

What is going on during **October** at Community Links

***Please note all Programs/Workshops will be held at 211, 125 Main St. & are no cost, unless otherwise indicated (donations gratefully accepted).**

Adults Experiencing ADHD Workshop (registration deadline October 22, 2025)

18+

This presentation will offer education, coping tools, and strategies, as well as support for individuals experiencing ADHD in their lives.

Wednesday, October 29, 2025, 6:00 pm - 7:30 pm

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

Baby & Me (registration on-going)

For parents/caregivers and children 0 – 8 months

Would you like to connect with other parents with babies? In this group we will tackle the topics that attendees are facing, from sleep to play or feeding to development all while networking with other parents. **October 14, 2025, 10:00 am - 11:30 am**

<https://mycommunitylinks.ca/programs/baby-and-me>

Baby Babble (registration deadline October 14, 2025)

For parents/caregivers and children 0 – 6 months

Would you like to meet other families with a newborn? In this group, you will receive information about your baby's development and the changes a new baby can bring while networking with other new parents. You will explore challenges such as self-care, finding support and post-partum signs and symptoms.

Tuesdays, October 21 - November 25, 2025, 1:30 pm - 3:00 pm

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

Messy Play & More in Iiricana (registration on-going) Iiricana Lions Community Hall

For parents/caregivers and children 0 - 5 years

This child-led group is for parents/caregivers and children 0 – 5 years who like to get messy, use their imaginations, and explore the world around them. This program is offered in collaboration with the Town of Iiricana and Rocky View County FCSS. **The first Wednesday of each month, 10:00 am - 11:30 am**

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

Music & Messy Play in Beiseker (registration on-going) 401 - 5 St.

For parents/caregivers and children 0 - 4 years

This child-led group is for parents/caregivers and children 0 – 4 years who like to get messy, use their imaginations, and explore the world around them. We will enjoy play-based activities, songs, and stories. **The fourth Wednesday of each month, 10:00 am - 11:30 am**

<https://mycommunitylinks.ca/programs/music-messy-play-in-beiseker>

Nobody's Perfect (registration deadline October 10, 2025)

For parents/caregivers of children 0 - 5 years (ADULTS ONLY)

Would you like to learn practical, positive, and inexpensive ideas and approaches to parenting? Nobody's Perfect has been helping parents do this since its inception in 1987. **Fridays, October 17 - November 14, 2025, 9:30 am - 11:30 am**

<https://mycommunitylinks.ca/programs/nobodys-perfect>

Online Safety (registration deadline October 13, 2025) Virtual

For parents and children 7 - 11 years

How do parents better manage tech use with children? In this ever-changing world of technology, it can be challenging to stay a step ahead of our youngsters. Parents are encouraged to register for both a Mini Workshop and the Parent Only Workshop.

Monday, October 20, 2025, 10:00 am - 11:30 am or For parents and children 12 - 17 years, Monday, October 20, 2025, 1:30 pm - 3:00 pm

Parent only Workshop (registration deadline October 16, 2025)

For Parents of children 2-17 years

We will introduce a presenter from ALERT with the RCMP who tackles internet crime connected to children. By learning from ALERT you will feel up to date as well as have a space to ask questions around managing what comes into your home via technology. **Thursday, October 23, 2025, 5:30 pm - 7:30 pm**

<https://mycommunitylinks.ca/programs/online-safety-for-parents-and-children>

Parenting Children with ADHD (registration deadline October 16, 2025)

For parents/caregivers of children 5 - 12 years (ADULTS ONLY)

Do you have a child diagnosed with ADHD, or are you wondering if your child might have ADHD? We will discuss information about ADHD such as symptoms and causes, resources available to support you and your child, the process of getting a diagnosis and explore parenting strategies that can help set your child up for success. **Thursday, October 23, 2025, 6:00 pm - 7:30 pm**

<https://mycommunitylinks.ca/programs/parenting-children-with-adhd>

Parenting Children with Anxiety (registration deadline October 23, 2025)

For parents/caregivers of children 7 - 14 years (ADULTS ONLY)

Are you the parent/caregiver of a child with an anxiety disorder or who is experiencing stress that is overwhelming and impacting their day-to-day life? We will discuss information about anxiety such as symptoms and causes, resources available to support you and your child, and explore coping and parenting strategies that can help set your child up for success. **Thursday, October 30, 2025, 6:00 pm - 7:30 pm**

<https://mycommunitylinks.ca/programs/parenting-children-with-anxiety>

Play & Learn in Crossfield (registration on-going) Crossfield Municipal Library

For parents/caregivers and children 0 - 5 years

Would you like an opportunity for your child to play while you have a chance to meet other parents? This group will promote and support healthy child development and positive parenting skills. This program is offered in collaboration with Crossfield Municipal Library and Rocky View County FCSS.

The second Thursday of each month, 10:30 am - 11:30 am

<https://mycommunitylinks.ca/programs/play-and-learn-in-crossfield>

Rhyme Time in Iiricana (registration on-going) Iiricana & Rural Municipal Library

For parents/caregivers and children 0 - 5 years

We will discuss the importance of early literacy, language, and a variety of parenting topics to promote healthy child development. This group is offered in collaboration with the Iiricana & Rural Municipal Library and Rocky View County FCSS. **The third Wednesday of each month, 10:00 am - 10:45 am**

<https://mycommunitylinks.ca/programs/rhyme-time-in-iiricana>

R U Ready (registration deadline October 11, 2025)

For parents/caregivers and children 10 - 12 years

Are your children asking if they can start staying home alone? This group allows parents and caregivers to learn alongside their children ages 10 – 12 years old to explore expectations, safety, and responsibilities through lots of fun activities. Some topics covered will include nutrition, cyberbullying and internet safety, and personal care. **Saturday, October 18, 2025, 9:30 am - 11:30 am**

<https://mycommunitylinks.ca/programs/r-u-ready>

R U Ready Iiricana (registration deadline October 13, 2025)

For parents/caregivers and children 10 - 12 years

Are your children asking if they can start staying home alone? This group allows parents and caregivers to learn alongside their children ages 10 – 12 years old to explore expectations, safety, and responsibilities through lots of fun activities. Some topics covered will include nutrition, cyberbullying and internet safety, and personal care. **Monday, October 20, 2025, 9:30 am - 11:00 am**

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

Save the date!

Linking Together to Prevent Family Violence

November 6, 2025 @ 6:00 pm. Community Links, 211, 125 Main St NW, Airdrie

Join us for an evening of reflection and healing as we come together to honor family violence victims and survivors.

Let us unite to raise awareness and take a stand against family violence.

Airdrie Office: 211-125 Main Street NW T4B 0P7

Phone: 403.945.3900 or 1.866.945.3905 Fax: 403.945.3901 www.mycommunitylinks.ca

Beiseker Office: #1, 401 - 5th Street

Phone: 403.947.2841 or 1.866.945.3905 Fax: 403.947.2839



Please note that our offices will be closed:

Wednesday, October 15, 2025

Office closed from 12:00 pm - 4:30 pm

& Monday, October 13, 2025