

2023

# Strathcona County Family Resource Network

## Fall Program Schedule

FREE programs and services for Strathcona County families.



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

 STRATHCONA  
COUNTY



**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)

 **Follow us on Facebook:**  
[facebook.com/strathcona.familyresourcenetwork](https://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**  
**0-18 months**

**Weekly - Tuesdays**

Sep 12 - Dec 12 1 to 2 p.m.

Location: Children and Youth Community  
Centre, 3 Spruce Avenue

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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**  
**0-6 years**

**Weekly - Mondays** (Omit: Oct 2, 9, Nov 13)

Sep 11 - Dec 11 9:30 to 11:30 a.m.

Location: Children and Youth Community  
Centre, 3 Spruce Avenue

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**Weekly - Fridays** (Omit: Oct 6, Nov 10)

Sep 15 - Dec 15 9:30 to 11:30 a.m.

Location: Strathcona Olympiette Centre,  
52029 Range Road 224

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### **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**  
**0-6 years**

**Weekly - Thursdays**

Sep 21 - Oct 26 10 to 11:30 a.m.

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

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### **Slumberkins at Brookville** Drop-in

Each week a new Slumberkins character will be introduced through story and guided learning activities to help you and your child understand and respond to feelings, build a strong sense of self, and encourage social-emotional growth.

Join us for fall fun as Bigfoot, Lynx, Alpaca, Yeti, and Ibex teach us what it means to be kind, friendly, caring and emotionally aware.

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

**Weekly - Tuesdays**

Nov 7 - 28 10 to 11:30 a.m.

Location: Brookville Community Hall,  
53203 Range Road 212

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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!

**Grades 1 to 3**

**Thursdays, Sep 28 - Oct 19**

5:30 to 6:30 p.m.

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

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## **Everyday Heroes**

We all have a hero inside of us, just waiting to break through! Join others for a morning of exciting self-discovery and fun group activities. Meet new friends and build skills that support healthy relationships and a strong sense of self.

**Grades 1, 2**

**Tuesday, Nov 7** 9:30 to 11:30 a.m.

**Grades 3, 4**

**Wednesday, Nov 8** 9:30 to 11:30 a.m.

**Grades 5, 6**

**Thursday, Nov 9** 9:30 to 11:30 a.m.

Location: Birch Room,  
Ardrossan Recreation Complex,  
80 First Ave, Ardrossan

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## **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.

**Grades 5 to 6**

**Mondays, Oct 16 - Dec 11** (Omit: Nov 13)

4:45 to 6:45 p.m.

Location: Community Centre,  
401 Festival Lane

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## **Youth Painting Party**

Painting is a fun way to de-stress and meet new people. You don't have to be an artist. Bring a friend and enjoy a night of painting, music and more.

**Grades 7 to 9**

**Wednesday, Nov 8** 6 to 8 p.m.

Location: Meeting Rooms 3 and 4,  
Community Centre, 401 Festival Lane

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**Thursday, Nov 9** 6 to 8 p.m.

Location: Cedar Room,  
Ardrossan Recreation Complex,  
80 First Ave

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



## Youth Gingerbread Build-Off

Join us for a free gingerbread building competition! Complete the challenge independently or as a team with friends.

- Supplies provided
- Mystery items included
- Surprise challenges
- Sweet prizes

**Grades 7 to 9**

**Thursday, Nov 30**

5 to 7 p.m.

Location: Community Centre,  
401 Festival Lane

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**Friday, Dec 8**

5 to 7 p.m.

Location: Cedar Room,  
Ardrossan Recreation Complex,  
80 First Ave

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## Inside Out Family Fun Night

**Friday, November 17**

Ardrossan Recreation Complex,  
80 First Ave, Ardrossan

Time: Check back soon

Bring your family and watch the movie "Inside Out" on a big screen inside the hall.

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

# Programs for **Parents and Caregivers**



## **From Here to There: School Avoidance**

Children can struggle with going to school for a variety of reasons and it can be challenging as a parent to know how best to support them. Many kids feel anxious about schoolwork, friendships, peer pressure or conflict. Join us for this online session where we will look at the reasons behind school refusal, supports you can put in place at home, and supportive resources you can access for both you and your child.

**Parent / caregivers of school-aged children**

**Thursday, Oct 12** 6 to 8 p.m.

Location: Virtual

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## **Digital Well-Being**

Learn how to help your tween or 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.

**Parent / caregivers of 10+ year olds**

**Thursday, Nov 23** 6 to 8 p.m.

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

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## **Triple P - Group**

Struggling with your child's behaviour? Learn how to turn challenges into opportunities for success. This course is designed to address specific behaviour by developing a parenting plan for children 2 to 12 years. *Free childcare is available-please indicate when registering.*

**Parent / caregivers of 2-12 year olds**

Saturdays

**Oct 21, Nov 4, Nov 18**

*(Must attend all three sessions)*

9 a.m. to 12 noon

Location: Millennium Place,  
2000 Premier Way

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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 as we discuss what helps parents understand what's behind children's behaviors and learn how to support children with emotional and behavioral challenges.

**Parent / caregivers of 2-12 year olds**

**Tuesday, Sep 19**

9:30 to 11:30 a.m.

Location: Millennium Place,  
2000 Premier Way

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

# THE CANTEEN\* YOUTH HUB

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



Strathcona County



**Big Brothers  
Big Sisters**  
OF STRATHCONA COUNTY

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.

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

## LISTEN NOW:

# *You Belong Here!*

## PODCAST



Thought provoking conversations around connection in Strathcona County.

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



Listen on  
**Apple Podcasts**



Listen on  
**Spotify**

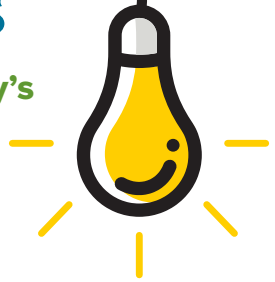


Listen on  
**Amazon Podcasts**

# 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.