

# Strathmore & Chestermere Family Resource Network Hub

## MAY 2024 NEWSLETTER

Trellis Society is honoured to serve in the traditional territory of the Blackfoot Confederacy, home to the Siksika, the North and South Piikani, and the Kainai Nations. We also acknowledge the Tsuut'ina and ȩyāhē Nakoda (the Chiniki, Bearspaw and Goodstoney Nations), the Métis Nation (Districts 4, 5 and 6) and all who make their home on Treaty 7 territory. We are all Treaty People.

## Hub & Spoke Information

### TRELLIS COMMONS HUB

Address: **419B 2nd Street, Strathmore, AB T1P 1B9**  
Website: [www.growwithtrellis.ca/families/resources](http://www.growwithtrellis.ca/families/resources)  
Email: [strathmoreFRN@growwithtrellis.ca](mailto:strathmoreFRN@growwithtrellis.ca)  
Phone: **403.983.0076**  
Facebook: **@TrellisStrathmoreFRN**



### HEALTHY FAMILIES

Website: <https://asc-mva.ab.ca/family-support-services/healthy-families/>  
Email: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca)  
Phone: **403.586.0665**



### PARENT CAREGIVER SUPPORT SERVICES

Address: **105 Marina Rd. Chestermere, AB, T1X 1V7**  
Website: <https://www.chestermere.ca/PCSS>  
Email: [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca)  
Phone: **403.270.7050**  
Facebook: **@ChestemerePCSS**



**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  
Family Violence Hotline – 403.234.7233  
Kids Help Phone – 1.800.668.6868

Distress Center – 403.266.4357  
Indian Residential Schools Crisis Line – 1.866.925.4419  
Togetherall – <https://togetherall.com/en-ca/>

# PARENT & CAREGIVER SUPPORT SERVICES (PCSS)

## DROP IN PROGRAMS

**Tiny Talk:** Exciting news! Our Baby Talk program is evolving to include toddlers (ages 0-3). Share your input on what topics are interested in so we can keep it relevant! Siblings are welcome.

**Afternoon Session:** Tuesdays from 12:00-1:30pm at Synergy

**Morning Session:** Wednesdays 10:00-11:30am at Chestermere Library

**Day with Dads:** Looking to connect with local dads? Day with Dads is focused on creating a safe space of education and fun to encourage positive father-child relationships.

**When:** Saturdays starting in June, stay tuned!

**Chai & Chat:** is a friendly program uniting newcomer parents over chai tea to share experiences and support each other's transition to life in Canada through facilitated discussions, resource information, and a cozy atmosphere.

**When:** starting in June, stay tuned!

## VIRTUAL SUPPORT

**Potty Training 101:** Are you feeling unsure or confident about starting the potty training adventure? Register to watch our pre-recorded Potty Training 101 webcast to find out! Go through a helpful quiz, ensuring you understand if your little one is ready for this milestone and gain valuable tips and tricks successful potty training. Complete a quick survey at the end to receive a FREE potty box!

**When:** Anytime! Email [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca) to learn more

**Ages and Stages Questionnaire:** Ages & Questionnaires® (ASQ) are the most widely used developmental and social-emotional screening tools for children ages 2 months to 6 years of age. There are x2 different parent-completed questionnaires that you can complete.

**When:** Anytime! Email [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca) to learn more

## REGISTERED PROGRAMS

**Kindergarten Readiness:** Empower yourself as a parent to guide your child through the transition to kindergarten with our specialized program! Our program is designed to provide you with valuable insights, practical tips, and hands-on strategies to support your child's readiness for kindergarten. Each participant gets their own FREE kindergarten ready kit!

**When:** May 16 from 7:00-8:00pm

**Where:** Virtual

**Circle of Security Parenting:** At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking of you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

**When:** Mondays | April 22 - June 3 | 7:00-8:30pm

**Where:** Virtual

## CONTACT US

**Email:** [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca)

**Phone:** 403-207-7050 extension 7135

**Website:** <https://thecityofchestermere.ca/community-services/pcss>

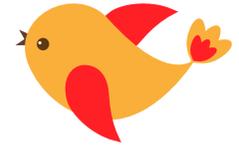
REGISTER NOW





# PCAP & HEALTHY FAMILIES

## MAY 2024



**With warmer days ahead, outdoor play is something many children and parents are looking forward to!**

Outdoor play is a wonderful way to incorporate movement, development and exercise into your child's day, while providing opportunities for them to learn in a number of different ways.

### Summer Bucket List

- Make a New Friend
- Spend time at the park
- Run a lemonade stand
- Camp in the backyard
- Ride a bike
- Play in the rain
- Jump in puddles
- Play in sprinkler



- Dig for worms
- Play with chalk
- Play with bubbles
- Obstacle course
- Build a sand castle
- Plant a garden
- Scavenger hunts
- Nature walks



For more information on services from  
PCAP & Healthy Families  
please email: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca)



For all other information  
403.586.0665

# OUTDOOR SCAVENGER HUNT

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> 🍃 1 GREEN LEAF | <input type="checkbox"/> 🐦 BIRD       |
| <input type="checkbox"/> 🍂 1 BROWN LEAF | <input type="checkbox"/> 🌿 A WEED     |
| <input type="checkbox"/> 🍌 3 STICKS     | <input type="checkbox"/> 🦋 BUTTERFLY  |
| <input type="checkbox"/> 🕸 SPIDER WEB   | <input type="checkbox"/> 🌳 TREE       |
| <input type="checkbox"/> 🐛 BUG          | <input type="checkbox"/> 🍀 CLOVER     |
| <input type="checkbox"/> 💧 WATER        | <input type="checkbox"/> 🪶 FEATHER    |
| <input type="checkbox"/> 🪨 SMOOTH ROCK  | <input type="checkbox"/> 🐝 BEE        |
| <input type="checkbox"/> 🐜 ANTS         | <input type="checkbox"/> 🌲 PINECONE   |
| <input type="checkbox"/> 🌸 FLOWER       | <input type="checkbox"/> 🌱 GRASS      |
| <input type="checkbox"/> ☁ CLOUD        | <input type="checkbox"/> 🪵 TREE STUMP |

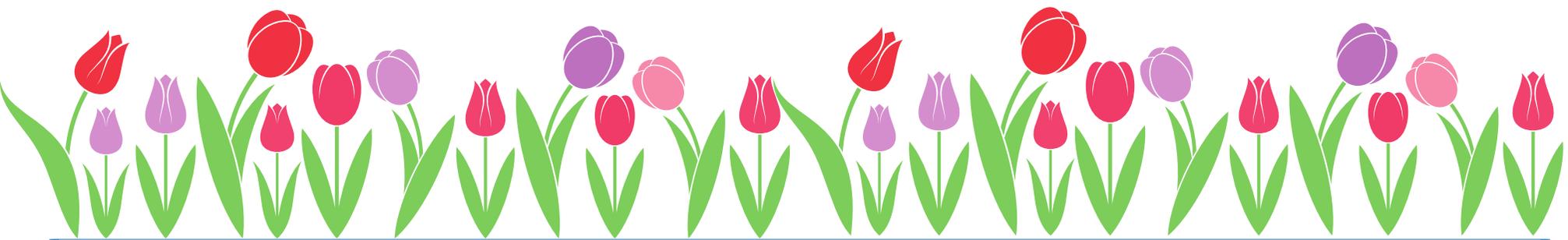
## DIY Sidewalk Chalk Paint Ingredients

- 1/4 cup corn starch
- 1/4 cup water
- 4-5 drops food coloring



## Instructions

**Mix together equal parts water and corn starch. Stir until smooth and blended. Add 4-5 drops of food coloring and stir. Store unused paint in an airtight container.**



For more information on services from  
PCAP & Healthy Families  
please email: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca)



For all other information  
403.586.0665

# TRELLIS SOCIETY

## EARLY CHILDHOOD PROGRAMMING (AGES 0-6)

**Tot Talk:** Join other parents and caregivers with their littles to socialize & learn about topics related to parenting & development in the early years. Get connected to local resources and supports. [Drop In](#)

**Preschool Talk Time:** 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 in our relaxed & fun play space

[Drop In](#)

**Come Grow With Me – Rockyford:** 4 weeks of songs, stories, crafts & snacks for children aged 0-6years with their caregivers! Stay Tuned for Dates & Time! [Drop In](#)

**Stroller Walk – Langdon:** Scooters, Strollers, Walkers, and Crawlers! Meet us at the Qualico Resource Centre in Langdon for our stroll around the paths.

All ages welcome! [Drop In](#)

**Motoring Munchkins:** Keep you and your 3-5 year olds engaged in fun active play, creating healthy habits for life! Siblings welcome. [Register at 5forlife.ca](#)

**Gymnastics:** Join us at the Strathmore Gymnastics centre for an hour of open gym time with your little ones aged 0-5years! [Register at 5forlife.ca](#)

**Collective Cooking:** Come & make Pinkalicious Popsicles & Strawberry Playdough with WFCSS, Healthy Families & 5 For Life! Held at 419b 2nd Street [Register at](#)

[www.wfcss.org/collective-cooking](http://www.wfcss.org/collective-cooking)

## YOUTH PROGRAMMING (AGES 7-18)

**Bright Minds:** Let's make wind chimes. A fun, creative craft to hang at home for those windy days. **Ages 7-12 Registered**

**Teen Drop-In:** In partnership with WYN, youth **Ages 13+**, come hang out & enjoy ping pong, video games & other activities, with youth in the community! Join us for Drop-in every Tuesday. A safe space for all youth! [Drop In](#)

**Youth Culture group:** Partnering with FCSS. Register online with the town This month is cultural photography, bring a cultural item to photograph.

**Ages 13+ Registered**



## FAMILY PROGRAMMING

**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! Parent/ Caregivers with children ages 0-6 years of age. [Drop In](#)

**Indigenous Programming:** Join us alongside The Town of Strathmore beading red dresses honoring MMIW. Beverages and Small Snacks Provided at the Trellis Society Hub. Ages 12+ [Registered](#)

**Tea & Bannock:** Everyone is welcome to come and learn from our elders. There will be no set topic just come with an open heart, mind, and the desire to learn about our history. [Drop In](#)

**Unwind With Me:** Join us for some self-care. Pick up your kit at Trellis Commons and join us online for some laughter, comradery, and pampering. [Registered](#)

**Breakfast With Dudes:** Dads, Uncles, Bampa's, whatever your title, this program is for male caregivers and the kiddos in their lives to spend time chatting, hanging out and of course eating breakfast with each other! [Registered](#)

**Family Fun BBQ!:** Come on down to Klmsmen Park to kick off mental health week with fun, games and activities for the whole family! [Drop In](#)

**MMIW Red Dress Event:** Join us to honor and acknowledge Missing & Murdered Indigenous Women with Eileen Black and guest speakers Josie Nepinak and Jason Gordon. Event will conclude with a walk and a shared meal of stew and bannock. [Drop In](#)

**Group Triple P Virtual:** For caregivers of children, age 2-12, who want to improve their parenting skills. This 8-week course includes group sessions with other caregivers and individual sessions with your facilitator to help build your Triple P skills. [Registered](#)

**FEAR-LESS Triple P:** Do you or your child experience anxiety? Learn new skills and tools at this one-day workshop that helps parents & caregivers navigate their own & their children's anxiety more effectively. **Saturday June 8th, 2024 Childcare on site, Lunch & Snacks provided Registered**

# MAY

2024

 ECD Programs

 Youth Programs

 Family Programs

 PCSS

## Programs Coming Next Month:

**FEAR-LESS Workshop!**

**Youth Wellness Conference**

**Chai & Chat**

**Youth Resume Writing Workshop**



Please **contact us** for any information & registration for our programs

 403.983.0076

 strathmoreFRN@growwithtrellis.ca

 419b 2nd Street, Strathmore, AB



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1.	2. Indigenous Crafts 1:00-3:00PM  Group Triple P 6:30-8:30PM	3. Coffee & Chat 10:00-11:30AM	4. Family Hangout 10:00-12:00PM	5. Red Dress Day Event at Strathmore Motor Products Sports Center 10:00AM-2:00PM
6.	7. Tot Talk 10:00-11:30AM  Tiny Talk 12:00-1:30PM  Teen Drop in 4:00-6:00PM	8. Stroller Walk - Langdon 10:00-11:00AM  Tiny Talk 10:00-11:30AM  Tea & Bannock 1:00-3:00PM	9. Bright Minds 4:30pm-6:00PM  Group Triple P 6:30-8:30PM	10.	11. Family Fun BBQ! @ KInsmen Park 11:00AM - 3:00PM	12.
13. Circle of Security 7:00-8:00PM	14. Tot Talk 10:00-11:30AM  Tiny Talk 12:00-1:30PM  Teen Drop in 4:00-6:00PM	15. Collective Cooking with Healthy Families & 5 For Life 10:00-11:30AM  Tiny Talk 10:00-11:30AM	16. 5 For Life Registered Event- Gymnastics 10:30-11:30AM Youth Cultural Group- Seven sacred Teachings & Yoga 4:00- 6:00PM  Indigenous Crafts 4:30-6:30PM  Group Triple P 6:30-8:30PM Kindergarten Readiness 7:00-8:00PM	17. Coffee & Chat 10:00-11:30AM	18. Breakfast With Dudes 10:00-12:00PM	19.
20.  <b>CENTRE CLOSED</b>	21. Tot Talk 10:00-11:30AM  Tiny Talk 12:00-1:30PM  5 For Life Registered Event Motoring Munchkins 1:00-2:30PM  Teen Drop in 4:00-6:00PM	22. Stroller Walk - Langdon 10:00-11:00AM  Tiny Talk 10:00-11:30AM  Tea & Bannock 1:00-3:00PM	23. Group Triple P 6:30-8:30PM	24.	25.	26.
27. Circle of Security 7:00-8:00PM	28. Tot Talk 10:00-11:30AM Preschool Talk Time 10:30-12:00PM  Tiny Talk 12:00-1:30PM  Unwind With Me 9:00-10:00PM  Teen Drop in 4:00-6:00PM	29. Tiny Talk 10:00-11:30AM	30. Group Triple P 6:30-8:30PM	31. Coffee & Chat 10:00-11:30AM		