

# Banff July Programs & Courses



To register for Bow Valley Parent Link workshops please phone 403.678.2529, email [parentlinkcanmore@canmore.ca](mailto:parentlinkcanmore@canmore.ca) or sign up in person at any Bow Valley Parent Link Centre.

**Please sign-up at least one week in advance to secure your spot**

## Baby Time

Join other families at the Banff Parent Link Centre for a fun social gathering with your baby! Ages 0 - 18 months.

**Friday, July 5 | 9:30 - 11:30 a.m.**

Drop-in | No Charge

Led by: May Quach, Early Years Coach

## Picnic in the Park

Join Parent Link staff for a picnic to help kick off summer in the Bow Valley. Bring your own picnic lunch and a blanket and enjoy connecting with families with children 0 - 5 years from our communities. Parent Link will provide toys and activities.

**Wednesday, July 10 | 11:00 a.m. - 1:00 p.m.**

Banff | Central Park

Drop-in | No Charge | Led by: BVPL Staff

## Let's Get Active

Drop-in, on select Friday's in July, to the Banff Parent Link Centre for some active play in our big gross motor room! Join other families for a busy morning filled with lots of movement and free play opportunities.

**Fridays, July 12 & 19 | 10:00 - 11:30 a.m.**

Drop-in | No Charge | Led by: BVPL Staff

## Messes and Masterpieces

This hands on program gives children the chance to get messy and create wonderful works of art. Join us for an hour of fine-motor and sensory focused activities with your child.

**Friday, July 26 | 10:00 - 11:00 a.m.**

Registration Required | No Charge

Led by: May Quach, Early Years Coach

## Parent Link in the Neighborhood

On select Wednesdays throughout July you will find us in neighborhoods throughout the Bow Valley sharing laughs, playing games, and enjoying making neighborhood connections.

Come join in the fun!

**Wednesday, July 24**

**10:00 - 11:30 a.m.**

Banff | TBD

Drop-in | No Charge

Led by: BVPL Staff

