

Strathcona County Family Resource Network

Winter 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 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
familyresourcenetwork@strathcona.ca

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



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

Jan 9 – Mar 19 1 to 2 p.m.

Location: Children and Youth Community
Centre, 3 Spruce Avenue

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: Feb 19)

Jan 8 – Mar 18 9:30 to 11:30 a.m.

Location: Children and Youth Community
Centre, 3 Spruce Avenue

Weekly - Fridays (Omit: Mar 8)

Jan 12 – Mar 22 9:30 to 11:30 a.m.

Location: Strathcona Olympiette Centre,
52029 Range Road 224

Move with Me Drop-in

Join us as we explore a range of fun indoor movement games. Connect with other families, learn some new ways to play and burn off some energy, all while supporting your little one's development.

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

Weekly - Thursdays

Jan 18 – Feb 8 10 to 11:30 a.m.

Location: South Cooking Lake
Community Hall,
100 S 2nd Ave, 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.

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

Weekly - Wednesdays

Feb 14 – Mar 20 10 to 11:30 a.m.

Location: Antler Lake Community Hall
1A 52343 Range Road 211

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

Thursdays

Feb 1 – 22 5:30 to 6:30 p.m

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

Challenge and Chill!

Are you ready to get your game on? Join others for a night of exciting fun as we battle our way through escape rooms and minute to win it games (psst, there are even prizes!) Enjoy a pizza party while you build your problem solving and flexible thinking skills.

For children currently in Grades 5 & 6

Wednesday, Mar 27 6 to 8 p.m.

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

Move Your Mood

Learn fun ways to move your body, fuel your body, expand your mind, practice mindfulness and build positive coping strategies. This is a research-based program that promotes physical activity and healthy lifestyle practices to improve the mental and physical well-being of youth.

For children currently in Grades 5 & 6

Tuesdays

Jan 16, 23, 30, Feb 6, 13, 20, 27 and
Mar 5 5 to 7 p.m.

Location: Activity Room #1,
Millennium Place,
2000 Premier Way, Sherwood Park

Creative Outlet

Plug into your creativity! Creativity helps us express ourselves and can be a great way to take care of our mental health. We'll be exploring lots of different art forms, so join with a friend and try something new. Sign up for three fun days during spring break!

For children currently in Grades 1 & 2

Tuesday to Thursday

Mar 26 – 28 9 a.m. to 12 p.m.

For children currently in Grades 3 & 4

Tuesday to Thursday

Mar 26 – 28 1 to 4 p.m.

Location: Sapphire Room,
Emerald Hills Leisure Centre
3555 Emerald Dr, Sherwood Park

Register today at strathcona.ca/families or by calling 780-464-4044.



Family Literacy Day

Bluey Party Drop-in

Wackadoo! Join us for a Bluey Party to celebrate Family Literacy Day! Drop in any time between 10 a.m. and 2 p.m. for a variety of games, activities and crafts featuring your favourite Heeler family!

For children of all ages with their adults!

Date: Saturday, January 27

Strathcona County Library
Community Centre,
401 Festival Lane, Sherwood Park

Time: 10 a.m. to 2 p.m

More information:

sclibrary.ca



Family Fun Event

Get your Goosechase[©] On!

Families will be working together using the Goosechase app to complete challenges throughout the month of February.

Date: During the month of February

More information:

strathcona.ca/families



Programs for **Parents and Caregivers**



Straight Talk About Teens

Crossing the bridge from childhood to adulthood can be exciting and challenging for both teens and their caregivers. Join us for this online session based on Healthy Minds Healthy Kids Psychology Canada's publication "Straight Talk About Teens".

Together, we will explore topics including:

- Adolescent Development
- The Teenage Brain
- Effective Communication
- Fair Discipline
- Managing Risky Behaviors

**Parent / caregivers of youth ages
12 to 18 years**

Wednesday, Jan 17 6:30 to 8 p.m.

Location: Virtual

Triple P - Dealing with Disobedience

Struggling with your child's behavior?

Join us for this session to discuss common parenting challenges. You will have an opportunity to connect with other parents while exploring realistic expectations, setting limits, and increasing positive behaviors. Learn how to reduce your parenting related stressors and strengthen your family's relationship.

**Parents/caregivers with children ages
2 to 10 years**

Wednesday, Jan 31 12 p.m. to 1:30 p.m.

Location: Virtual

Emotion Coaching

Our emotions are with us wherever we go and impact all that we do in life. Learning how to recognize, understand and manage our feelings is an important life skill.

Join us in person to learn some helpful tips for coaching children to build their emotional competence. **Free child care is available.**

**Parent/caregivers of children
ages 2 to 9 years**

Saturday, Feb 24 9:30 to 11:30 a.m.

Location: Millennium Place,
2000 Premier Way

Triple P - Teen Rudeness and Disrespect

As a teenager's transition from childhood to adulthood happens, parents and teenagers may not see eye to eye.

Sometimes this behavior is labelled as "rudeness" or "disrespect" and may lead to conflict and upset feelings. Join us for a discussion with other parents experiencing similar challenges. We will provide you with suggestions on how to manage this behavior and develop a positive relationship with your teenager.

Parent/caregivers of youth ages 12 to 18

Thursday, Mar 21 6:30 to 8 p.m.

Location: Family and Community Services,
2nd Floor, 401 Festival Lane

Register today at strathcona.ca/families or by calling 780-464-4044.



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

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

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.

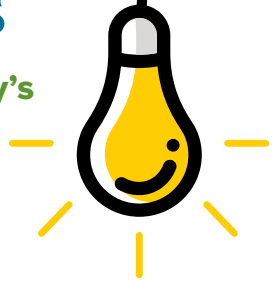
bbbsstrathcona.ca

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 or call 780-464-4044

Connect with Family and Community Services

780-464-4044
strathcona.ca/fcs
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.