

# Kidding Around

Young Child's  
Guide to the Bow Valley





Special Projects Coordinator: Jo Ann Gainor — with thanks to my grandchildren: Ayla and Finnian LaPierre and Jessie Adelson for the drawings; Jake and Ben Adelson and Saskia La Pierre for the research assistance.

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# Kidding Around



## Young Child's Guide to the Bow Valley

The Towns of Canmore and Banff, along with the Municipal District of Bighorn, have joined together to create the **Bow Valley Parent Link Program (BVPL)** for families with children ages 0-6. In addition to the ever popular Drop-In Stay & Play Programs, the BVPL has added a wide variety of services in the past few years (see end pages) supported by funding from the province of Alberta and many partners among Bow Valley agencies and businesses.

This booklet was supported by a special projects grant from the province. It describes some of what is available in the Bow Valley for young families and visitors. We hope you find it fun and helpful.

**Bow Valley Parent Link  
March 2009**

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## Stay & Play Programs

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### **Bow Valley Parent Link Stay & Play Centres**

*Town of Canmore (Bow Valley Partnership)*

Daily drop-in stay-and-play centres for toddlers, babies and preschoolers. Also offer parenting workshops, special events for children, resource books, toy and clothing exchanges, toy lending library and support groups. Phone for hours.

#### **BVPL Canmore 403-678-2529**

600 - 9th Street (Seniors Centre)

#### **BVPL Banff 403-762-1116**

101 Bear Street (in Seniors Centre over the Town Library)

#### **BVPL Exshaw 403-678-7128 or 403-678-2529**

27 Mt. Allen Drive (portable in back of the Exshaw School)

#### **Lake Louise: 403-522-2200**

There is no Parent Link Centre in Lake Louise, but there is an informal playroom at the Hostel – 403-522-2200. The key is kept at the hostel office and the playroom is available every day, all day.

# Libraries

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## **Canmore Public Library 403-678-2468**

950 - 8th Avenue. Drop-In Programs: Wiggle Time, Books for Babies and Tales for Twos.

## **Banff Public Library 403-762-2661**

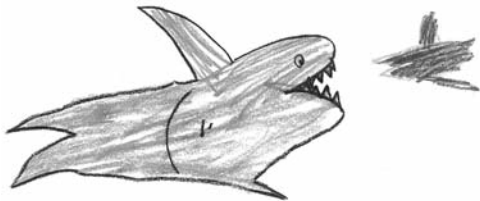
101 Bear Street. Storytimes: Babytime, Tales and Tunes for Toddlers, Storytime for Twos, Storytime for Preschoolers. Please call as registration may be required. Puppet shows monthly for parents and children 3 years and up.

## **Exshaw Library 403-673-3751**

#2 Heart Mountain Drive. Preschool craft and storytime Tuesday at 11:00 a.m.

## **Toy Lending Library 403-678-2529**

Located at the Canmore Drop-In Play Program at 600 - 9th Street (Seniors Centre). Any parent in the Bow Valley can sign out toys. Free of charge. Phone for hours.



# Playgrounds – Canmore

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## **Centennial Playground**

Downtown at corner of 5th Avenue and 6th Street (near Lawrence Grassi School) – take 6th Avenue off Main Street. Swings and climbers for all ages. Picnic tables and field for running. Restrooms in the summer.

## **Lions Playground**

Near high school off of Fairholme Drive. (8th Avenue) on 15th Street. Swings and climbers for all ages. A few picnic tables and benches. Places to run.

## **Bow Valley Playground**

Across the Bow River from downtown 8th Avenue. Parking lot on left, just over the bridge. Short walk on gravel path to large field and playground. Climbers for preschoolers and up. Access to Bow River for stone throwing.

## **Eagle Terrace Playground**

On Benchlands Trail as it turns into Eagle Terrace. Innovative swings and climbers for all ages. Space to run and explore.

## **Elizabeth Rummel School Playground**

Next to school at 1033 Cougar Creek Drive. Designed for ages 4 and up.

## Playgrounds – Canmore (cont'd.)

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### Larch Playground

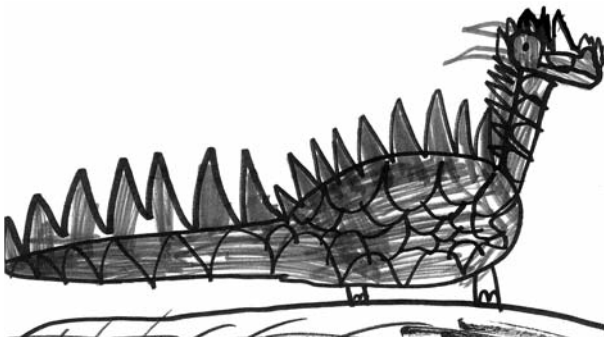
On 18th Street across from 800 Larch and just past Larch Crescent. Swings and climbers for all ages. Toddler dinosaur and roundabout. Close to bike path that follows the Bow River.

### Peaks of Grassi

One playground where Lawrence Grassi Ridge meets Wilson Way and another at the other end of Wilson Way. All ages.

### Pocket Playgrounds

Canmore has pocket playgrounds in almost every neighbourhood including: Lady Macdonald Drive; Canyon Close; Cougar Point Road; and Three Sisters Drive.



## Playgrounds – Banff

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### **Banff Recreation Grounds**

Cross the river at the end of Banff Avenue. Turn right on Cave Avenue and again at Banff Recreation Grounds sign. Lots of picnic tables. Access to the Bow River, grassy spots and shade. Swings and climbers for ages 2-5, toddler teeter-totter, sheltered tables and restrooms.

### **Banff Rotary Playground**

Corner of Banff Avenue and Marmot (near The Keg). Swings and climbers for ages 2-12. Lots of shady lawn and picnic tables.

### **Middle Springs Playground**

Corner of Middle Springs Drive and Fairholme. Equipment for ages 2-10.

### **Playground Pals** *Town of Banff.* **403-762-1251**

Middle Springs playground. 3-5 year olds. Games, songs, crafts and storytime. [www.banff.ca](http://www.banff.ca)



# Playgrounds – M.D. of Bighorn

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## **Exshaw**

Centre Park off Barrier Mountain Drive. Tots and pre-schoolers. Picnic tables and trees.

## **Exshaw School**

Multi-age playground on school grounds surrounded by open fields.

Central playgrounds in Harvie Heights, Dead Man's Flats and Lac des Arcs.



## Family-Friendly Events

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**Children's Festival** *Town of Canmore.* May long weekend. Canmore Collegiate High School. 1800 - 8th Avenue near Rec Centre. Indoor activities and outdoor tents and activities. Children's entertainers. Food kiosks. Recommended to buy tickets for shows ahead of time.

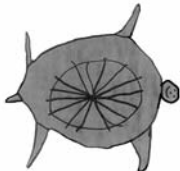
**artsPeak** *Canmore.* Second weekend of June. Canmore Arts Festival. Canadian Mountain Arts Foundation. Painting stations for young children. Street performers.

**Canada Day** *Banff and Canmore.* July 1. Parade downtown. Fireworks. Events at Centennial Park in Canmore.

**Parks Canada Day** 3rd Sunday in July. 403-673-3985 or 403-673-3663. Willow Rock Campground in the Bow Valley Provincial Park (21 km east of Canmore – follow signs off of Highway #1). Features live birds of prey, sled dogs, live fish, helicopter demo, free hot dogs and treats.

### Canmore Folk Festival

August long weekend. Centennial Park. Lots of activities for children. Bands from all over the world.



## Family-Friendly Events (cont'd.)

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**Highland Games** *Canmore*. End of August  
403-678-9454. Centennial Park. Scottish pipe band, highland dancers, pancake breakfast, sheep dog demo, drumming competition, sports and booths. Under 6 years free.

### **National Fire Prevention Week Kick-Off**

*Town of Canmore Fire Department*. September.  
Free pancake breakfast. Tour of Fire Hall and fire trucks.

### **Festival of Eagles** *Town of Canmore*. October.

Close up look at Birds of Prey.

### **Annual Halloween Party at the Y** *YWCA in Banff*.

October 31. 403-760-3200. Face painting. Haunted House. Crafts and Treats. Families with children ages 2-10.

**“Skate with Santa”** *Re/Max Alpine Realty / Fairmont Banff Springs Hotel*. December. 10th Street pond in Canmore. Banff Springs Hotel pond in Banff (through main entrance). Hot chocolate, snacks, ice sculpture and a visit from Santa.

**“Party On The Pond”** *Town of Canmore*. New Year's Eve. 10th Street Pond. Fireworks, hot chocolate and snacks.

### **YWCA Easter Party** *YWCA in Banff*. April

403-760-3200. Egg decorating. Easter Egg hunt in the woods. Meet the Easter Bunny. Crafts and snacks.

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# Swimming – Canmore

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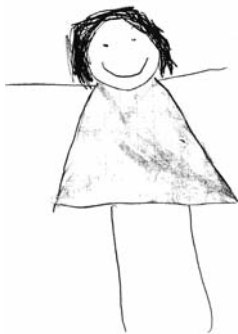
## Indoor Pool

**Canmore Recreation Centre** *Town of Canmore.*

8th Avenue next to the high school. No toddler pool, but does have long graduated steps. Pool Hours: 403-678-1537. Classes: Parent and Tot ages 3-5 years. 403-678-0808 ext 342. Splash and swim for toddlers every noon hour. Childcare available for parent aqua-fitness classes.

## Outdoor

**Quarry Lake** off Spray Lakes Road on way to Nordic Centre. Parking lot on first left. Short walk to lake. Restrooms. Picnic tables – nice sandy digging beach for children.



# Swimming – Banff

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## Indoor Pools

**Sally Borden Recreation Centre.** Run by The Banff Centre. Take Wolf Street or Moose Street to St. Julien Road. Pool Hours: 403-762-6450. Separate toddler pool with warm water and toys. Preschool classes for ages 3-5. Free public swim last Sunday of each month 11 a.m. - 2 p.m.

**Douglas Fir Resort Waterslides.** 502 Tunnel Mountain Road. (Private resort open to public for a fee.) Two big water slides ending in a small pool. Separate toddler pool. Pool Hours: 403-762-4515.

## Outdoor

**Cascade Pond.** Take Minnewanka Loop exit. Follow signs. Cascade Pond is the first right – right near Highway 1. Picnic area, grassy areas, restrooms. Sandy beach and little bridges across the middle of pond.

**Johnson Lake.** Take Minnewanka Loop exit. Follow signs for Two Jack Lake until you see the Johnson Lake turn-off sign. Follow road until the very end (ends in a parking lot near the lake – about 5.5 km from the highway). Lake has trail that goes around it suitable for preschoolers. Has a small stream running into it that's fun for paddling. Picnic tables, small beach and grassy areas.

## Swimming – Banff (cont'd.)

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**Two Jack Lake Public Beach.** Take Minnewanka Loop exit. Follow signs to Two Jack Lake turnoff that shows boating and picnic table icons. (You will have passed two Two Jack Lake camping exits.) You'll be in the upper parking lot right away. There's a lower parking lot and a boat launch area. Some picnic tables, grassy spots and beach. About 6.5 km from the highway.



## Children's Walks – Canmore

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### **Policeman's Creek**

Downtown. Watch the ducks near the bridge on 8th Street (off Railway Avenue). Walk the boardwalk over the creek behind The Rose and Crown. Take a photo next to the Big Head sculpture.

### **Stone Throwing in the Bow**

At the far west end of Main Street (8th Avenue), turn left on River Road. Park halfway down. Picnic tables, small hills for running. Access to the river beach for stone throwing.

### **Cougar Creek**

Up Benchlands Trail. Turn right on Elk Run Blvd. Parking lot directly on left. Some picnic tables – lots of rocks for climbing. Take a photo with the “Eagle Rock”.

### **Nordic Centre Trails**

Main trail is wide and smooth enough to push a burley or cycle one. Leads to a meadow.

### **Bike Along the Bow – Loop**

Cycle from Town on 8th Avenue heading for the Bow River. Use the underpass at the bridge to avoid crossing the road. This will bring you up onto the bridge walkway. Once over the bridge, use the far underpass to cross back under the road and follow the Bow upstream to the power station. Cross the “railway bridges” (two of them), turn right and head back

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## Children's Walks – Canmore (cont'd.)

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downstream along the Bow River to come back to the 8th Avenue bridge where you started. Short enough for preschoolers and smooth enough for burleys.

### **Silver Tip to Harvie Heights**

A bike path parallels the highway starting at the entrance to Silver Tip. A great “learn to bike” trail – smooth and fairly flat.

### **Just a Reminder to Parents:**

We share the Bow Valley with all kinds of wildlife including black and grizzly bear, cougar, coyote, wolf, elk, sheep and deer. Since mountains surround us, we are, in effect, one big wildlife corridor. Please help your children to understand the need to be aware of their surroundings, especially in berry season, to help prevent chance encounters. It's recommended that parents carry bear spray, keep children close and make lots of noise when hiking in wooded areas. Consider staying out of the woods on very windy days — our lodgepole pines have shallow roots. (WildSmart: 403-678-3445.)

## Children's Walks – Banff

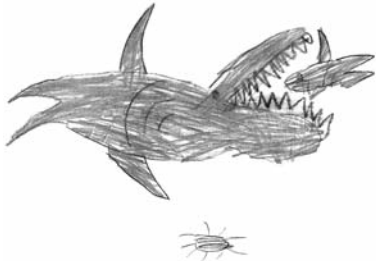
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### Fenland Trail

Near railroad tracks at west end of town. Park on Railway Ave. Cross tracks. Entrance to trail on west side of road, very near the tracks. Shady and cool. Path is wide and smooth – great for pushing a burley or cycling with one. Bear left at first fork on trail (right goes to Vermilion Lakes). A 10 minute walk will bring you to park benches next to a clear stream – the third one has the biggest sandy “beach.” Great picnic spot.

### Banff Gondola 403-762-2523

8 minute ride up Sulphur Mountain. Picnic or snack bar at the top. Free to Bow Valley residents with I.D.  
[www.banffgondola.com](http://www.banffgondola.com)



## Children's Walks – M.D. of Bighorn

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### Heart Creek

18 km east of Canmore on Hwy #1. Parking on right of highway at trailhead. Lots of small bridges criss-cross creek on a gently upward sloping trail.

### Exshaw Creek

Parking at Mt. Allen Drive. Short slope leads up to gentle trail stretching for miles along Exshaw Creek. Great picnic areas along the way.

### Grotto Pond

10 km east of Canmore right on Hwy. 1A. Lovely picnic spot – tables right beside the pond.



# Winter

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## Sledding

**Eagle Terrace** Next to the playground on Benchlands Trail. Steep and thrilling. Preschoolers and up.

**Elizabeth Rummel School** 1033 Cougar Creek Drive. Short and gentle slopes. Toddlers and up.

**Banff Springs Hotel** (in the back).

Follow signs to hotel and turn left at light for Bow Falls. Follow signs to golf course and park in the lot before the bridge over the Spray River. Walk on path to the right (before the bridge) to reach the back of the hotel and sliding hill (all levels).

## Skating – Indoor

**Canmore Recreation Centre 403-678-1537.**

Next to high school on 8th Avenue. No rentals. CanSkate programs for ages 4+. Canmore Skating Club 403-678-4113.

**Banff Recreation Centre 403-762-1238**

Near the train tracks at the west end of town on Mt. Norquay Road. Rentals available. Also has outdoor rink.

## Skating – Outdoor in Canmore

**10th Street Pond** – Downtown, near the corner of 7th Avenue and 10th Street.

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## Winter (cont'd.)

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**Cougar Creek Rink** – Flooded by the Town of Canmore, at Elk Run Boulevard and Canyon Road.

**17th Street Rink** – Flooded by the Town of Canmore, in the field near 1200 - 17th Street by Canmore Daycare.

**Neighborhood Rinks** – Many small rinks are flooded in neighbourhoods like Wilson Way in Peaks of Grassi.

### **Skating – Outdoor in Banff**

**Banff Springs Hotel** – Go through hotel's main entrance and up one flight to Bow Valley Grill. Go through Rundle Hall Lounge to small outdoor rink (door on left, just past bar). Park on street or in parkade. Open to the public.

**Bow River** – Park along Bow Avenue next to the river. Large oval on the river wide enough to skate and pull a sled. Be mindful of weather as “danger thin ice” signs may not be posted.

### **Skating – Outdoor in M.D. of Bighorn**

**Exshaw** – Small community rink at Centre Park on Barrier Drive.

**Harvie Heights** – Small community rink next to Community Hall.

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## Winter (cont'd.)

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### Skiing

**Canmore Nordic Centre Provincial Park 403-678-2400**  
1988 Olympic Way (off the Spray Lakes Road). Cross-country for all ages. Wide trails for pulling a pulk (sled for kids). Rental skis and pulks available. Toddler sizes strap on to boots. Rentals: 403-678-6764.

**Mt. Norquay Ski Hill 403-762-4421**

2 Norquay Road. Follow the Norquay exit signs off Highway 1 near Banff. Ski lodge, bunny hill and magic carpet. Rentals: 403-762-8208. Lessons: 403-760-7716. Daycare: 403-760-7709.

**Sunshine Village Ski Resort 403-762-6500**

Press 0 for rentals and daycare information. Bunny hill and magic carpet.

**Lake Louise Ski Resort 403-522-3555**

Press 0 for daycare information. Bunny hill and magic carpet.

**Sleigh Rides – Banff**

**Warner Stables 403-762-2832**

Sundance Road – all winter long. Go over bridge at end of Banff Avenue, turn right onto Cave Avenue and then right again on Sundance Road which leads to stables.

## Preschools

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### **Canmore Preschool 403-678-2538**

*Not-for-profit Volunteer Board.* 1200 - 17th Street. Half day programs for 3 and 4 year olds.

### **Our Lady of the Snows Preschool 403-609-3699**

Stewart Creek Drive. Christ the Redeemer Catholic School Division. Half day programs for 4 year olds.

### **Ecole Enfantine Pierrot and Colombine 403-679-9740**

*Not-for-profit Volunteer Board.* Francophone preschool. Located on second floor over Seniors Centre, 600 - 9th Street. Half day programs for 3 and 4 year olds.

### **Elizabeth Rummel Jr. Kindergarten 403-678-6292**

1033 Cougar Creek Drive. Canadian Rockies Public Schools. Junior Kindergarten for 4 year olds.

### **Rundle Play School 403-762-4828**

*Not-for-profit Volunteer Board.* In Banff. Rear of 102 Banff Avenue (behind United Church). Half day programs for 3 and 4 year olds.



## Child Care

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### **Canmore Community Daycare 403-678-5762**

1200 - 17th Street. *Owned and Operated by a Parent Board.* Licensed. Continue past Lions Park on 15th Street and curve around to come to 17th Street.

### **Dragonfly Daycare 403-678-6007**

20 Grotto Way (Canmore) *Privately owned.* Licensed. Located at the end of Glacier Drive off Elk Run Boulevard.

### **Banff Child Care Centre 403-762-3339**

349 Big Horn Street *Owned and Operated by a Parent Board.* Licensed. Corner of Big Horn and Moose Street.

### **Bow Valley Family Child Care Agency 403-609-7392**

Regulated and monitored dayhomes in the Bow Valley. *Not-for-Profit.* (DAVAR Childcare Society).  
[bowvalley@davarchildcare.org](mailto:bowvalley@davarchildcare.org)



# Health Care Services

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## **Public Health – Canmore 403-678-5656**

Provincial Building: 104 - 800 Railway Avenue. Public Health Nurses, “Healthy Moms, Healthy Babies”, Dietician, Health Inspector.

## **Banff Health Unit 403-762-2990**

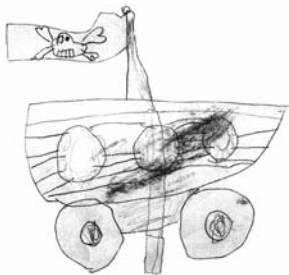
303 Lynx Street.

## **Bow Valley Community Care 403-678-7200**

Canmore Hospital: 1100 Hospital Place. Nursing services. Speech and Language. Occupational, Physical and Respiratory Therapy. Services Banff as well.

## **Health Link Alberta. Toll free: 1-866-408-LINK (5465)**

24 hour nurse advice and health information.



## Specialty Programs

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### Canmore

#### **Music Magic 403-678-9422**

#105 - 701 Benchlands Trail. Music and movement classes for ages 3 months to 5 years.

#### **Gymnastics** *Canmore Illusions Gymnastics Club.*

Canmore Rec Centre – 8th Avenue next to the high school. Gymnastics classes for ages 2 and up. Register: 403-678-4466.

#### **Drop-in Little Tots Playtime** with parents.

*Canmore Illusions Gymnastic Club.* Canmore Rec Centre – 8th Avenue next to the high school. Up to 3 years. Tuesdays and Thursdays 10:30 – 11:30 a.m. Drop-in fee: \$5.

#### **Recreation Centre Child Care** *Town of Canmore.*

For parents using the Centre. 6 months - 6 years. Mon. - Fri. 8:45 a.m. to 2:00 p.m. Drop-In Fee. 403-678-0808 ext. 321.

#### **BIG FUN Day Camps** *Town of Canmore.*

Preschool programs for 4-5 year olds during winter, spring and summer public school breaks 403-678-0808 ext. 333.

### Banff

#### **Motoring Munchkins 403-762-1251** *Town of Banff.*

Banff Elementary School Gym Corner of Elk and Squirrel. Sept. thru June. Drop-in gymnastics for ages 1-3 on Saturdays from 11:00 to noon. \$2.

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## Specialty Programs (cont'd.)

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### **Banff** (cont'd.)

#### **Active Parents Active Kids 403-762-6450**

Sally Borden Rec Centre at the Banff Centre off St. Julien Road. Ages 19 months to 6 years. Children supervised while parents do own fitness routine.

#### **Funky Monkey Kids 403-762-6450**

Sally Borden Rec Centre at the Banff Centre off St. Julien Road. Wall climbing for ages 4 and up. Weekends. Register first.

### **Bowling**

#### **Banff Springs Bowling Centre 403-762-6892**

At the Banff Springs Hotel – drive right up to the hotel and through the traffic circle to the parking lot at the back – \$3/hour. Short walk back to the entrance in the Conference Centre building. Open to the public – small venue (4 lanes). Reservations recommended but not required. Free parking on the road leading up to the hotel.

## Specialty Programs (cont'd.)

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### Boating

#### **Blue Canoe 403-760-5465**

At the end of Bow Avenue in Banff (behind hospital). Rents canoes and life jackets. Preschoolers and up. Easy paddle to Vermilion Lakes (no rowboats).

#### **Rocky Mountain Raft Tours Banff 403-762-3632**

Mellow float trip starts at Bow Falls (behind Banff Springs Hotel) and goes past golf course and ends past the clubhouse.



## Animals and Such

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### **The Canmore SPCA 403-609-2022**

Carla Cumming Sojonky Adoption Centre. 123 Bow Meadows Crescent. Has a lovely cat playroom. Watch through large windows or go inside for petting. Located off Elk Run Boulevard. Entrance across from the Dirty Dog Car Wash.

### **Purely Pets 403-609-3262**

906 Bow Valley Trail (across from the hospital). Lots of birds, fish and other creatures to look at, including a large parrot sitting on a perch near the check out.

### **Rafter 6 Ranch Resort 403-673-3622**

Seebe Pony Rides. 30 minutes east of Canmore. Follow exit signs. Phone first.

### **Cross Zee Ranch 403-678-4171**

On Highway 1A – between the Silver Tip entrance and Harvie Heights. Drop by and see horses. Phone for a 15 minute pony ride with lead held by staff.

### **Banff Park Museum 403-762-1558**

91 Banff Avenue. Next to the bridge at the end of Banff Avenue. Stuffed versions of all Rocky Mountain Wildlife including bears, lynx, buffalo, bighorn sheep, elk, cougar and beaver. Under 6 years free. Entrance to parking at corner of Bear and Buffalo Streets. Next to Banff Central Park with picnic tables on the grassy riverbank and a large rock to climb.

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## Animals and Such (cont'd.)

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### **Buffalo Nations Luxton Museum 403-762-2388**

1 Birch Avenue. Cross bridge at end of Banff Avenue, turn right on Cave Avenue and immediately right into Indian Trading Post Store parking lot. Continue through lot to the left to park in front of the museum. Next to the Banff Recreation Grounds Park. Wonderful little dioramas of First Nations scenes and amazing life-sized reproductions of scenes from early First Nations culture. Great stuffed animals. Gift shop. Under 6 free. 50% off with local ID.

### **Horse and Carriage Rides Banff 403-762-4551**

*Run by Warner's Stables.* Wait in front of Cows ice cream on Banff Avenue in the summer months. \$16 per person for 15 minute ride. Free for age 3 and under.

**And Bunnies** Wild ones – often seen near downtown, especially near 7th Avenue and 4th Street in Canmore.



## Other Stuff

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### Children's Books and Toys – Canmore

#### **Cafe Books 403-678-0908**

826 Main Street. Children's section at rear of store.

#### **The Second Story 403-609-2368**

713 Main Street (lower level). Second hand picture books.

#### **Hi Jinx Toy Shop 403-678-2068**

712 Main Street.

### Children's Books and Toys – Banff

#### **Indigo Spirit**

317 Banff Avenue in Cascade Mall.

#### **Duck Duck Moose 403-762-4661**

112 Banff Avenue.

#### **The Spirit of Christmas 403-762-2501**

133 Banff Avenue. Not really a toy store but a fun place to hang out on a rainy day.

### Children's Art

#### **Kids' Art Exhibition 403-678-1878**

*Town of Canmore: Arts & Culture.* Winter. A Celebration, not a Competition – all entries accepted. One piece per child.

Ages 13 and under.

#### **Banff Library Kids' Art Show 403-762-2661 June**

One piece per child, ready to hang. 30 x 30 cm limit. Up to age 12.

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## **Other Stuff** (cont'd.)

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### **Children's Clothing – Canmore**

**Glacier's Edge 403-678-4779**

737 Main Street.

**Silver Spoon 403-678-6777**

1306 Bow Valley Trail (across from hospital).

**Victory Thrift Store 403-678-9801**

3 Industrial Place (near high school). Gently used clothing.

### **Children's Clothing – Banff**

**Bear In Mind** 127 Banff Avenue.

**Roots 403-762-9434** 227 Banff Avenue.

**Scallywags 403-762-4882**

208 Caribou Street (corner of Caribou and Bear Streets).

**The Bay 403-762-5525**

125 Banff Avenue.

**The Last Temptation Thrift Store**

215 Banff Avenue. Sundance Mall, upper floor.

### **Especially Fun Eating**

**Sushi House Banff 403-762-4353**

304 Caribou Street. Sit on stools around a counter and watch a little train pulling small covered dishes on a track – lots of cooked veggies wrapped in rice and nori (a seaweed kids seem to love) and green edamame beans. Rarely have to wait.

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## Rentals

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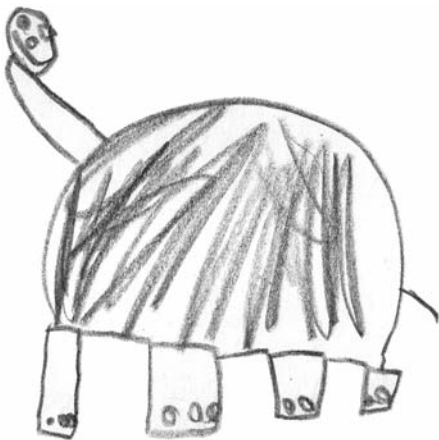
### **Snugglebug 403-678-0091 Canmore**

Rents chariots, backpacks, strollers, high chairs, play pens, beds, monitors, gates, potties, exersaucers, play mats, bouncy chairs (and they deliver!) [www.snugglebugbabygear.com](http://www.snugglebugbabygear.com)

### **Community Cruisers 403-609-6695**

Bike Share Society. Canmore.

Community bike program has burley-type trailers. Registration fee. Pick up points: Communitea Cafe and Alpine Club. [www.communitycruisers.ca](http://www.communitycruisers.ca)



## Out of Town But Terrific

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### **Calgary Zoo 800-588-9993**

(Off Memorial Drive in Calgary) 9:00 a.m. – 5:00 p.m. Has a wonderful outdoor playground for preschoolers. Zoolights – a special event during December. \$10 for ages 3-12. Adults: \$18. Free parking. [www.calgaryzoo.org](http://www.calgaryzoo.org)

### **Heritage Village 403-268-8500**

1900 Heritage Drive S.W. (take Glenmore Trail to 14th Street S.W.). Real train, paddle boat and wagon rides. Boat swings for toddlers. Preschooler-sized rides: ferris wheel, bumping cars. Meals or picnics, snacks and penny candy. \$10 for ages 3-17. Adults \$15. Ride bracelet: \$10. Summer hours only. Free parking. [www.heritagepark.ca](http://www.heritagepark.ca)

### **Butterfield Acres 403-547-3595**

245077 Rocky Ridge Road off Stoney Trail in west Calgary. April to September. Spring babies, pigs, bunnies, goats, donkeys. Easter and pumpkin hunts. Wagon and pony rides. Playground and picnic area. Toddlers and up \$10. Adults: \$13. [www.farmfun@butterfieldacres.com](mailto:www.farmfun@butterfieldacres.com)

### **Telus Science Centre 403-268-8300**

Downtown Calgary: 701 - 11 Street S.W. Open 10:00 a.m. - 4:00 p.m. Wonderfully innovative indoor play centre for preschoolers with climbers, large soft building blocks, play grocery store, science areas, infant crawling area. Special exhibits. Outdoor play area. Cafeteria or picnic. \$10 for ages 3-17. Adults \$14. Parking \$1.50/hour. [www.calgaryscience.ca](http://www.calgaryscience.ca)

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## Additional Resources

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### **Home Connections Program of Woods Homes 403-678-9484**

In-home support for families.

### **Wild Rose Community Connections 403-760-1817**

Support for families with children 0-5 years.

### **Alberta Health Services, Bow Valley Mental Health and Addictions Services**

**Canmore 403-678-4696 Banff 403-762-4451**

Therapy for children 0-18 and their families, experiencing emotional and behavioural difficulties. Limited home-based contact for expecting or new mothers experiencing difficulties adjusting to their new roles.

### **Everyone Gets To Play 403-762-1251** *Town of Banff.*

Free low income family passes for swimming, museum, bowling, waterslide, etc.

### **Food Banks**

**Canmore 403-678-9488 Banff 403-762-1060**

### **Child Abuse Hotline 1-800-387-5437**

### **Child Care Subsidy Program 1-866-714-5437**

[www.child.alberta.ca](http://www.child.alberta.ca)

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## Additional Resources (cont'd.)

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### **Bow Valley Victim Services 403-760-0197**

“We help victims of crime and trauma through practical assistance, emotional support and information.”

### **Alberta Employment and Immigration 403-678-2363**

Income support.

### **Child Disability Resource Link 1-866-346-4661**

Information on provincial and community supports and services.

### **YWCA 403-760-3200**

Crisis counselling and support, family violence and relationship counselling. Referral to agencies.

### **Alberta Health Services – AADAC 403-678-3133**

Provides free and confidential treatment, information and community-based prevention services to reduce the harms of alcohol, other drugs and gambling.

### **Banff FCSS & Community Services 403-762-1251**

### **Canmore Family and Support Services 403-609-3743**

# Bow Valley Parent Link



*The Bow Valley Parent Link is a collaborative community program operated and managed by the Town of Canmore Community Enrichment Department. The programs and services are available to families with children pre-natal to six years of age and are free of charge. 403-609-3743*

## **Family Connections Stay & Play Program**

**BVPL Canmore** 600 – 9th Street **403-678-2529**

**BVPL Banff** 101B Bear Street **403-762-1116**

**BVPL Exshaw** 27 Mt. Allen Drive **403-678-2529**  
(in the school portable).

## **Education Coordinator 403-678-7149**

Develops and implements an education strategy to support parents of children aged 0-6 and child care professionals in the Bow Valley.

## **Child and Family Worker 403-678-2535**

Provides support to families with children 0-6 for child development and parenting issues, difficult life transitions and advocacy. Facilitates special interest groups and provides support to peer groups.

## **Relationship Counsellor 403-678-7132**

Provides support and solution focused counselling for parents of children 0-18 years.

## **Early Years Coaches**

Provide early childhood development information, family support and referral services. Coordinate the Stay & Play programs.

# Bow Valley Parent Link



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**Sensory Learning Program** – Exploring the 5 senses through age-appropriate games and activities.

**Developmental Screening** – Comprehensive ages and stages developmental checkups for children 0-5.

**Toy Lending Library** – open to all families and visitors to the Bow Valley with children 0-6 years.

**Parent Resource Library** – a library of books to borrow for families with children 0-6 years.

**Positive Parenting Program (Triple P)** – providing supports to parents through seminar workshops, one-on-one support and group sessions.

**Clothing and Toy Exchange** – a program for families to drop off and pick up clothing/toys as needed.

**Raising Great Kids Workshops** – Series of 11 evening sessions planned to address the needs and interests of Bow Valley parents of children aged 0-6.

**I Grow You Grow** – a program for parents with infants 0-12 months.

**Parent Information Exchange Bulletin Board** – a bulletin board at the BVPL Centre for parents to share information with other parents.

**Library of Theme Kits and Activity Books for ECD Professionals** to use in programs with groups of children ages 0-6 years.

## Program Funders



# Alberta