

2024

Strathcona County Family Resource Network

New
Summer pull-out
Calendar
INSIDE

Summer 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 780-416-6730.

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 years 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



Mental Health
Capacity Building

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



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

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
July 2 – August 20 1 to 2 p.m.

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

Slumberkins: Drop-in Enchanting Underwater Journey

Calling all curious explorers and young adventurers! Join our beloved friend Bigfoot as he embarks on an undersea journey. Learn about a growth mindset and transforming challenges into opportunities while sparking curiosity and creativity.

**Parent / caregivers with children
ages 2 to 6 years**

Weekly • Mondays
July 8 – 29 10 to 11:30 a.m.

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

Slumberkins: Drop-in

Cosmic Quest

Join Dragon and his crew as they rocket through the cosmos. Along the way, we'll unlock the power of self-confidence, communication skills and building resiliency. Families will enjoy some unstructured play activities following the program portion.

**Parent / caregivers with children
ages 2 to 6 years**

Weekly • Tuesdays
Aug 6 – 20 10 to 11:30 a.m.

Location: Brookville Community
Hall, 53203 Range Rd 212,
Ardrossan, AB



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

strathcona.ca/ASQ



Regulation Station

Emotions can be challenging for kids to understand and manage. Regulation Station helps kids name and process their emotions through art, music, drama, and storytelling. Participants will learn that all feelings are ok and how to calm their bodies down during challenging times.

Program for children entering Grades 1 and 2 in fall 2024

July 2 – 5 9 a.m. to 12 noon

Location: Glen Allan Recreation
Complex, 199 Georgian Way,
Sherwood Park

Explore Me

Get active outdoors while learning about yourself and having fun! Explore Me focuses on helping kids develop the skills they need to develop a growth mindset. Participants will find inspiration in exploring nature and learn to embrace challenges by working through obstacles.

Program for children entering Grades 1 and 2 in fall 2024

July 22 – 25 9 a.m. to 12 noon

Location: South Cooking Lake
Community Hall

July 22 – 25 1 to 4 p.m.

Location: Community Centre
Meeting Room 2, 401 Festival
Lane, Sherwood Park



Compete in fun online
challenges! Join as an
individual or as a team.

Download the Goosechase app.
strathcona.ca/OnlineChallenges





Everyday Heroes: Social Superstars

Explore the importance of being connected to others, decipher social cues, and learn problem-solving skills! Through activities and exciting challenges, kids learn how to build empathy, and navigate feelings and tricky situations.

**Program for children entering
Grades 1 and 2 in fall 2024**

August 14 9 a.m. to 12 noon

Location: Community Centre
Meeting Room 2, 401 Festival
Lane, Sherwood Park

Everyday Heroes: Managing Moods

Through fun and exciting activities, kids learn how to recognize different emotions, discover their inner strengths and find ways to handle hard to have emotions.

**Program for children entering
Grades 1 and 2 in fall 2024**

August 20 1 to 4 p.m.

Location: Community Centre
Meeting Room 2, 401 Festival
Lane, Sherwood Park

Crazy Critters at North Cooking Lake

Join us and the Strathcona County Library Bookmobile as we explore and learn about animals through creativity and play! Make fun animal themed crafts, play some Animal Playground Bingo and learn more about programs and services available to you.

Fun for all ages

Tuesday, July 23 1 p.m. to 4 p.m.

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



**Save the
date!**



Spark of Nature

Appreciating and exploring nature can have a positive impact on your overall well-being. Participants will enjoy outdoor games and activities aimed at helping them learn more about themselves and how they can overcome challenges.

**Program for children entering
Grades 3 and 4 in fall 2024**

July 8 – 11 9 a.m. to 12 noon

Location: Ardrossan Recreation
Complex – Birch Room

Creatology

Splash some paint, create calming crafts, and express your unique self this summer. Participants will develop their self-expression skills, confidence and build resiliency through art and creative challenges.

**Program for children entering
Grades 3 and 4 in fall 2024**

July 29 – August 1 1 to 4 p.m.

Location: Emerald Hills Leisure Centre

Everyday Heroes: Social Superstars

Explore the importance of being connected to others, decipher social cues, and learn problem-solving skills! Through activities and exciting challenges, kids learn how to build empathy, and navigate feelings and tricky situations.

**Program for children entering
Grades 3 and 4 in fall 2024**

August 15 9 a.m. to 12 noon

Location: Community Centre
Meeting Room 2, 401 Festival
Lane, Sherwood Park

Everyday Heroes: Managing Moods

Through fun and exciting activities, kids learn how to recognize different emotions, discover their inner strengths and find ways to handle hard to have emotions.

**Program for children entering
Grades 3 and 4 in fall 2024**

August 21 1 to 4 p.m.

Location: Community Centre
Meeting Room 2, 401 Festival
Lane, Sherwood Park

New

Pull from the middle to take out
the calendar. Stick it up on your fridge.



Summer Program Schedule

July 2024

For full program descriptions and to register, visit strathcona.ca/families

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Statutory Holiday	2 Baby and Me	3 Mindfitness	4	5	6
		Regulation Station				
7	8 Slumberkins: Underwater	9 Baby and Me	10 Mindfitness	11 Navigating Sibling Rivalry	12	13
	Spark of Nature			Challenge and Chill		
14	15 Slumberkins: Underwater	16 Baby and Me	17 Mindfitness	18	19	20
	Move Your Mood					
21	22 Slumberkins: Underwater	23 Baby and Me	24 Mindfitness	25	26	27
	Explore Me - Morning option					
	Explore Me - Afternoon option					
28	29 Slumberkins: Underwater	30 Baby and Me	31 Mindfitness			
	Creatology			Creatology - con't		

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Creatology - con't		1 Creatology	2	3
4	5 Statutory Holiday	6 Baby and Me Slumberkins: Cosmic Quest	7	8 Straight Talk About Teens	9	10
		Move Your Mood				
11	12	13 Baby and Me Slumberkins: Cosmic Quest Challenge and Chill	14 Everyday Heroes: Social Superstars	15 Everyday Heroes: Social Superstars	16	17
18	19	20 Baby and Me Slumberkins: Cosmic Quest Everyday Heroes: Managing Moods	21 Everyday Heroes: Managing Moods Triple P: Bedtime Routines	22	23 Back to School Bash	24
25	26	27	28	29	30	31

Programs legend

- Early Years
- Grades 1 - 2
- Grades 3 - 4
- Grades 5 - 6
- Parents and Caregivers

Let's talk! Call 780-416-6730

strathcona.ca/families
familyresourcenetwork@strathcona.ca



Mental Health Capacity Building



Summer Program Schedule

For full program descriptions and to register, visit strathcona.ca/families

Programs for Early Years

Baby & Me Drop-in

Parent / caregivers and children
ages 0 to 18 months

Weekly • Tuesdays
July 2 – August 20 1 to 2 p.m.

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

Slumberkins: Enchanting Underwater Journey Drop-in

Parent / caregivers with children
ages 2 to 6 years

Weekly • Mondays
July 8 – 29 10 to 11:30 a.m.

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

Slumberkins: Cosmic Quest Drop-in

Parent / caregivers with children
ages 2 to 6 years

Weekly • Tuesdays
Aug 6 – 20 10 to 11:30 a.m.

Location: Brookville Community Hall, 53203
Range Rd 212, Ardrossan

Register for
programs
today!

Programs for Children entering grades 5-6

Mindfitness Drop-in

Program for children entering
Grades 5 and 6 in fall 2024

Weekly • Wednesdays
July 3 – 31 2:30 to 3:30 p.m.

Location: Community Centre Meeting Room
2, 401 Festival Lane, Sherwood
Park

Move Your Mood

Program for children entering
Grades 5 and 6 in fall 2024

July 15 – 18 1 to 4 p.m.

Location: Glen Allan Recreation Complex,
Curling Lounge,
199 Georgian Way,
Sherwood Park

August 6 – 9 1 to 4 p.m.

Location: Ardrossan Recreation Complex,
Aspen Room

Challenge and Chill - Where Adventure Meets Downtime

Program for children entering
Grades 5 and 6 in fall 2024

July 11 1:30 to 3:30 p.m.

Location: Ardrossan Recreation Complex –
Birch Room

August 13 6 to 8 p.m.

Location: Community Centre Meeting Room 1
& 2, 401 Festival Lane, Sherwood Park

Let's talk! Call 780-416-6730

strathcona.ca/families
familyresourcenetwork@strathcona.ca

Programs for Children entering grades 1-2

Regulation Station

Program for children entering
Grades 1 and 2 in fall 2024

July 2 – 5 9 a.m. to 12 noon

Location: Glen Allan Recreation Complex, 199
Georgian Way, Sherwood Park

Explore Me

Program for children entering
Grades 1 and 2 in fall 2024

July 22 – 25 9 a.m. to 12 noon

Location: South Cooking Lake Community
Hall

July 22 – 25 1 to 4 p.m.

Location: Community Centre
Meeting Room 2, 401 Festival Lane,
Sherwood Park

Everyday Heroes:

Social Superstars

Program for children entering
Grades 1 and 2 in fall 2024

August 14 9 a.m. to 12 noon

Location: Community Centre
Meeting Room 2, 401 Festival Lane,
Sherwood Park

Everyday Heroes:

Managing Moods

Program for children entering
Grades 1 and 2 in fall 2024

August 20 1 to 4 p.m.

Location: Community Centre
Meeting Room 2, 401 Festival Lane,
Sherwood Park

Programs for Parents and Caregivers

Navigating Sibling Rivalry

For parents and caregivers with children
ages 2 to 12 years

July 11 6:30 to 8 p.m.

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

Straight Talk About Teens

For parents and caregivers with children
ages 12 years and older

August 8 6:30 to 8 p.m.

Location: Virtual - online

Triple P Discussion Group - Developing Good Bedtime Routines

For parents and caregivers with children
ages 2 to 10 years

August 21 12 noon to 1:30 p.m.

Location: CH-138, County Hall (right at
bottom of Alex Javier staircase)
Sherwood Park

The **Family Resource Network (FRN)** offers free educational programs and parenting supports for parents, families and children ages 0 to 18.

strathcona.ca/families
780-416-6730



Programs for Children entering grades 3-4

Spark of Nature

Program for children entering
Grades 3 and 4 in fall 2024

July 8 – 11 9 a.m. to 12 noon

Location: Ardrossan Recreation
Complex – Birch Room

Creatology

Program for children entering
Grades 3 and 4 in fall 2024

July 29 – August 1 1 to 4 p.m.

Location: Emerald Hills Leisure Centre

Everyday Heroes:

Social Superstars

Program for children entering
Grades 3 and 4 in fall 2024

August 15 9 a.m. to 12 noon

Location: Community Centre
Meeting Room 2, 401 Festival Lane,
Sherwood Park

Everyday Heroes:

Managing Moods

Program for children entering
Grades 3 and 4 in fall 2024

August 21 1 to 4 p.m.

Location: Community Centre
Meeting Room 2, 401 Festival Lane,
Sherwood Park

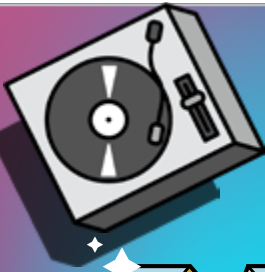
Mental Health Capacity Building

Strathcona County's **Mental Health Capacity Building** program is a provincial initiative from Alberta Health Services that aims to help school-aged kids strengthen their social-emotional skills and improve their mental health.



Visit strathcona.ca/MHCB to learn more





BACK TO School BASH



August 23, 2024

Strathcona County Child and Youth Coalition invites youth to a night of fun to celebrate the end of summer and ring in the next school year!

Save the date!

strathcona.ca/families



Mindfitness Drop-in

Drop in, explore, create, and try out a variety of activities to deal with stress. Whether you're feeling curious, stressed, or looking for something to do, stop by.

Program for children entering Grades 5 and 6 in fall 2024

Weekly • Wednesdays

July 3 – 31 2:30 to 3:30 p.m.

Location: Community Centre Meeting Room 2, 401 Festival Lane, Sherwood Park

Move Your Mood

Learn fun ways to move and 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.

Program for children entering Grades 5 and 6 in fall 2024

July 15 – 18 1 to 4 p.m.

Location: Glen Allan Recreation Complex, Curling Lounge, 199 Georgian Way, Sherwood Park

August 6 – 9 1 to 4 p.m.

Location: Ardrossan Recreation Complex, Aspen Room

Challenge and Chill - Where Adventure Meets Downtime

Are you ready to get your game on? Join others and snack, laugh, and challenge each other through fun activities.

Program for children entering Grades 5 and 6 in fall 2024

July 11 1:30 to 3:30 p.m.

Location: Ardrossan Recreation Complex – Birch Room

August 13 6 to 8 p.m.

Location: Community Centre Meeting Room 1 & 2, 401 Festival Lane, Sherwood Park



Programs for
**Parents and
Caregivers**



Straight Talk About Teens

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

For parents and caregivers with children ages 12 years and older

August 8 6:30 to 8 p.m.

Location: Virtual - online

Navigating Sibling Rivalry

Learn why sibling rivalry happens and how to foster healthier relationships at home. This program will help parents build skills to reduce sibling conflict and create a harmonious family environment.

For parents and caregivers with children ages 2 to 12 years

July 11 6:30 to 8 p.m.

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

Triple P Discussion Group - Developing Good Bedtime Routines

Bedtime can be exhausting for the whole family. Challenges around bedtime routines are common for parents. Join us to look at common bedtime problems and get some practical suggestions to help you develop a good bedtime routines for your child.

For parents and caregivers with children ages 2 to 10 years

August 21 12 noon to 1:30 p.m.

Location: CH-138, County Hall (right at bottom of Alex Javier staircase) Sherwood Park



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.



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

The Family Resource Network is moving!

The Family Resource Network is upgrading to a vibrant, new space in Strathcona County this fall. Stay tuned for updates.

strathcona.ca/families



Mental Health Capacity Building

Strathcona County's **Mental Health Capacity Building** program is a provincial initiative from Alberta Health Services that aims to help school-aged kids strengthen their social-emotional skills and improve their mental health.

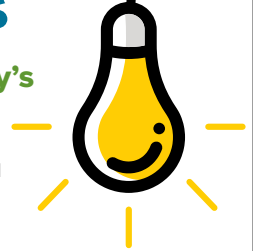


Visit strathcona.ca/MHCB to learn more

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.