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Parent Link Centres

Alberta's network of 57 Parent Link Centres provide parents and caregivers with free resources and support.

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Overview

Parent Link Centres (PLCs) help to:

- develop nurturing environments that support early childhood development
- increase Albertans' confidence in parenting skills
- improve parents' awareness of community and parenting resources
- help parents cope with everyday stress
- enhance connections with other parents and caregivers
- strengthen a sense of belonging in the community
- decrease the isolation new parents may sometimes feel

To do so, qualified staff deliver parenting programs, share information about child development, and help families deal with parenting and family issues.

PLCs offer the Positive Parenting Program. Positive parenting skills and an understanding of what to expect

of children at different developmental stages is linked to positive developmental outcomes for children. Support at PLCs also helps parents positively influence the health and well-being of children.

As an Alberta-based initiative, the Parent Link Centre Network has met the demand for services to support parents and families. Since 2004, the network has grown from 22 locations, serving approximately 5,800 Albertans, to over 57 locations serving more than 107,000 Albertans a year.

Programs and services

PLC programs and services are for parents and caregivers, and their children ages 0-6 years old. All PLCs offer 5 core services:

1. Early childhood development programs, offered as drop-in and registered programs, including learning through play and early literacy experiences.
2. Parent education programs, which help develop skills and strategies for dealing positively and confidently with parenting challenges. These programs include the [Triple P- Positive Parenting Program](#).
3. Family support services, such as community kitchens or resource and toy libraries.
4. Developmental screening, which uses the Ages and Stages Questionnaire (ASQ) for parents to ask questions and learn more about their child's development.
5. Information and referral services, which connect families to other resources in the community to meet their needs.

Locations

[Find a Parent Link Centre](#)

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