

2026

Strathcona County Family Resource Network

Register for
programs
today!

Spring Program Schedule

FREE programs and services for Strathcona County families



strathcona.ca/families

 STRATHCONA
COUNTY

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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 to 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

Mental Health Capacity Building

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

Visit strathcona.ca/MHCB to learn more.



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

Programs for **Early Years**



Stay and 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 with children ages 0 to 6 years.

Weekly • Mondays (Omit Apr. 6, May 18)
Apr. 13 – Jun. 15

Session 1 9:30 to 10:30 a.m.
Session 2 11 a.m. to 12 p.m.

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

Weekly • Fridays

Apr. 10 – Jun. 19 9:30 to 11 a.m.

 Bookmobile 11 to 12 p.m.

 Strathcona Olympiette Centre,
52029 Range Road 224,
Sherwood Park

Baby and Me

Drop-in

Join us weekly to connect with other parents and learn skills to support your baby's development.

For parents and caregivers with children ages 0 to 18 months.

Weekly • Tuesdays

Apr. 7 – Jun. 16 1 to 2:30 p.m.

 Strathcona County
Family Resource Network,
160 Festival Way, 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 with children ages 2 to 6 years.

Weekly • Tuesdays

Apr. 14 – May 5 10 to 11:30 a.m.

 Brookville Community Hall
53103, Range Road 212
Ardrossan

Play Hub

Play Hub offers a relaxed and supportive environment where you and your child will enjoy a variety of open-ended, child-directed activities that support physical and cognitive development. *Priority given to families who have not previously attended.*

For parents and caregivers with children ages 0 to 6 years.

Mondays • 2:30 to 4 p.m. (four weeks)

Session 1 Apr. 13 – May 4
Session 2 May 25 – Jun. 15

Wednesdays • 9:30 a.m. to 11 a.m. (five weeks)

Session 1 Apr. 8 – May 6
Session 2 May 13 – Jun. 10

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

Programs for **Early Years**



Cook with Me!

Join us for this hands-on program where families chop, stir and cook together while learning about the many sensory and brain-building benefits that come from connecting in the kitchen.

Families are asked to register for only one session.

For parents and caregivers with children ages 2 to 6 years.

Thursdays

Apr. 16, Apr. 23, Apr. 30 or

May 710:30 to 11:30 a.m.



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

Nature Nuts

Drop-in

Get back to basics and enjoy nature with your child in this outdoor, facilitated program. Connecting with nature through play and by going on walks provides endless opportunities for children to develop new skills and supports their healthy development

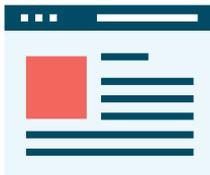
For parents and caregivers with children ages 0 to 6 years.

Weekly • Thursdays (four weeks)

May 21 – Jun. 11.....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

ARCQativity

Completed the ASQ?

Continue learning at home with over 900 play-based activities that support your child in meeting their developmental milestones.

Visit arcqativity.ca and enter the code **673482**



Family Fun Events



Celebrate Earth Day!



Learn more about the Antler Lake area, meet local nature enthusiasts and deepen your understanding of the environment. Discover what's happening locally and how you can become involved. Enjoy refreshments and more! Drop in, no registration required.

For more information, visit sclibrary.ca

For parents and caregivers with children of all ages.

Thursday

Apr. 23..... 6 to 8 p.m.

 Antler Lake Community Hall,
52343, Range Road 211, Antler Lake

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 and caregivers with children of all ages.

Thursday

Jun. 25..... 4 to 6 p.m.

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

Wheels Playshop

Join us for a fun, movement-filled playshop all about things that go! You and your family will experiment with ramps, tracks and open-ended materials that support problem-solving, creativity and cause and effect!

For parents and caregivers with children of all ages.

Friday

May 22..... 6 to 8 p.m.

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

Youth Market

Save the date!

Calling all Strathcona County young innovators and entrepreneurs! Showcase and sell your creations at your very own market table!

For youth ages 13 to 18 years.

Tuesday

Apr. 21..... 4:30 to 7:30 p.m.

Strathcona County Community Centre, 401 Festival Lane,
Sherwood Park

For more information, visit scchildandyouthcoalition.com

Family Support **Programs**

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.

Call 780-416-6730 or email us at **familyresourcenetwork@strathcona.ca** to learn more.



Stay tuned for our summer program schedule
Registration starts May 2026, visit **strathcona.ca/families**

Family Support Programs

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

Circle of Security

Parenting can be challenging, and at times it's hard to know what your child needs. Build your understanding of your child's emotions and gain practical tools to foster a secure and connected relationship through guided discussions, videos and reflections.

For parents and caregivers of children ages 2 months to 6 years.

Tuesdays (nine weeks)
Apr. 14 – Jun. 9 9 a.m. to 10:30 a.m.



Nurture Nest

Motherhood isn't always easy—and that's normal. Whether you're welcoming your first child or your fifth, the postpartum period can bring unexpected challenges. Nurture Nest offers a safe, welcoming and judgment-free space where you can share your experiences, gain knowledge and build skills to navigate this transition.

For moms with babies ages 0 to 12 months.

Wednesdays (six weeks)
May 13 – Jun 17 1 to 2:30 p.m.



Family Justice Strategy Information Sessions

Alberta's new Family Justice Strategy is changing how families approach separation and divorce. Learn about required pre court steps and the early resolution programs available to help families reduce conflict and navigate parenting, financial, or other family law issues more effectively.

For parents and caregivers.

For dates, times and registration details, please visit strathcona.ca/families

Triple P Family Transitions

Triple P Family Transitions is a parenting program designed to support families experiencing separation or divorce. It helps parents manage emotions, reduce conflict, and build positive relationships with their children during challenging life transitions.

For parents and caregivers of children aged 2 to 18 years.

Wednesdays (five weeks)
Apr. 8 – May 6 5:30 to 7:30 p.m.

Programs for **School age Children**



Mindful Choices

Are you ready to take control of your life and excel in school? Join Mindful Choices and discover how to blend mindfulness into your everyday decisions. Learn powerful techniques to handle life's challenges with ease and boost your resilience! For youth in grade 5 to 7.



Weekly • Wednesdays (four weeks)
Apr. 8 to Apr. 29 4:30 to 5:30 p.m.

 Strathcona County Library
401 Festival Lane, Sherwood Park



Monster, Mouse and Me! **Assertive Communication for Kids**

Discover different ways people communicate in this fun and interactive program. Through games and activities, kids will practice using body language, setting healthy boundaries and sharing their feelings with "I-statements" to help them feel heard and understood.

For children currently in grades 4 and 5.

Wednesday
Apr. 29 3 p.m. to 4 p.m.

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

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 • Tuesdays (four weeks)
May 12 – Jun. 9 5:30 to 6:30 p.m.

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

Programs for **School age Children**



Feel What I Feel Developing Empathy

Get ready for a fun and hands-on adventure where you'll explore what it's like to see the world through someone else's eyes! Rotate through five exciting stations, each with a different challenge that requires imagination and empathy to solve.

For children currently in Grades 4 & 5.

Wednesday

May 27 3 to 4 p.m.

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



Transitioning to Junior High

Learn tips for starting grade 7 with confidence. We'll talk about learning preferences, ways to handle stress and simple life skills that make the move to junior high easier. Enjoy activities, ask questions and meet others who are starting Grade 7. Plus – pizza is included!

For more information, visit sclibrary.ca

For youth entering Grade 7 in Sept. 2026.

Thursday

May 28 5 to 7 p.m.

 Strathcona County Community
Centre, 401 Festival Lane,
Sherwood Park



Programs for **Parents and Caregivers**



Triple P - Dealing with Disobedience

Struggling with your child's behaviour? This session discusses common parenting challenges and connects you 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 ages 2 to 10 years.

Thursday

Apr. 16..... 6:30 to 8 p.m.



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

You're Not Alone

Take a seat, enjoy a coffee, and connect with another parent through a simple, facilitated conversation. Guided questions help spark sharing, belonging, and connection—no advice, no pressure. Just stories, listening, and the reminder that none of us are doing this alone.

For parents and caregivers

Thursday

Apr. 30..... 6:30 to 8 p.m.



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

Triple P - Teen Digital Well-Being

Learn how to help your teen with the social and technological pressures of today. Together, we'll explore research-based ways to support teens when they are feeling the pressure of their digital lives. Topics discussed include interacting with strangers online, understanding their digital identity and healthy relationships.

For parents and caregivers of youth ages 12 to 18 years.

Thursday

May 7 6:30 to 8 p.m.



Virtual (online)



**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.**

Call 587-930-7034.

bbbsstrathcona.ca

Programs for **Parents and Caregivers**



No Such Thing as a Bad Kid

Children's feelings and behaviours are vast and complex. Join us for a presentation that helps you understand what's behind your child's behaviours and learn how to support their emotional and behavioural challenges.

For parents and caregivers of children ages 2 to 12 years.

Thursday

May 21..... 6:30 to 8 p.m.

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

Making the Leap

Navigating Your Child's Move to Junior High

Build your understanding of the junior-high jitters, identify common stressors and learn practical ways to build confidence, resilience and emotional well-being in your children as they navigate this exciting period of change and growth.

For parents and caregivers of youth in grade 6.

Thursday

Jun. 4 5:30 to 7 p.m.

 Strathcona County
Family Resource Network
160 Festival Way, Sherwood Park



THE
CANTEEN
YOUTH HUB

 **bgc**
Strathcona County

The CanTeen Youth Hub is a safe, supportive and positive place for youth to hangout that is just for them.

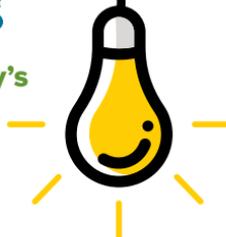
FREE drop-in for youth grade 7+ available Monday to Friday, 3 p.m. to 9 p.m.

scbgc.com
780-416-1500

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**



**STRATHCONA
COUNTY**
2026
Alberta Summer Games

Volunteer

July 16 - 19

- Flexible shifts
- Exclusive perks
- Be a part of a provincial celebration

Sign up today at
[asg2026.com/
volunteers](http://asg2026.com/volunteers)



Volunteer Sponsor

