

Canmore July Programs & Courses



To register for Bow Valley Parent Link workshops please phone 403.678.2529, email 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.

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 3 | 11:00 a.m. - 1:00 p.m.

Canmore | Riverside Park
Drop-in | No Charge | Led by: BVPL Staff

Potty Time

Potty training can be a rewarding yet frustrating time for both parent and child. Potty training methods come with positives and pitfalls; there is no right way. This workshop will explore methods commonly used and the pros and cons of each. Feedback from past participants has shown it is never too early to start thinking about potty training. Come and learn this information before your child is showing signs of readiness.

Tuesday, July 9 | 6:00 - 8:00 p.m.

Registration Required | No Charge | Free Childcare Available
Led by: Christine deMontigny, Child and Family Worker

Mealtime Struggles

Ever had mealtime struggles? Learn about ways to cope with picky eating, refusal of foods, getting your child to eat vegetables, and more! This workshop is for parents with toddler/preschool aged children.

Thursday, July 11 | 6:00 - 8:00 p.m.

Registration Required | No Charge | Free Childcare Available
Led by: Carley O'Kane, Public Health Dietitian

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.

Tuesday, July 16 | 10:00 - 11:00 a.m.

Bow Valley Parent Link | Exshaw
Registration Required | No Charge
Led by: Monique DesRosiers

Baby Happy Hour

Drop-in on the last Friday of the month to Bow Valley Parent Link in Canmore for an informal social gathering with your baby. Ages 0 - 18 months. B.Y.O.B. Bring Your Own Baby and nut free snack.

Friday, July 26 | 1:30 - 3:30 p.m.

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

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 31 | 10:00 - 11:30 a.m.

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

