

November 2020

Vol. 7

THIS MONTH IS...

Remembrance Day
November 11, 2020



World Children's Day
November 20, 2020



National Addictions Awareness Week
November 22 – 28, 2020

This Year Declare, Change Begins with Me!

This year, National Addictions Awareness Week (NAAW) is from November 22 to 28. The theme is **Change Begins with Me**, which puts the focus on the efforts and actions of individuals. It's about making a choice to play a part in reducing the stigma surrounding substance use and people who use substances and committing to one change. In the weeks leading up to NAAW, we will post resources for you to use to declare that you have made changes in your world to help reduce stigma. With your help, we want to increase understanding of the devastating stigma associated with substance use and addiction, and its impact on the well-being of people touched by this health issue.



**International Day
for the
Elimination of
Violence Against
Women**
November 25,
2020



TELEPHONE SUPPORT

FOR PARENTS AND CAREGIVERS
FRN staff are available to connect with you for 1:1 support (no internet required).
Please contact an FRN 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.

Distress Center – 403.266.4357
Kids Help Phone – 1.800.668.6868
Family Violence Hotline – 403.234.7233
ConnecTeen – 403.264.8336

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 Îyāhē 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.

FRN INFORMATION

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Address: 419B 2nd Street, Strathmore, AB T1P 1B9
Website: <https://www.aspenfamily.org/programs/frnchestermere-strathmore>
Email | Phone: strathmore_FRN@aspenfamily.org | 403.983.0076

HOURS OF OPERATION



MONDAY	8:30 AM – 12:00 PM
TUESDAY	8:30 AM – 6:00 PM
WEDNESDAY	8:30 AM – 8:00 PM
THURSDAY	8:30 AM – 6:00 PM
FRIDAY	8:30 AM – 4:30 PM
EVERY SECOND SATURDAY	10:00 AM – 3:00 PM

COVID-19 UPDATES

The safety of our families and staff is our highest priority and, therefore, we are following public health guidelines to ensure we create a safe space which accommodates one family at a time.

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

- All in-person programs and meetings at the FRN are by appointment or pre-registration **only**. Everyone will be **required** to wear masks while inside.
- ALL individuals attending programming will be asked to complete the AHS COVID-19 screening prior to entering the FRN and will be asked to wash their hands once 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.

EARLY CHILDHOOD PROGRAMMING

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POSITIVE PARENTING DISCUSSION GROUP

- For caregivers of children ages 0-6.
- Come learn some strategies for one of parenting's greatest challenges - **FIGHTING AND AGGRESSION**
- There is limited child-minding available so pre-registration is **REQUIRED**.

CARSELAND

- Monday, November 2, 2020
 - 12:00 - 2:30 PM

ROCKYFORD

- Wednesday, November 4, 2020
 - 10:00 AM - 12:00 PM
- Register by calling (403.983.0076) or emailing strathmore_frn@aspenfamily.org

COFFEE & CHAT

- For caregivers of children, ages 0-6.
- Meet other caregivers and FRN team members and discuss topics such as child development, parenting joys/challenges, and resources.
- Wednesdays - November 18 & 25, 2020
 - 9:30 - 10:30 AM
- Register with an FRN team member (403.983.0076)
strathmore_frn@aspenfamily.org

MEALTIME STRUGGLES TO MEALTIME SUCCESS

- For caregivers with babies, ages 1-6 years
- Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles.
- This is a partnership program with AHS and will be facilitated by Dabin Choi.
- Tuesday, November 10, 2020
 - 9:30 AM - 11:00 AM
- For other related classes, check www.birthandbabies.com
- Register with an FRN team member (403.983.0076)
strathmore_frn@aspenfamily.org

PRESCHOOL TALK TIME

- For caregivers of children ages 0-6
- Come consult with a Registered Speech Language Pathologist informally in the playroom, while your child plays. Ask questions or just learn more about what to expect regarding your child's speech development.
- Tuesday, November 24, 2020
 - 10:00 - 11:30 AM
- Register with an FRN team member (403.983.0076)
strathmore_frn@aspenfamily.org

POSITIVE PARENTING TIP SHEET TIME

- For caregivers of children ages 0-12.
- Come learn about some strategies to deal with the most common parenting challenges.
- **TANTRUMS** - Friday, November 13, 2020 (via Microsoft Teams)
 - 6:30 - 7:30 PM
- **EL PODER DE LA PATERNIDAD POSTIVA** - Thursday, November 26, 2020 (via Microsoft Teams) - IN SPANISH
 - 6:30 - 7:30 PM
- Register with an FRN team member (403.983.0076)
strathmore_frn@aspenfamily.org

YOUTH PROGRAMMING

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CAREGIVER CAFÉ & CONNECT

- For caregivers of tweens ages 7-12.
- Join us for an opportunity to meet and chat with other parents about all things parenting, child development, communication, and more!
- Mondays – November 2 (in-person) & 23 (via Microsoft Teams), 2020
 - 9:30 – 10:30 AM
- Register with Leonor lortega@aspenfamily.org

TEEN MOVIE NIGHT

- For teens ages 13-18.
- Join us for a fun-filled movie night. You will be able to vote on which movie you would like to watch. Popcorn and a drink will be provided!
- Thursdays – November 5 & 19, 2020
 - 6:00 – 8:00 PM
- Register with Amrit (403.619.5139) or amatharoo@aspenfamily.org

TEEN TALK – MANAGING STRESS & MENTAL HELATH

- For teens, ages 13-18.
- A safe space for teens to engage with each other and FRN team members to learn ways to manage and cope with stress and your mental health.
- Friday, November 20, 2020
 - 4:30 – 6:00 PM
- Wednesday, November 25, 2020
 - 4:30 – 6:00 PM
- Register with Amrit (403.619.5139) or amatharoo@aspenfamily.org

AN INTRODUCTION TO PARENTING YOUR TEEN IN PUNJABI

- For caregivers of teens ages 13-18.
- Explore and discuss ways to navigate the most common teen parenting challenges. Both sessions are being offered online and in Punjabi.
- Tuesdays – November 3 & 17, 2020
 - 7:30 – 8:30 PM
- Register with Amrit (403.619.5139) or amatharoo@aspenfamily.org

TEEN POSITIVE PARENTING PROGRAM

- For caregivers of teens, ages 13-18.
 - The Teen Triple P program is an extension of the popular Positive Parenting Program. Work 1:1 with an FRN team member to learn parenting skills.
- This program requires a 4-week commitment.**
- Register with Amrit (403.619.5139) or amatharoo@aspenfamily.org

KRAFTING WITH KEN

- For tweens ages 7-13.
- Join Ken as we put together a fun “kraft.” Families can pick-up a craft kit from the Strathmore FRN office and then join Ken via Microsoft Teams to learn how to put the craft together.
- Saturday, November 14, 2020
 - 12:00 – 1:30 PM
- Register with Ken (403.390.2140) or kturner@aspenfamily.org.

COMMUNITY PROGRAMMING

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DRUM MAKING WITH DARCY

- For teens ages 14+ and adults.
- Create your own ceremonial drum that will assist you in tuning into your inner voice and the vibration of Mother Earth. Drumming raises your inner awareness, brings healing and helps to build community.
- Saturday, November 28, 2020
 - 1:00 – 3:00 PM
- Register with Ken (403.390.2140) or kturner@aspenfamily.org.

BUILDING BRILLIANT BRAINS

- For all caregivers of children and teens.
- Science tells us that the experiences we have in the first years of our lives actually affect the physical architecture of the developing brain. Join us to learn how you can help your child build a brilliant brain!
- Friday, November 27, 2020
 - 1:30 – 2:30 PM
- Register with an FRN team member (403.983.0076) strathmore_frn@aspenfamily.org.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Caregiver Café & Connect 9:30 – 10:30 AM Carseland Positive Parenting Discussion Group 12:00 – 2:30 PM	3 Parenting Your Teen – An Introduction (in Punjabi) 7:30 – 8:30 PM 	4 Rockyford Positive Parenting Discussion Group 10:00 – 11:30 AM	5 Teen Movie Night 6:00 – 8:00 PM	6	7
9 STAFF TRAINING DAY 	10 Mealtime Struggles 9:30 – 11:00 AM	11 	12 STAFF TRAINING DAY 	13 Positive Parenting Tip Sheet Time 6:30 – 7:30 PM 	14 Crafting with Ken 12:00 – 2:00 PM 
16 STAFF TRAINING DAY 	17 Parenting Your Teen – An Introduction (in Punjabi) 7:30 – 8:30 PM 	18 Coffee & Chat 9:30 – 10:30 AM 	19 Teen Movie Night 6:00 – 8:00 PM	20 Teen Talk – Managing Stress 4:30 – 5:30 PM	21
23 Caregiver Café & Connect 9:30 – 10:30 AM 	24 Preschool Talk Time 10:00 – 11:30 AM	25 Coffee & Chat 9:30 – 10:30 AM Teen Talk – Coping with Mental Health Challenges 4:30 – 5:30 PM	26 Positive Parenting Tip Sheet Time in Spanish 6:30 – 7:30 PM 	27 Building Brilliant Brains 1:30 – 2:30 PM	28 Drum Making 1:00 – 3:00 PM
30	Calendar Legend Ages 0-6 Programs Ages 7-13 Programs Ages 14+ Programs Community Programs  = Virtual Program				 Address: 419B 2 nd Street, Strathmore, AB Phone: 403.983.0076 Email: strathmore_frnl@aspfamily.org