

February 2023

THIS MONTH IS...

Vol. 34

FEBRUARY

February is Black History Month



February 14 Valentine's Day



We're So Happy & Grateful to Welcome Saydie Back To The Team!



Hello! I am excited to be back at the FRN. I will be going to school and will be supporting two days a week with youth programming!

February 22
Pink Shirt Day
Stop Bullying



TELEPHONE SUPPORT

FOR PARENTS AND CAREGIVERS

Trellis Commons staff are available to connect with you for 1:1 support (no internet required).

Please contact a Trellis Commons team member at 403.983.0076.

CRISIS PHONE NUMBERS

If you or someone you know is experiencing distress or in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger.

ConnecTeen – 403.264.8336

Distress Center – 403.266.4357

Family Violence Hotline – 403.234.7233

Indian Residential Schools Crisis Line – 1.866.925.4419

Kids Help Phone – 1.800.668.6868

Togetherall – <https://togetherall.com/en-ca/>

Trellis' commitment to reconciliation starts with taking this opportunity to acknowledge our honour and privilege to live and work within the Treaty 7 territory. We acknowledge the traditional and ancestral territory and oral practices of the Blackfoot Confederacy, which includes the Siksika Nation, the North and South Piikani Nations and the Kainai Nation. We also acknowledge the other members of Treaty 7 First Nations, the Tsuut'ina and Îyâhé Nakoda (Stoney Nakoda) which include Chiniki, Bearspaw and Wesley First Nations. In addition, the City of Calgary is home to the Métis Nation of Alberta (Region 3). Finally, we acknowledge all nations, genders and spirits who live, work and play in Moh'kinstsis, the Blackfoot name for Calgary, and Treaty 7 Region of Southern Alberta who help us steward this land, honour and celebrate this territory.

TRELLIS COMMONS HUBAddress: 419B 2nd Street, Strathmore, AB T1P 1B9Website: <https://www.growwithtrellis.ca/families/resources>Email | Phone: strathmoreFRN@growwithtrellis.ca | 403.983.0076

Facebook: @StrathmoreChestermereFRNHub



MONDAY 8:30 AM – 12:00 PM

TUESDAY 8:30 AM – 4:30 PM

WEDNESDAY 8:30 AM – 6:00 PM

THURSDAY 8:30 AM – 8:00 PM

FRIDAY 8:30 AM – 4:30 PM

SATURDAY 10:00 AM – 12:00 PM

HEALTHY FAMILIESWebsite: <https://asc-mva.ab.ca/family-support-services/healthy-families/>Email | Phone: main@asc-mva.ab.ca | 403.586.0665PARENT & CAREGIVER SUPPORT SERVICES (PCSS)

Address: 105 Marina Rd. Chestermere, AB T1X 1V7

Website: <https://www.chestermere.ca/PCSS>Email | Phone: pcssinfo@chestermere.ca | 403.207.7050

Facebook: @ChestermerePCSS

COVID-19 UPDATES

We are excited to be offering a blend of outdoor, virtual and small group in person programming. For in-person programming everyone will be required to register for the program.

Please follow our Facebook page for more up-to-date information!

The safety of our families and staff is our highest priority.

The required precautions for in-person programs are listed below:

- All in-person programs and meetings at Trellis Commons are by appointment or pre-registering for programming **ONLY**.
- Reduced in-door capacity remains in effect.
- Masks are **OPTIONAL** for Families and Children attending.
- Individuals that are experiencing any symptoms of sickness will be asked to not attend in-person programs and/or meetings.

Wheatland Crisis Society Available Here!

Wheatland Crisis Society (WCS) provides emergency care to families impacted by Domestic Violence, as well as community education and support for clients both staying in and out of shelter. Starting on March 11, 2022 and every other Friday thereafter, WCS will be present before, during, and after the Coffee & Chat events. Come on out to ask any questions you have or find out how you can get involved.

EARLY CHILDHOOD PROGRAMMING

Baby Talk

Join other parents and babies up to 12 months (older siblings welcome) to socialize & learn about relevant topics concerning parenting an infant. Also get connected to local resources and supports. We know parenting can be hard, and we are here to help!

When: Tuesdays, February 7, 14, 21, & 28, 2023

Time: 9:30-11:00am

Where: Trellis Commons- 419b 2nd Street, Strathmore

Phone: Main (403.983.0076)

**Email: nkavanagh@growwithtrellis.ca or
skalsi@growwithtrellis.ca**

LENA Start

**For parents and caregivers of
infants and children aged 0 - 3 years.**

LENA Start is a 10-week program delivered virtually! Learn skills that engage your baby and increase brain growth! Science-backed and evidence-based, this program will set the foundation for school success

and a lifetime of learning and achievement!

Delivered in partnership with Parent & Caregiver Support Services Chestermere!



When: Thursday's February 2– March 30, 2023

Time: 1:30-2:30pm Online!

**For more info Email: nkavanagh@growwithtrellis.ca or
skalsi@growwithtrellis.ca**



Pre-School Talk Time & Play

Do you have questions or just want to learn more about what to expect regarding your child's development?

Come & meet Registered Speech Language Pathologist, Holly Smart. Physiotherapist, Kate Van Kruyssen & other Caregiver's with their children in our relaxed & fun play space

When: Tuesday, February 28, 2023

Time: 10:30am-12:00pm

**Where: Trellis Commons- 419b 2nd Street,
Strathmore**

Phone: Main (403.983.0076)

**Email: nkavanagh@growwithtrellis.ca or
skalsi@growwithtrellis.ca**

Afternoon Playtime

Stop in for an afternoon playtime with your little ones, meet other families and enjoy some down time the playroom!

When: Wednesday February 22nd, 2023

Time: 2:00-3:00pm

**Where: Trellis Commons- 419b 2nd Street,
Strathmore**

Phone: Main (403.983.0076)

Email: skalsi@growwithtrellis.ca

FAMILY & CAREGIVER PROGRAMMING

Family Hangout

Bring the whole family for a morning of play at the center filled with various games, crafts and activities for the whole family to enjoy :)

When: Saturday, February 11, 2023

Time: 10:00-12:00pm

Location: 419B 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: strathmorefrn@growwithtrellis.ca

Circle of Security—Online

Join us virtually for this 7-week reflective series where we discuss attachment-based parenting, and how to recognize and respond to your child's cues—even when they seem like they're giving you mixed signals.

When: Thursdays, February 2-23, 2023

Time: 8:00-9:30pm

Location: Online

Phone: Main (403.983.0076)

Email: vwoods@growwithtrellis.ca

Coffee & Chat

Need a change of scenery? Join us in the Strathmore FRN Playroom for a cup of coffee and play with your kids while they also get to make a new friend or two!

Ages 0-6 years of age.

When: Fridays, February 3 & 17, 2023

Time: 10:00- 11:30am

Location: 419B 2nd St, Strathmore

Phone: Main (403.983.0076)

Email: skalsi@growwithtrellis.ca

Unwind with Me

Join us for some “Mom” self-care time. Pick up your self-care kit at Trellis Commons and join us online for some laughter, comradery, and pampering.

When: Tuesday, February 28, 2023

Time: 9:00pm-10:00pm

Location: Online

Phone: Main (403.983.0076)

Email: nkavanagh@growwithtrellis.ca

Breakfast with Dad

Celebrating all Dads and other superheroes! Come & Enjoy breakfast (on us) with your dad. All ages of children/youth are welcome.

When: Saturday, February 25, 2023

Time: 10:00-12:00pm

Location: 419B 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: strathmorefrn@growwithtrellis.ca

Fear-Less (Triple P)

Does your child ages 6-14 years' experience anxiety? Join us for a 6 session, online Triple P Program supporting parents to help navigate their children's anxiety more effectively.

When: Tuesday February 7, 14, 21 & 28 2023

Time: 6:00-7:30pm

Location: Online

Phone: Main (403.983.0076)

Email: nkavanagh@growwithtrellis.ca

Postpartum Support Group

Being a mother can be overwhelming, But there is help! This 9-week support group is brought to you by Growing Opportunities, Rural Calgary East Postpartum Support group, Strathmore Pregnancy Care Centre and AHS- Addictions and Mental Health.

Child Care & Snacks Provided. Pre-Registration Required

When: Thursdays, February 16 – March 13, 2022

Time: 10:00-12:00pm

Joanne Simpson at 403-361-7277

For more info email: nkavanagh@growwithtrellis.ca

YOUTH PROGRAMMING

Teen Drop-In

In partnership with WYN,
Calling all youth **Ages 14+**, do you need a place to come hang out & enjoy some foosball, activities, and the opportunity to meet other youth in the community! Join us for this Drop In hangout!



When: Tuesdays, February 7, 14, 21 & 28, 2023

Time: 4:00-6:00pm

Location: 419B 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: nponce@growwithtrellis.ca

Seven Sacred Teachings Yoga

Join us to learn about the Indigenous Seven Sacred Grandfather Teachings through the power of animal yoga poses.

Ages 6+

When: Thursday, February 23, 2023

Time: 10:00-11:30am

Location: 419B (Lower Level) 2nd St. Strathmore

Phone: Main (403-983-0076)

Email: vwoods@growwithttellis.ca

Indigenous Crafts Making Ribbon Skirt



Partnered with Strathmore Library we will be making Ribbon Skirts. There will be 2 sessions, one at the Library, and one will be at Trellis Commons.

Ages 13+

When: Wednesday February 1 & 8, 2023

Time: 4:30-6:30pm

Location: Strathmore Municipal Library & 419B (Lower Level) 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: vwoods@growwithttellis.ca

Youth Corner

Find journaling boring? How about destroying the journal. This is a fun and quirky way to release stress. Poke holes in it, paint with coffee, rip pages & just engage in destructive art.

Ages 12+

When: Thursday February 23, 2023

Time: 4:30-6:30pm

Location: 419B (Lower Level) 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: nponce@growwithtrellis.ca

Bright Minds

This week we create destructive art with "Wreck This Journal" activities. Used to release emotions in a healthy way. Happy wrecking!

Ages 7-11 Parented

When: Thursday February 16, 2023

Time: 4:30-6:00pm

Location: 419B (Lower Level) 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: nponce@growwithtrellis.ca

All programs for children/youth Ages 7-11 are required to be parented.

Parent and Caregiver Support Services (PCSS)

BABY TALK



A FREE DROP-IN PROGRAM FOR PARENTS AND CAREGIVERS WITH BABIES 0-12 MONTHS WHERE YOU CAN RECEIVE ACCESS TO QUALITY INFORMATION, AND RESOURCES ABOUT SUPPORTING YOUR BABY'S DEVELOPMENT, WHILE CONNECTING WITH LOCAL PARENTS AND SERVICE PROVIDERS IN THE COMMUNITY.

WHERE: SYNERGY LIFEPATH CENTRE FOR COMMUNITY LEADERSHIP
(ACCESS THROUGH GAS PLUS PARKING LOT OFF MORGAN DRIVE W)

WHEN: MONDAYS 1:30-3:00PM

COME PLAY WITH ME



THIS IS FREE DROP-IN PROGRAM FOR PARENTS & CAREGIVERS WITH CHILDREN 0-5 YEARS. COME PLAY, LEARN, EXPLORE AND MAKE NEW FRIENDS. KNOWLEDGEABLE FRN STAFF WILL BE ON HAND TO OFFER IDEAS ON CHILD DEVELOPMENT AND ACTIVITIES YOU CAN USE TO STRENGTHEN YOUR CONNECTION WITH YOUR CHILD.

WHERE: LAKE SHORE MANOR, 200 MARINA DRIVE

WHEN: WEDNESDAYS, JANUARY 18 - MARCH 29 AT 9:00-10:30AM

KINDERGARTEN READINESS



JOIN PCSS AND THE I'M FOR KIDS TEAM ONLINE FOR INFORMATION ON:

- WHEN, WHERE AND HOW TO REGISTER YOUR CHILD FOR KINDERGARTEN
- HOW YOU AND YOUR CHILD CAN PREPARE FOR THE TRANSITION TO SCHOOL.

ATTENDEES WILL RECEIVE A FREE RESOURCE KIT!

WHERE: ONLINE THROUGH WEBEX

WHEN: WEDNESDAY, FEBRUARY 15, AT 6:30-8:00PM

POTTY TRAINING WEBCAST



ARE YOU READY? THIS WEBCAST INCLUDES A VARIETY OF INFORMATION, INCLUDING A READINESS QUIZ TO SEE IF YOU AND YOUR CHILD ARE READY TO BEGIN THE JOURNEY TO BECOMING DIAPER FREE!

REGISTER AT: WWW.CHESTERMERE.CA/POTTYTRAININGWEBCAST

ONLINE DEVELOPMENTAL CHECKUPS



DO YOU HAVE A CHILD BETWEEN THE AGES OF 2 MONTHS AND 5.5 YEARS? DID YOU KNOW THAT YOU CAN COMPLETE A FREE, ONLINE, DEVELOPMENTAL CHECK-UP FOR YOUR CHILD? USED BY PROFESSIONALS ACROSS CANADA, THE AGES AND STAGES QUESTIONNAIRE'S (ASQ-3 & ASQ-SE2) HELP PARENTS LEARN ABOUT THEIR CHILD'S COMMUNICATION, FINE MOTOR, GROSS MOTOR, SOCIAL EMOTIONAL AND PROBLEM-SOLVING SKILLS. PARENTS WILL RECEIVE A SUMMARY, AS WELL AS ACTIVITY IDEAS AND TIP SHEETS TO CONTINUE SUPPORTING THEIR CHILD.

ONE-ON-ONE PARENTING SUPPORT



ARE YOU CONCERNED ABOUT YOUR BABY'S SLEEP SCHEDULE? DO YOU HAVE A CHILD WHO HAS DIFFICULTY EXPRESSING THEIR EMOTIONS? DO YOUR CHILDREN FIGHT? CHESTERMERE PARENTS CAN CONNECT WITH ONE OF OUR KNOWLEDGEABLE CAREGIVER FACILITATORS FOR INDIVIDUALIZED ONE-ON-ONE PARENTING SUPPORT, INFORMATION AND RESOURCES.

EMAIL US AT: PCSSINFO@CHESTERMERE.CA

CALL (403) 207-7050 EXT 7135

FEBRUARY 2023

Valentine's Day

While Valentine's Day is often associated with romantic love, it is a holiday you can share with your whole family, and it provides an opportunity to teach your children about the importance of caring for others.



Starting Feb 1st til Valentine's Day, put a new heart on your kids door with a reason why you love them!...



Talk about random acts of kindness and perform some, such as making a valentine for a neighbour and delivering it to them.

Dress the Part

Challenge everyone in the family to put together a Valentine-themed outfit

- Aim to outfit yourselves in red, white, pink and purple.
- Boys (and their fathers) might balk at first, thinking you want them dressed in hearts and butterflies; remind them about that favourite red and white hockey jersey and offer little prizes for 'best-dressed' family members.
- Don't let all the effort go to waste... take a family selfie of the results and you'll have a sweet, or possibly hilarious, memento.

"I love you because".

Throughout the day or at dinner take turns telling each family member things that you love about them.

Each person will take a turn sharing what they love about each person in the family, and everyone will end the day feeling special and loved.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Come Play with ME- Chestermere 9:00-10:30am Indigenous Crafts – Ribbon Skirts 4:30-6:30pm	2 LENA Start Online 1:30-2:30pm Circle of Security Parenting 8:00-9:30pm	3 Coffee & Chat 10:00-11:30am	4
6	7 Baby Talk 9:30-11:00am Teen Drop-In 4:00-6:00pm FEAR-LESS - Triple P 6:00-7:30pm	8 Come Play with ME- Chestermere 9:00-10:30am Indigenous Crafts – Ribbon Skirts 4:30-6:30pm	9 LENA Start Online 1:30-2:30pm Circle of Security Parenting 8:00-9:30pm	10	11 Family Hangout 10:00-12:00pm
13	14 Baby Talk 9:30-11:00am Teen Drop-In 4:00-6:00pm FEAR-LESS - Triple P 6:00-7:30pm	15 Come Play with ME- Chestermere 9:00-10:30am	16 Postpartum Support Group 10- 11:30am LENA Start Online 1:30-2:30pm Bright Minds 4:30-6:00pm Circle of Security Parenting 8:00-9:30pm	17 Coffee & Chat 10:00-11:30am	18
20 Happy Family Day! Center is Closed 	21 Baby Talk 9:30-11:00am Teen Drop-In 4:00-6:00pm FEAR-LESS - Triple P 6:00-7:30pm	22 Come Play with ME- Chestermere 9:00-10:30am Afternoon Playtime 2:00-3:00pm	23 Seven Sacred Teachings Yoga 10:00-11:30am Postpartum Support Group 10- 11:30am LENA Start Online 1:30-2:30pm Youth Corner 4:30-6:30pm Circle of Security Parenting 8:00-9:30pm	24	25 Breakfast With Dad 10:00-12:00pm
27	28 Baby Talk 9:30-11:00am Pre School-Talk & Play Time 10:30-12:00am Teen Drop-In 4:00-6:00pm FEAR-LESS - Triple P 6:00-7:30pm Unwind With Me 9:00-10:00pm	<div> LEGEND ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs </div> <div> PARENT AND CAREGIVER SUPPORT SERVICES (PCSS) 105 Marina Rd. Chestermere, AB T1X 1V7 pcssinfo@chestermere.ca 403.207.7050 @ChestermerePCSS </div> <div> HEALTHY FAMILIES https://asc-mva.ab.ca/family-support-services/healthy-families/main@asc-mva.ab.ca 403.586.0665 TRELLIS COMMONS 419B 2nd Street, Strathmore, AB T1P 1B9 strathmoreFRN@growwithtrellis.ca 403.983.0076 @StrathmoreChestermereFRNHub </div>			