

MARCH

National Nutrition Month
March 1-31, 2022



St. Patrick's Day
March 17, 2022



Purim
March 6-17, 2022



International Day for the Elimination of Racial
Discrimination
March 21, 2022



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'kinsis, 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 HUB

Address: 419B 2nd Street, Strathmore, AB T1P 1B9
 Website: <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 FAMILIES

Website: <https://asc-mva.ab.ca/family-support-services/healthy-families/>
 Email | Phone: main@asc-mva.ab.ca | 403.586.0665

PARENT & 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 and wear a mask while inside Trellis Commons.

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-registration only. Everyone will be required to wear masks while inside.
- Parents are kindly asked to ensure their children are following social distancing protocols.
- Two bathrooms (one on each floor) have been designated as "Public Use Only".
- 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.

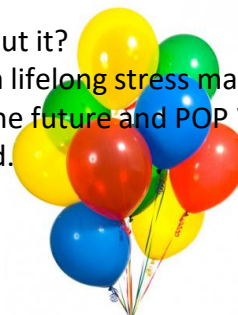
POP Wellness! Parent Workshop:
Kids Have Stress Too!

What is stress and what can you do about it?

Learn some new ideas to add to your toolbox and teach your children lifelong stress management skills.

This workshop is brought to you in partnership with Hope 4 the future and POP Wellness

Continental breakfast will be served.



When: Tuesday, March 15, 2022

Time: 9:15-11:15am

Location: Trellis Commons, 419B 2nd St. Strathmore

REGISTER at: <https://5forlife.ca/events-calendar>

Email: audra.popwellness@gmail.com Phone: 403-361-1030

Movin' & Groovin Strathmore

Move however your body lets you, shake, wiggle, stomp, hop, jump and play those winter blues away in this fun gross motor program for children aged 0-6 with their parent/caregiver!

When: Wednesdays March 16, 23 & 30, 2022

Time: 10:00-11:30am

Location: Strathmore Civic Centre

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Playdough Fun!

Have a little one that loves to squish, stretch & smoosh some fresh play dough, come on over to Trellis Commons and explore

When: Wednesday March 9, 2022

Time: 9:30-10:30am

Location: Trellis Commons, 419B 2nd St. Strathmore

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Movin' & Groovin' in Langdon & Chestermere

Time to get your little ones movin' and groovin'! Join us for an active hour in Langdon, Chestermere or Both!

Move however your body lets you, shake, wiggle, stomp, hop, jump and play those winter blues away in this fun gross motor program for children aged 0-6 with their parent/caregiver!

When: March 8 & 22, April 5 & 19, 2022

LANGDON: 9:30-10:30am at Langdon Church

CHESTERMERE: 11:30am –12:30pm at Camp

Chestermere

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Coffee & Chat

Need a change of scenery? Join us in the Strathmore FRN Playroom for coffee and chat with other parents/caregivers, enjoy 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 March 11 & 25, 2022

Time: 10:30- 12:00pm

Location: Trellis Commons, 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: khynes@growwithtrellis.ca

Managing Tantrums & Meltdowns with Carla Meakin

The preschool years are a time of big feelings, tantrums and meltdowns! Ever wondered why? In this session, we will explore why preschoolers are so emotional, how tantrums and meltdowns differ, and review strategies to deal with both.

When: Thursday March 24, 2022

Time: 10:00-11:00am

Location: Trellis Commons, 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Sensory Q & A with Carla Meakin

Sensory behaviors, sensory bins, sensory clothing, sensory tools, sensory sensitivities, sensory friendly movies.... the word "sensory" is popping up everywhere! Do you have questions about sensory processing? Or how it impacts children? Here's your chance to ask an Occupational Therapist

When: Tuesday, March 29, 2022

Time: 10:00-11:00am

Location: Trellis Commons, 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Teen Talk

Sometimes you just need a place to talk. Whether it's about nothing, or Something Very Specific, or everything in between: come on out to Trellis (bring a friend or two if you want) where everyone is welcome.

Ages 10+

When: Thursday March 3, 2022

Time: 7:00-9:00pm

Location: Trellis Commons FRN, 419-B 2 St. Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Game Day

Bring your kids to Trellis to join other kids for a few hours of active play! Games typically include things like hide and seek, Sardines, Would You Rather, or light competition games... but are different every time.

Ages 7+

When: Saturday, March 12, 2022

Time: 12:00-2:30pm

Location: Trellis Commons FRN, 419-B 2 St. Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Chestermere Youth

At the end of a long day, come and join us for a pizza supper and graffiti night, keep calm & clay on, & wreck this journal (respectively). This is your opportunity to let loose and create a masterpiece!

Ages 7-17

When: Tuesday, March 15, 22, & 29 2022

Time: 5:30-7:30pm

Location: Camp Chestermere

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Art Class: Oil Pastels

Come on down to our centre and learn a new art skill. Learn how to create art with oil pastels. Oil pastels are a type of wax that can be used on their own or mixed with water to create stunning art! Come and express your inner artist and bring your friends!

When: Wednesday, March 23rd, 2022

Time: 4:30-5:30PM

Location: Trellis Commons FRN, 419B-2nd St. Strathmore

Phone: (403-983-0076)

Email: Sjerry@growwithtrellis.ca

GO GIRLS GROUP!

Come join your peers aged 10-13 and learn about things such as healthy body image, self esteem, healthy friendships and peer pressure.

When: Friday's, March 4, & 18, 2022,

Time: 4:00-6:00PM

Location: 419B 2nd St, Strathmore Phone: Main (403-983-0076)

Email: khynes@growwithtrellis.ca

Gardening 101

Come try out your green thumb and learn how to use kitchen scraps to grow a whole new plant to take home..!

Ages 7+

When: Thursday, March 31, 2022

Time: 4:00-5:30pm

Location: Trellis Commons FRN, 419-B 2 St. Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Tie Dye

Come and bring your friends for a fun night of tie dying! Bring a shirt, pillowcase or anything you want to tie-dye and let's have some crazy fun!

When: Wednesday, March 30th, 2022

Time: 4:30-6:00PM

Location: Trellis Commons FRN, 419B-2nd St. Strathmore, AB

Phone: (403-983-0076)

Email: rgarnder@growwithtrellis.ca or Sjerry@growwithtrellis.ca

Crayola Melt

Come with your friends to enjoy an evening of artistic destruction, making abstract images ("images") with melted crayon on canvas. Ages 7+

When: Thursday, March 17, 2022

Time: 6:00-7:30pm

Location: Trellis Commons FRN, 419-B 2 St. Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Circle of Security Parenting

This program is more than just building a secure relationship between parents and their children. Supported by one of our Caregiver Support Facilitators, parents will learn about how to nurture their child while fostering their independence and understanding what emotional needs a child may be expressing through difficult behavior.

When: Thursday's, March 3, 10 & 17, 2022

Time: 9:30-11:30AM

Location: Online through WebEx (participants will receive a link after registering)

Registration: Available online at www.chestermere.ca/COSP

Caring Dads

Helping fathers value their children, This is a 17-week program to help fathers improve their relationship with their children and end controlling, abusive and neglectful behavior.

Eligibility is determined during a required screening interview. We accept referrals from individuals and from other organizations. There is no fee for this program.

When: Thursday's starting March 10, 17, 24, & 31, 2022

Time: 6:30-8:30pm

Location: Online via ZOOM!

Email: nkavanagh@growwithtrellis.ca

Email: msmith@growwithtrellis.ca

Chestermere Parent Drop In

A night just for parents, to come and enjoy some coffee & meet with Trellis, while learning about our new youth programs in Chestermere. Wellness & Parenting resources will also be available free of charge.

When: Tuesdays March 1 & 8, 2022

Time: 5:30-7:30pm

Location: Camp Chestermere

Phone: Main (403-983-0076)

Email: rgardner@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: Wednesday, March 16, 2022

Time: 9:00-10:00 PM

Location: Online via ZOOM!

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Circle of Security Parenting

This program is more than just building a secure relationship between parents and their children. Supported by one of our Caregiver Support Facilitators, parents will learn about how to nurture their child while fostering their independence and understanding what emotional needs a child may be expressing through difficult behavior.

When: Thursdays, March 31, April 7, 14, 21, 28, May 5, 12, 2022

Time: 9:30-11:30AM

Location: Via Zoom

Phone: Main (403-983-0076)

Email: vwoods@growwithtrellis.ca or

nkavanagh@growwithtrellis.ca

Group Triple P

Group Triple P is a broad Triple P Parenting program that will take place over 6 weeks. Parents will be learning about the causes of mild child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehaviors, and plan for high-risk situations.

When: Tuesdays, March 1, 8, & 15, 2022

Time: 7:00-9:00PM

Location: Via Zoom

Phone: Main (403-983-0076)

Email: vwoods@growwithtrellis.ca

CIRCLES OF RECONCILIATION

Circles of Reconciliation aims to establish trust and meaningful relationships between Indigenous and non-Indigenous peoples as part of the 94 Calls to Action from the Truth and Reconciliation Commission (TRC)

This is a 10-Week program.

When: Wednesdays, January 12 - March 16, 2022

Time: 6:00-7:30PM

Location: Via Zoom

Phone: Main (403-983-0076)

5 Email: vwoods@growwithtrellis.ca

1. Baby Talk (Online)

A free, drop-in program for parents with babies 0 -12 months of age. Connect with other families in your community while accessing quality resources and information about parenting and supporting your baby's development. This program is a partnership between *Alberta Health Services, Parent & Caregiver Support Services (PCSS), and Healthy Families*. Join us online every

Monday from 1:30 - 3:00 PM through WebEx. This is a drop-in program and does not require any registration.

MARCH 7TH	FEEDING BABY (PART II)
MARCH 14TH	TRANSITION TO PARENTHOOD
MARCH 21ST	BABY TEETH & ORAL HEALTH

Please visit our website or email us for the link to join through WebEx, and the details for each topic:

[//www.chestermere.ca/pcssprograms](http://www.chestermere.ca/pcssprograms)

pcssinfo@chestermere.ca

(403) 207-7050

2. Online Parenting Sessions

Join us for our online sessions to learn positive parenting strategies and make a plan to help with common parenting concerns.

WHO IS IT FOR?

Parents or caregivers with a specific concern about their child's behavior. They are most likely to benefit when their concerns are around a relatively discreet, mild to moderate behavioral issue and when parents can independently implement parenting plans that are generated during each session. They are also encouraged to apply new parenting skills to other problems that may arise.

1. MANAGING MISBEHAVIOUR

Dates & Time: Wednesday, March 2nd from 1:00 - 2:30 pm

Session Details: This topic provides examples of common forms of misbehavior or disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their children.

2. DEVELOPING GOOD BEDTIME ROUTINES

Dates & Times: Wednesday, March 9th from 1:00 - 2:30 pm

Session Details: Problems getting your kids to bed, or getting them to stay in their own bed? Join us as we explore different problems parents commonly face at bedtime and some of the reasons why they happen. We will discuss the skills children need to get into a good bedtime routine while also reviewing different positive parenting strategies to encourage children to stay in their own bed throughout the night.

3. MANAGING FIGHTING & AGGRESSION

Dates & Times: Wednesday, March 16th from 1:00 - 2:30 pm

Session Details: Do your children fight, or show aggressive and/or destructive behavior? This parent session will explore some of the reasons children fight, and show aggressive behaviours. We will present the skills that children need to be able to cooperate and get along with others. Parents will learn how to teach skills such as sharing, communicating, and being gentle. We will also prepare plans to manage times when fighting and aggression do come up for your children.

Register for any of the above sessions at www.chestermere.ca/parenting

3. Cross-Cultural Parenting Program

This free, online program for immigrant parents is delivered in partnership with the *Calgary Immigrant Women's Associations (CIWA)* and the PCSS team. Parents can look forward to -

1) Learning about Canadian culture and expectations, 2) Developing new parenting skills, 3) Developing effective communication, 4) Connecting with community resources, and 5) Sharing your experiences with others

Dates & Times: Mondays & Thursdays from 9:30am - 12:30pm (March 14, 17, 21, 24, 28, 31)

Location: This program is offered online through ZOOM

Register Online: www.chestermere.ca/CCPROGRAM

2022 "Break the Bias"
National Woman's Day
What, Why & How

What is International National Woman's Day ?

IWD is a global holiday celebrated annually on March 8th, to commemorate the cultural, political, and socioeconomic achievements of Women. It originated in the early 20th century through the labor movement in North America and Europe. It was associated with far-left movements and governments until being adopted by the global feminist movement in the late 1960s. IWD became a mainstream global holiday following its adoption by the United Nations in 1977.

HOW can we participate in IWD ?

- Recognize a local woman-owned company.
- Raise money for a women's charity.
- Learn about famous inspirational women.
- Reach out to women in your life who have inspired you.
- Teach your children about the importance of International Woman's Day.
- Immerse yourself in Women's art, literature or movies with female leads.

WHY is IWD important ?

- Brings attention to gender equality and rights.
- Brings attention to Reproductive rights.
- Brings attention to violence and abuse suffered by women.
- Breaks down stereotypes and empowers the next generation

Imagine a gender equal world .

A world free of bias, stereotypes, and discrimination. A world that is diverse, equitable, and inclusive. A world where difference is valued and celebrated.

Together, we can forge women's equality.

Collectively we can all # Break the Bias

St. Patrick's Day March 17, 2022

Open Ended Art Activity
Puffy Paint Shamrock

Supplies :

Back of a discarded cereal box or other heavy cardboard paper.

Marker or pen.

Dark green child safe paint.

White school glue.

Men's shaving cream.



Directions:

Draw shamrock shape on cardboard /cut out

Mix one cup shaving cream with 1/4 cup white glue

Stir in green paint.

Invite your child to fingerpaint a masterpiece

Not using paintbrushes allows for sensory exploration..

<https://www.notimeforflashcards.com/>

ST. PATRICK'S RAINBOW FRUIT SNACK



Layer a rainbow of fruit into a tall glass.
top with cool whip for a fun, healthy and festive rainbow snack.

<https://www.thirtyhandmadedays.com>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LEGEND

ECD (Ages 0-6)
Programs
Youth (Ages 7-18)
Programs
Family & Caregiver
Programs
PCSS Programs

1

Parent Drop-In Night
(Camp Chestermere)
5:30-7:30pm
Group Triple P (4)
7:00-9:00pm

2

Managing Misbehavior
1:00-2:30pm
Circle of Reconciliation
(8)
6:00-7:30pm

3

Circle Of Security
Parenting
9:30-11:30am
Teen Talk 7:00-9:00pm

4

Go Girl
4:00-6:00 pm

5

7
Baby Talk
Feeding Baby
1:30-3:00pm

8

Movin' & Groovin'
Langdon
9:30-10:30am
Chestermere
11:30-12:30am
Parent Drop-In Night
(Camp Chestermere)
5:30-7:30pm
Group Triple P (5)
7:00-9:00pm

9

Playdough Fun!
9:30-10:30am
Developing Good
Bedtime Routines
1:00-2:30pm
Circle of Reconciliation
(9)
6:00-7:30pm

10

Circle Of
Security Parenting
9:30-11:30am
Caring Dads (1/17)
6:30-8:30pm

11

Coffee & Chat
10:00-11:30am

12

Game Day
12:00-2:30pm

14
Cross-Cultural
Parenting Program
9:30-12:30pm

Baby Talk
Transition to
Parenthood
1:30-3:00pm

15

POP Wellness Parent
Workshop: Kids Have
Stress Too!
9:15-11:15am
Graffiti Night! (Camp
Chestermere)
5:30-7:30pm
Group Triple P (6)
7:00-9:00pm

16

Movin' & Groovin'
Strathmore
10:00-11:30am
Managing Fighting &
Aggression
1:00-2:30pm
Circle of Reconciliation
(10)
6:00-7:30pm
Unwind With Me
9:00-10:00pm

17

Circle Of
Security Parenting
9:30-11:30am
Cross-Cultural Parenting
Program
9:30-12:30pm
Crayola Melt 6:00-
7:30pm
Caring Dads (2/17)
6:30-8:30pm

18

Go Girl
4:00-6:00 pm

19

21
Cross-Cultural
Parenting Program
9:30-12:30pm

Baby Talk
Baby Teeth & Oral
Health
1:30-3:00pm

22

Movin' & Groovin'
Langdon
9:30-10:30am
Chestermere
11:30-12:30am
Pre-School Talk Time
10:30-12:00pm
Keep Calm & Clay On
(Camp Chestermere)
5:30-7:30pm

23

Movin' & Groovin'
Strathmore
10:00-11:30am
Art Class: Oil Pastel
4:30-5:30PM

24

Cross-Cultural Parenting
Program
9:30-12:30pm
Managing Tantrums &
Meltdowns
10:00-11:00am
Caring Dads (3/17)
6:30-8:30pm

25

Coffee & Chat
10:00-11:30am

26

28
Cross-Cultural
Parenting Program
9:30-12:30pm

29

Sensory Q & A
10:00-11:00am
Wreck This Journal &
Wreck Your Worries
(Camp Chestermere)
5:30-7:30pm

30

Movin' & Groovin'
Strathmore
10:00-11:30am
Tie Dye
4:30-6:00PM

31

Cross-Cultural Parenting
Program
9:30-12:30pm
Gardening 101 4:00-
5:30pm
Circle of Security
Parenting (1)
9:30-11:30am
Caring Dads (4/17)
6:30-8:30pm

TRELLIS COMMONS
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83.0076
@StrathmoreChestermereFRNHub

HEALTHY FAMILIES

<https://asc-mva.ab.ca/family-support-services/healthy-families/>
main@asc-mva.ab.ca 403.586.0665

PARENT AND CAREGIVER SUPPORT SERVICES (PCSS)

105 Marina Rd. Chestermere, AB T1X 1V7

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