

2024

# Strathcona County Family Resource Network

## Spring Program Schedule

FREE programs and services for Strathcona County families





**Register for  
programs  
today!**

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## Registration

All programs require registration except for the programs labeled **Drop-in**

Register today at [strathcona.ca/families](http://strathcona.ca/families) or by calling 780-464-4044.

## Parenting is a journey, and there's no clear road map. Everyone needs some help along the way!

The Strathcona County Family Resource Network can support families with:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources
- Programs and supports are free and flexible, ranging from group workshops to customized individual services. In-person, virtual or telephone support options are available.

**Let's talk! Call 780-464-4044**

[strathcona.ca/families](http://strathcona.ca/families)

[familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)



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*Alberta*  
Provincial Family  
Resource Networks

# Programs for *Early Years*



## **Baby & Me** Drop-in

Join us weekly as we gather together to play. You will have opportunities to connect with other parents and learn skills to support your baby's development.

**Parent / caregivers and children  
ages 0 to 18 months**

### **Weekly • Tuesdays**

Apr 16 – Jun 11 1 to 2 p.m.

Location: Children and Youth Community  
Centre, 3 Spruce Avenue,  
Sherwood Park

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## **Stay & Play** Drop-in

Spend time with your child and get to know other families in your community. Enjoy a variety of unstructured activities designed to help your child's developmental growth.

**Parent / caregivers and children  
ages 0 to 6 years**

### **Weekly • Mondays** (Omit: May 20)

Apr 15 – Jun 10 9:30 to 11:30 a.m.

Location: Children and Youth Community  
Centre, 3 Spruce Avenue,  
Sherwood Park

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### **Weekly • Fridays**

Apr 19 – Jun 14 9:30 to 11:30 a.m.

Location: Strathcona Olympiette Centre,  
52029 Range Road 224,  
Sherwood Park

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## **Nature Nuts** Drop-in

Get back to basics and enjoy nature with your child in this outdoor drop-in program. Connecting with nature through play provides endless opportunities for children to develop new skills and supports their healthy development.

**Parent / caregivers and children  
ages 0 to 6 years**

### **Weekly • Thursdays**

May 23 – Jun 13 10:45 to 11:45 a.m.

Location: South Cooking Lake  
Community Hall, 100, 22106  
South Cooking Lake Road

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## **Kimochis Start School**

In this interactive class children will be introduced to the four lovable Kimochis® characters and their accompanying activities. This registered program aims to support children and caregivers to learn about, and manage, the wide range of emotions and feelings that go hand in hand with transitioning to school.

**Parent / caregivers and children entering  
kindergarten in fall 2024**

### **Weekly • Mondays** (4 weeks)

Apr 8 – 29 6 to 7 p.m.

Location: Family and Community Services,  
2nd floor 401 Festival Lane,  
Sherwood Park

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# Programs for **Children and Youth**



## **Confident Kids**

For children to develop confidence and strong social-emotional skills, they need opportunities to experience peer interactions in a safe and encouraging environment. This interactive program will create space for your young person to connect with others and learn new skills in a fun way!

**For children currently in Grades 1 to 3**

**Weekly · Thursdays**

May 9 – 30                      5:30 to 6:30 p.m

Location: Family and Community Services,  
2nd floor 401 Festival Lane,  
Sherwood Park

## **Calming Spaces**

Discover the power of a calming space within your home—a space where kids can self-regulate and develop positive coping skills. Join us, along with the Strathcona County Library, to explore how to create an environment tailored to your family's unique needs. Supplies will be provided.

**For parents / caregivers with their children ages 5 to 8 years**

**Wednesday**

May 8                              5:30 to 6:30 p.m.

Location: Strathcona County Community  
Centre, 401 Festival Lane,  
Sherwood Park

## **Summer is coming!**

**Stay tuned for our summer program schedule.**

Registration starts May 27  
[strathcona.ca/families](http://strathcona.ca/families)



Register today at [strathcona.ca/families](http://strathcona.ca/families) or by calling 780-464-4044

## Earth Day Event Drop-in

Learn more about the County's ecosystem, develop environmental awareness and become a steward of the Earth. Visit with different presenters such as gardeners and wildlife advocates to build your understanding of our environment. Come and enjoy refreshments and more!

**Fun for all ages.**

**Sunday, April 21 1 p.m. to 4 p.m.**

Location: Deville/North Cooking  
Lake Hall, 21033 Wye Road,  
North Cooking Lake

More information:  
[sclibrary.ca](http://sclibrary.ca)



**Save the date!**

## Family Fun Event

### International Mud Day Drop-in

Children love getting messy with mud. In addition to being fun, playing with mud helps develop fine motor skills and contributes to the healthy development of the sensory system. Join us for Mud Day, where children and adults alike can create, imagine and get dirty together.

**For parents, caregivers and children of all ages!**

**Thursday, June 27 4 p.m. to 6 p.m.**

Location: Children and Youth Community  
Centre, 3 Spruce Avenue,  
Sherwood Park

More information:  
[strathcona.ca/families](http://strathcona.ca/families)



**Save the date!**

# Programs for **Parents and Caregivers**



## **Triple P Teen - Digital Well-Being**

Learn how to help your teen with the social and technological pressures they face in the world today. Together we will go through research-based ways we can support teens when they are feeling the pressure of their digital lives. Issues addressed include interacting with strangers online, understanding their digital identity and healthy relationships.

**For parents / caregivers of youth  
ages 12 to 18 years**

**Thursday, Apr 18** 12 p.m. to 1:30 p.m.

Location: Virtual (Online)

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## **No Such Thing as a Bad Kid**

Kids do not come with instruction manuals. Most parents may feel puzzled by their children's feelings and behaviors at some point in their parenting journey. Join us for a presentation that helps parents understand what's behind children's behaviors and learn how to support children with emotional and behavioral challenges.

**For parent / caregivers of children  
ages 2 to 12 years**

**Thursday, May 2** 6:30 to 8 p.m.

Location: Family and Community Services,  
401 Festival Lane,  
Sherwood Park

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## **Kids Have Stress Too!**

Stress is a normal part of everyday life for children and adults, but too much stress can be overwhelming. At this workshop, we will look at strategies that help children reduce stress and help parents learn how to support their child in developing effective coping techniques.

**\*Limited free childcare is available.\***

**For parents / caregivers of children  
ages 3 to 8 years**

**Saturday, May 25** 9:30 a.m. to 11:30 a.m.

Location: Millennium Place, Activity Room #3  
2000 Premier Way,  
Sherwood Park

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## **Transitioning to Junior High**

Transitioning from elementary to junior high school can be exciting and stressful at the same time. Learn strategies to support your teenager at this free workshop for parents and caregivers of youth transitioning schools.

**For parents / caregivers of youth starting  
junior high in fall 2024**

**Wednesday, May 29** 6 p.m. to 7 p.m.

Location: Virtual (Online)

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**The Family Resource Network** meets families where they are at. Parents with children ages 0 to 18 can access free, customized one-on-one services with options for in-person, virtual or phone support.

**Parent Outreach** – Offers a range of supports to get you through the challenges you may be facing.

**Home Visitation** – Helps parents (with children 0 to 6 years) build on strengths and develop new skills.

**Health for Two** – A program for women who need extra support for a healthy pregnancy.



The CanTeen Youth Hub is a safe, supportive and positive place for youth to hangout that is just for them.

FREE drop-in for youth grade 7+ available Monday to Friday, 3 p.m. to 9 p.m.

[scbgc.com](http://scbgc.com)  
780-416-1500



Big Brothers Big Sisters in Strathcona County is looking for volunteers just like you.

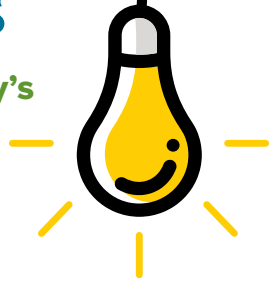
Make a difference by spending one hour a week with a local youth.

[bbbsstrathcona.ca](http://bbbsstrathcona.ca)  
780-420-6352

# Did you know?

You can get help from Strathcona County's same-day walk-in and call-in services.

Family and Community Services offers professional, confidential and affordable supports. Walk in or call in to receive same-day assistance from **Solutions Navigation** and **Counselling**.



- Counselling is pay what you can, ranging from \$0 to \$150.
- Services are available Monday to Friday, including some evenings. Please arrive 90-minutes before closing.

Family and Community Services is located at:  
200, 401 Festival Lane Community Centre, Sherwood Park, AB. T8A 3W7

For more information:

**[strathcona.ca/wellbeing](http://strathcona.ca/wellbeing) or call 780-464-4044**

## Connect with Family and Community Services

**780-464-4044**

**[strathcona.ca/fcs](http://strathcona.ca/fcs)**

**[familyandcommunity@strathcona.ca](mailto:familyandcommunity@strathcona.ca)**

Second floor, East Wing, Community Centre  
401 Festival Lane, Sherwood Park, AB T8A 5P7

Monday, Wednesday, Friday · 8:30 a.m. to 4:30 p.m.

Tuesday and Thursday · 8:30 a.m. to 8 p.m.

Closed daily from 12 noon to 1 p.m.