers and their children 0—3 years**

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 Development Check-Ups are available.

LOCATION	DAY	DATES	TIME	REGISTER BY:
Irricana: 300, 1st St	Thurs.	May 30—June 20	10:00 am—11:30 am	May 23
Irricana: 300, 1st St	Thurs.	Oct. 31—Dec. 5	10:00 am—11:30 am	Oct. 24

No cost (donations gratefully accepted)

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 nutrition information and how to cook healthy, affordable meals
- Make connections to resources in your community

At this group you can talk with a: Dietitian, Public Health Nurse, Community Support Worker, Parent Coach

These groups meet all year long, except the month of December, at the following locations

LOCATION	DAY	TIME
Beiseker: Community Links Office 1, 401 5th St	Second Thur. of each month	1:00 pm—3:00 pm
Crossfield: Crossfield Community Centre 900 Mountain Ave.	Third Thur. of each month	1:00 pm—3:00 pm

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.

Special Giving Options

Thoughtfully prepared gifts, a willed bequest or a gift of life insurance, are gifts that can form the financial bedrock for the future of the programs and services provided by Community Links. In addition to the personal satisfaction a donor receives from supporting an organization near and dear to their heart, a financial supporter of Community Links may also be attracted by the tax benefits some planned gifts can provide. We invite you to learn more about the special opportunities to support the work of Community Links. Through careful planning and by talking with your family and financial advisor, it is often possible to provide a gift much larger than you ever thought possible.

1

Estate Planning: A bequest allows you to make a significant and meaningful gift today, while preserving your assets during your lifetime. Through your will, you can specify that a portion of assets are donated to Community Links.

2

Life Insurance: When you give a gift of new or existing insurance policy naming Community Links as a beneficiary, you receive peace of mind in building a sizable gift for the future with small premiums now. You will enjoy tax credits during your lifetime or your estate benefits. You can also make Community Links the beneficiary of your RRSP with some benefits.

3

Charitable Gift Annuities: These gift types, whether cash, securities or real estate, is a way of providing you with an annual income for life (a guaranteed payment period) while providing a current gift to us. The amount of income received is determined by the value of the gift and the annuity rate.

4

Gift of Securities: A gift of appreciated securities or mutual funds will help you reduce or eliminate your capital gains tax while providing support to the individuals and communities we support.

5

Gifts in Kind: If you choose to provide a gift in kind, Community Links will provide a tax receipt for the monetary value of the usable tangible property. Values can vary.



CommunityLinks
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Donations & Sponsorship

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

The success of Community Links is attributed to the combination of qualified and caring staff, remarkable community and the financial support of our generous donors.

The valuable programs and services provided by Community Links continue to help make a difference for individuals children, youth and families. We are asking for ongoing community support in reaching our vision of making the North Rocky View Region a home for *Strong Individuals Strong Families Strong Communities*.

With your help we can build on the strengths and possibilities for our community.

Counselling Services/Outreach—bringing hope and support to children, youth and adults through individual, couple, family and group counselling.
2019 fundraising target is \$154,000.

Family Resource Services/Outreach—Parenting and early childhood programming (drop-in, parenting classes, parent consultation and support groups) that serve families of children/youth 0—17 years of age.
2019 fundraising target is \$72,120

Community Development Services/Outreach—intake, toy and resource library, volunteer training and appreciation, educational workshops, connections to basic needs and prevention of bullying programming. Supports for seniors by providing home visitation, educational presentations, workshops and avenues to community supports.

2019 fundraising target is \$65,700

Prevention of Family Violence Services/Outreach—intake, prevention of family violence by providing counselling, connections to needed supports, seamless services to victims of intimate partner violence.

2019 fundraising target is \$60,600

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

Please contact Devon at 403-945-3945, toll-free at 1-866-945-3905 or email devon@nrvc.ab.ca for further information on how you can support your community.

Funders Thank-you

- Alberta Children and Youth Services
- Alberta Health Services Safe Communities Innovation Fund
- Beiseker and District Family and Community Support Services
- Calgary and Area Children's Services
- City of Airdrie Family and Community Support Services
- Corporate and Community Donations
- Crossfield Family and Community Support Services
- HomeFront
- Irricana Family and Community Support Services
- Rocky View County Family and Community Support Services
- United Way of Calgary and Area and Donor Option
- United Way—Ambassador of the Way



Donor Thank-You

For a full list of FRIENDS please visit our website

GOLD

- Propak Systems Ltd.
- Shaw Birdies for Kids Presented by AltaLink

SILVER

- Greene Family Charitable Foundation
- McKee Homes
- Vitreous Glass Inc.

BRONZE

- Airdrie & District Community Foundation
- Airdrie City View
- Airdrie Dads
- Airdrie Festival of Lights Society
- Airdrie Lions Club
- Airdrie Oilmen's Association
- Airdrie Over 50 Club
- Beiseker & District Chamber of Commerce
- Blakley Chartered Accountant
- Brad Styner
- Bryon & Wendy Geier
- Business Condominiums Inc
- Cenovus Energy Inc.

- Cooper's Crossing Joint Venture
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- Downward Dog Grooming
- Dyck Insurance Agency (Wetaskiwin) Ltd.
- Emerald Homes (Strengthen the Foundation)
- Fortis Alberta Inc
- Hassett & Reid LLP
- Kin-Club of Airdrie
- Legacy Run to End Family Violence
- Lions Club of Beiseker Alta 83808
- Living Springs Christian Fellowship
- Melcor Developments Ltd.
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- Modco Structures Ltd.
- Mr. Mikes Steakhouse & Bar
- Paros
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- Safeway Mini Storage
- Shoppers Drug Mart
- St. Martin De Porres
- Strategic Charitable Giving Foundation
- Vesta Properties
- WRD Borger Construction Ltd.
- Zytech Building Systems Ltd.

Partnerships & Collaborations

- A Friend Indeed
- Accredited Supports to the Community
- ADVAS
- AE Bowers School
- Airdrie Alliance Church
- Airdrie & Area Health Cooperative
- Airdrie Domestic Violence Coalition
- Airdrie Food Bank
- Airdrie Housing Limited
- Airdrie Koinonia Christian School
- Airdrie Legion
- Airdrie Lioness Club
- Airdrie Meals on Wheels
- Airdrie Over 50 Club
- Airdrie Pride Society
- Airdrie Public Library
- Alberta Health Services
- Arcadia Café (Beiseker)
- Beiseker Community School
- Beiseker Golden Years Town & Country Club
- Beiseker Municipal Library
- Beiseker Play School
- Bert Church High School
- Bethany Care Centre
- Big Brothers Big Sisters
- Bow Valley College
- C.W. Perry School
- Calgary Bridge Foundation for Youth
- Calgary Catholic Immigration Society
- Calgary Housing Company
- Calgary Separate School Division
- Canada Revenue Agency
- Canadian Tire Jumpstart
- City Of Airdrie
- Closer to Home—Viewpoints
- Coopers Crossing School
- Crossfield Elementary
- Crossfield Lodge
- Davis Chevrolet GMC Buick Ltd.
- Daybreak Church—Good Food Box
- Diamond Jubilee Manor
- Distress Centre
- Dr. Whillan's Manor
- ECMapping—Pathways to Success Coalition
- Ecole Airdrie Middle School
- Ecole Des Petits
- Ecole Edwards Elementary
- Fletcher Village
- Golden Key Club
- Good Shepherd School
- Grace Baptist Church
- Healthy Families (Children's Cottage Society)
- Heron's Crossing School
- Highland Primary Care Network
- Independent Counselling Enterprises (ICE)
- Irricana and Rural Municipal Library
- Kathryn Community School
- Kerby Rotary House
- Kids Up Front
- KIK Seniors
- Kiwanis Airdrie
- Legacy Endurance
- Little Sprouts Preschool
- Loving Hands Partners in Care
- Luxstone Manor
- Meals on Wheels
- Mental Health Task Force
- Metis Calgary Family Services Society—Community Voice Mail
- Our Lady Queen of Peace Ranch
- Phillips Lifeline
- Propellus
- Ralph McCall School
- RCMP—Airdrie and Beiseker
- RJ Hawkey
- Rocky View Employment Services
- Rocky View Foundation
- Rocky View Schools
- Rocky View Schools Adult Learning
- Rural Addiction and Mental Health Services
- Shepherd of the Hills Lutheran Church
- St. Martin De Porres
- St. Paul's Roman Catholic Church
- Staples Airdrie
- Stepping Stones to Mental Health
- The Hamlets of Cedarwood Station
- The Rotary Club of Airdrie
- Thumbs Up Foundation
- Town of Crossfield
- Town of Irricana
- Victory Church
- Village of Beiseker
- Volunteer Airdrie
- Volunteer Alberta
- Welcome Wagon
- Welcoming Airdrie Committee
- WG Murdoch School
- WH Croxford High School
- 55+ Interagency Group

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