

2024

Strathcona County Family Resource Network

Fall Program Schedule

FREE programs and services for Strathcona County families





**Register for
programs
today!**

What's inside?

Programs for Early Years	3
Programs for Children	4
Programs for Fall Break	5
Programs for Parents and Caregivers	6

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 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



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

Alberta
Provincial Family
Resource Networks

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.

For parents and caregivers and children 0 to 18 months

Weekly • Tuesdays

Sept. 10 – Dec. 10 1 to 2 p.m.

Location: Sherwood Park Arena-Mini Gym, 2015 Oak Street, 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 and caregivers and children 0 to 6 years

Weekly • Thursdays (4 weeks)

Sept. 12, 19, 26 & Oct. 3 10 to 11:30 a.m.

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

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.

For parents and caregivers and children 0 to 6 years

Weekly • Tuesdays

Sept. 10 – Dec. 10 9:30 to 11:30 a.m.

Location: Sherwood Park Arena-Mini Gym, 2015 Oak Street, Sherwood Park

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.

For parents and caregivers and children 0 to 6 years

Weekly • Wednesdays (4 weeks)

Nov. 20, 27, Dec. 4, 11 10 to 11:30 a.m.

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

Weekly • Fridays

Sept. 13 – Dec. 13 9:30 to 11:30 a.m.

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

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



Programs for **Children**



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 • Thursday (4 weeks)**

Oct. 3 – 24 5:30 to 6:30 p.m.

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



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

strathcona.ca/ASQ

The Family Resource Network is moving!

Programs and services will continue
this fall as we move to our vibrant,
new space in Strathcona County.



Register for programs and learn more at
strathcona.ca/FRN or call 780-416-6730.

 **STRATHCONA
COUNTY**

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

Programs for **Fall Break**

**Registrants should be available for
all program dates during fall break**

Emotions Academy

Building resiliency and navigating conflict and emotions are core skills all children should build. This program uses a variety of fun activities to boost resiliency, problem-solving and regulation strategies.

For children currently in Grades 1 & 2

Tuesday to Thursday (3 days)

Nov. 12, 13 & 14 9 a.m. to 12 noon

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

Healthy Me

Fuel your mind, move your body and connect with others. Learn new, fun activities that can boost your mental health and well-being!

For children currently in Grades 3 & 4

Tuesday to Thursday (3 days)

Nov. 12, 13 & 14 1 to 4 p.m.

Location: Studio# 203, Glen Allan
Recreation Complex,
199 Georgian Way,
Sherwood Park

Get Your Game On!

Join us for an exciting night of fun as we snack, laugh, and challenge each other through fun minute-to-win-it games and activities!

For children currently in Grades 5 & 6

Wednesday

Nov. 13 5 to 7 p.m.

Location: Activity Room #2,
Millennium Place,
2000 Premier Way,
Sherwood Park

Family Fun Event **Pumpkin Carve-Off!**

Celebrate the fall season with us at our free pumpkin carving event! Enjoy music, fun, and connection - plus a chance to show off your creative Halloween costume!

For families with kids of all ages

Sunday, Oct. 27 1 p.m. to 3 p.m.

Locations: Ardrossan Recreation
Complex, 80 First Ave,
Ardrossan

Register and learn more at
strathcona.ca/families



**Save the
date!**

Programs for **Parents and Caregivers**



No Such Thing as a Bad Kid

Most parents may feel puzzled by their children's feelings and behaviours at some point in their parenting journey. Join us for a presentation that helps parents understand what's behind children's behaviours and learn how to support children with emotional and behavioural challenges.

**For parents and caregivers
of children 2 to 12 years**

Wednesday, Sept. 25 6:30 to 8 p.m.

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

Triple P - Dealing with Disobedience

Struggling with your child's behaviour? This session discusses common parenting challenges. Connect with other parents while exploring realistic expectations, setting limits and increasing positive behaviours. Learn how to reduce your parenting-related stressors and strengthen your family's relationship.

**For parents and caregivers
of children 2 to 10 years**

Wednesday, Oct. 2 12 to 1:30 p.m.

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

Emotion Coaching

Our emotions are with us wherever we go and impact every aspect of our lives. This session provides helpful tips for coaching children and youth to navigate emotions and big feelings.

Limited free childcare is available

**For parents and caregivers
of children 2 to 9 years**

Saturday, Oct. 19 9:30 to 11:30 a.m.

Location: Activity Room #2,
Millennium Place, 2000
Premier Way, Sherwood Park

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 behaviour.

**For parents and caregivers
of youth 12 to 18 years**

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

Location: Virtual (online)



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

Lasting Connections

Parents/caregivers and their adolescents will strengthen their relationships through discussion and fun activities that improve communication and foster healthy problem-solving skills.

For parents and caregivers and youth in grades 7 to 10

- 5-week evening program

Stronger Together

Connect with other single parents/caregivers to exchange knowledge, share lived experiences and discuss child behaviour and healthy relationships.

For parents and caregivers

- 6-week daytime program

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

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**

