# Strathcona County Family Resource Network

Register for programs today!

# Spring Program Schedule

FREE programs and services for Strathcona County families











# What's inside?

Programs for Early Years  Programs for Children and Youth  Family Fun Events	3
	5
	7
Programs for Parents and Carogivers	Q

# Registration

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

Register today at **strathcona.ca/families** or by calling 780-416-6730.

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

The Strathcona County Family Resource Network supports families with children ages 0 to 18 access:

- 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 780-416-6730

strathcona.ca/families familyresourcenetwork@strathcona.ca









### Stay & Play Prop-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.

For parents/caregivers and children 0 to 6 years.

Weekly • Mondays (Omit Apr. 21, May 19) 9:30 to 11:30 a.m. Apr. 7 - Jun. 16

Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

# Weekly · Wednesdays

Apr. 9 - Jun. 18 9:30 to 11:30 a.m.

Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Weekly • Fridays (Omit Apr. 18) Apr. 11 – Jun. 20 9:30 to 11:30 a.m.

Strathcona Olympiette Centre, 52029 Range Road 224, Sherwood Park

For the most up-to-date program information go to strathcona.ca/families

# 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.

For parents/caregivers and children 0 to 18 months.

## Weekly • Tuesdays

Apr. 8 – Jun. 17

1 to 2:30 p.m.

Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

#### Create with Me! Drop-in

Perfect for little ones who like to create. this program uses different art materials each week to help develop creativity, imagination, and more. Dress for a mess and get creative with your child.

For parents/caregivers and children 0 to 6 years.

# Weekly • Tuesdays

April 8 - 29 10 to 11:30 a.m.

Antler Lake Community Hall, 1A 52343 Range Road 211



#### **Brain Architects**

Building executive function skills in children's brains can create the foundation for lifelong learning, health, and success. Join us to learn how to build big brains in little people by engaging in fun research-based games and activities with your children.

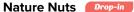
For parents/caregivers and children 3 to 5 years. Younger siblings welcome.

Weekly • Thursdays Apr. 10 - May 15

1 to 2:30 p.m.



Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park



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.

For parents/caregivers and children 0 to 6 years.

Weekly • Thursdays May 29 - Jun. 19

10 to 11:30 a.m.

South Cooking Lake Community Hall, 100, 22016 South Cooking Lake Road





Take the Ages and Stages Questionnaire to find out if your child is on track to meet their developmental goals!

strathcona.ca/ASQ



#### **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! Priority given to children who have not previously attended Confident Kids.

For children currently in Grades 1 and 2.

Weekly . Thursdays Apr. 17 - May 8

5:30 to 6:30 p.m.



Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

# **Courage Quest**

Sometimes it is hard to be brave! Join us as we explore how to develop confidence, work through emotions, establish healthy friendships and try new things! This interactive program will create a safe space for kids to connect and learn new skills while having fun.

For children currently in Grades 3 and 4.

Weekly • Tuesdays May 13 - Jun. 3

5:30 to 6:30 p.m.



Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

#### Mindful Choices

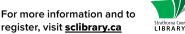
Are you ready to take control of your life and excel in school? Discover how to blend mindfulness into your everyday decisions, learn powerful techniques to handle life's challenges with ease and boost your resilience. Explore, grow, and become the best version of yourself!

For youth currently in Grades 5 to 7.

Weekly • Wednesdays May 7 - 28

4:30 to 5:15 p.m.

Strathcona County Library, Sherwood Park





# Strathcona County Family Resource Network

Join us at our brand-new space at 160 Festival Way in Sherwood Park for a range of free educational programs and services.

Visit strathcona.ca/FRN to learn more!



Follow us on Facebook: facebook.com/strathcona.familyresourcenetwork



### 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.

For parents/caregivers and their children 5 to 8 years.

#### Wednesday

Apr. 16

5:30 to 6:30 p.m.



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# Goop, Slime and More! **Family Playshop**

Come dressed for a mess and stimulate your senses through a range of fun activities. Families and kids will learn how senses can enhance and strengthen your child's development. You'll be able to take the play recipes with you and continue the learning at home!

For parents/caregivers and children 0 to 12 years.

## Friday

Apr. 25

6:30 to 8 p.m.



Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

### **ASQ Birthday Party**

#### Happy Birthday to all the children who will be 3 in 2025!

Celebrate your child's development using the Ages and Stages Questionnaire (ASQ). Enjoy fun activities and snacks while learning how to support your child's development.

For parents/caregivers and their children 3 years of age. Younger siblings welcome.

## Saturday May 10

9:30 to 11:30 a.m.



Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

For more information and to complete an Ages and Stages Questionnaire online, visit: strathcona.ca/ASQ

# 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**

Jun. 26

4 to 6 p.m.



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### Kids Do Well If They Can

Are rewards and consequences not helping with your child's challenging behaviours? Does your child struggle to use coping skills? Join us to discuss the brain-body connection behind feelings and behaviours and explore practical tools to help children understand their emotions and develop self-regulation skills.

Following the session we will have 30 minutes for questions and answers.

For parents/caregivers of children in Grades 1 to 6.

# Thursday

Apr. 10

6 to 7:30 p.m.



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#### Brain Architecture Game

Come and learn about the powerful role relationships have on early brain development while playing a table top game. This fun, interactive and informative event is a must for every caregiver. Come for fun and leave with information that can affect generations to come!

For parents/caregivers of children 0 to 18 months.

# Thursday

May 15

6:30 to 8 p.m.



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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 entering Junior High in Fall 2025.

#### Wednesday

Apr. 23

6 to 7:30pm



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### Straight Talk About Teens

Crossing the bridge from childhood to adulthood can be exciting and challenging for teens and their caregivers. This session explores adolescent development, the teenage brain, effective communication, discipline and managing risky behavior.

For parents/caregivers of youth 12 years and older.

# Thursday

6:30 to 8 p.m. May 29



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## **Emotion Coaching**

Our emotions are with us wherever we go and impact every aspect of our lives. This online session provides helpful tips on how to coach children in navigating their emotions and big feelings.

For parents/caregivers of children 2 to 9 years.

# Thursday

Jun. 5 6:30 to 8 p.m. Wirtual (online)

Register for

Summer is coming!

programs today!

Stay tuned for our summer program schedule Registration starts May 2025, visit strathcona.ca/families.





# The Family Resource Network meets parents where they are at.

#### **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.



# **Referral-based Programs**

#### **Connect Parent**

Sometimes it can be difficult to connect with your teen.
Strong communication is an important component to foster healthy development and lasting family connections. Join us for this workshop as we explore new perspectives on parentteen relationships, and concrete strategies for success!

- For parents of children currently in grades 7 to 9
- · nine-week evening program

# **Circle of Security**

Parenting can be challenging, and at times, it's hard to know what our child needs. Participants will get help understanding their child's emotions and gain practical tools to foster a secure and connected relationship with their child through guided discussions, videos and reflections.

- For parents and caregivers of children 0 to 6 years
- Contact us for more program details

To see if these programs are a fit for you and to learn more, call 780-416-6730 or email familyresourcenetwork@strathcona.ca







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 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 587-930-7034



# 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 or call 780-464-4044

