

# Parent Resources

Offered in Partnership with Child and Family Service Authority

And Alberta Health Services

## Playgroup

**Playgroup** - Offered to families who may have children with developmental concerns accessing the health region's Early Intervention Program, this group meets at the Centre every second Thursday of each month from 9:30 to 11:00 am. There is opportunity for unstructured play in our "Gym", guest speakers, and/or discussion with the Early Intervention Specialist from the Health Unit.

For more Information call 780-361-4333

For additional play and learning opportunities for Young Children check out the:

- Wetaskiwin and Millet Public Library Programs
- Rhyming Tots - Offered through the Wetaskiwin Literacy Program
- Millet Little Peoples Indoor Play Society (PIPS) at the Community Hall
- Wetaskiwin Children's Indoor Plays Society (CHIPS) at the Drill Hall

**Triple P Parenting-** The Positive Parenting Program is designed to assist parents through each developmental stage by providing seminars, tip sheets and videos. More information is available at [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

# Workshop Information

The staff of the Early Education & Family Wellness Centre works closely with other community organizations and agencies to provide workshops for parents and caregivers within our community. Some examples of the session that have been held in the past include:

- Effective Behavior Support - 6 session series
- Marvelous Meals - Nutrition Doesn't Need To Be Difficult
- Dads In The Kitchen
- Living Within Your Means - Stretching Your Budget
- Amazing Brain - An Inside Look at How Learning Happens
- Five Love Languages of Adults
- Kids Have Stress Too! - 4 session series
- Family Literacy

Relationship Series, including:

- Who Am I
- Behavior Patterns
- Can You Hear Me?
- Balance
- A Human Being - Self Care Tips & Techniques

During evening sessions, childcare is available to families who require assistance in order to attend. For information on available workshops call 352-0224,..

We will be updating workshop information and dates on a regular basis, so keep checking for new information.

# Links

Wetaskiwin Regional Public Schools [www.wrps.ab.ca](http://www.wrps.ab.ca)

Alberta Education [www.education.gov.ab.ca](http://www.education.gov.ab.ca)

Alberta Child and Family Services Authority [www.child.gov.ab.ca](http://www.child.gov.ab.ca)

\*check "What We Do" for information on  
Family Supports for Children with Disabilities, and  
Fetal Alcohol Spectrum Disorder

Parent Link: [www.parentlinkalberta.ca/](http://www.parentlinkalberta.ca/)

Albert Health Services [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

National Centre for Learning Disabilities (American) [www.nclld.org](http://www.nclld.org)

Centre for Childhood Disability and Research [www.canchild.ca](http://www.canchild.ca)

Autism Society of Canada [www.autismsocietycanada.ca](http://www.autismsocietycanada.ca)

Canadian Down Syndrome Society [www.cdss.ca](http://www.cdss.ca)

Children with autism: [www.autismcentral.ca](http://www.autismcentral.ca), and [www.cairn-site.com](http://www.cairn-site.com).

Movement and Mobility class (Beaumont)

[http://beaumontdance.ab.ca/images/PDF\\_files/classdescription.pdf](http://beaumontdance.ab.ca/images/PDF_files/classdescription.pdf)

The Baby Department website offers reduced prices on formula and free shipping for purchases over \$100.00. The website can be accessed at [www.Thebabydepartment.com](http://www.Thebabydepartment.com)

Children's fitness amount - A parent may be eligible to claim up to \$500.00 per child for a program of physical activity for their child. Further information is available on line at

[www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns360-390/365-eng.html](http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns360-390/365-eng.html)

Federal Child Disability Benefit - a family can qualify for up to \$2455.00 per year (\$204.58 per month). The eligibility is discussed on the government of Canada website. A qualified practitioner fills completes the appropriate form (T2201) which is the “Disability Tax Credit Certificate”. Qualified practitioners include: medical doctors, optometrists, audiologists, occupational therapists, physiotherapists, psychologists, and speech- language pathologists. If the child qualifies for this credit then they will automatically be eligible for the monthly allowance. The benefit is added to the monthly Child Tax Credit or if applicable, the Child Special Allowance which is also paid on a monthly basis.

[T2201 - Disability Tax Credit Certificate](#)

[www.cra-arc.gc.ca/E/pbg/tf/t2201](http://www.cra-arc.gc.ca/E/pbg/tf/t2201)

[City of Wetaskiwin](#)

[www.wetaskiwin.ca/](http://www.wetaskiwin.ca/)

Official website. Provides details for recreation, departments and council

[Government of Alberta: Family Support for Children with Disabilities](#)

[www.child.alberta.ca](http://www.child.alberta.ca) > ... > Programs and Services