

September 2022

THIS MONTH IS...
S E P T E M B E R

Vol. 29

September 8
International Literacy Day



September 21
World Gratitude Day



September 22
Autumnal Equinox



September 29
World Heart Day



September 30
National Day For Truth & Reconciliation
(Orange Shirt Day)



<https://www.growwithtrellis.ca/store/orange-shirt-day-2022-t-shirt>

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 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 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.

Storyland Adventure**CELEBRATE INTERNATIONAL
LITERACY DAY WITH US!**

Come along on a storyland adventure...
Story, craft and rhymes all rolled into one.
For children and their caregivers.



Tuesday, September 6th @ 9-10:30am
**Where: Trellis Commons- 419b 2nd Street,
Strathmore**
Phone: Main (403.983.0076)
**Email: nkavanagh@growwithtrellis.ca or
skalsi@growwithtrellis.ca**

ONLINE Crafternoon Fun!

Join us online for a fun afternoon craft time!
Craft kits will be available for pick up at Trellis
Commons prior to the event!



**Tuesday, September 13th @ 2-3pm &
Wednesday, September 28 @ 2-3pm**
Where: ONLINE via ZOOM!
Phone: Main (403.983.0076)
**Email: nkavanagh@growwithtrellis.ca or
skalsi@growwithtrellis.ca**

Infant Massage Class

This **5 WEEK** Infant massage class for babies aged 0-12 months
with their caregiver is a wonderful way to spend quality time with your baby.
You will learn a variety of soothing massage strokes and be given plenty of time to connect and bond with your
little one. A handbook with the strokes will also be provided so you can continue to practice the techniques at
home as your baby grows!

Thursday, September 8th- October 6th @ 9:30-11:30am
Where: Trellis Commons- 419b 2nd Street, Strathmore
Phone: Main (403.983.0076)
Email: nkavanagh@growwithtrellis.ca

Pre-School Talk & Play!

For Children ages 0-6 and their caregivers.

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, Pediatric Physiotherapist Kate Van Kruyssen & other
Caregiver's with their children in our relaxed & fun play space

Tuesday, September 27th @ 10:30-12pm
Where: Trellis Commons- 419b 2nd Street, Strathmore
Phone: Main (403.983.0076)
**Email: nkavanagh@growwithtrellis.ca or
skalsi@growwithtrellis.ca**

Wheatland Youth Network

WYN is 1 of 11 Integrated Youth Hubs as part of the Canadian Mental Health Association (CMHA) Youth Hubs Provincial Project. WYN is a network of Community Partners and Service Providers that are working together to connect Youth age 11-24 with wellness resources in Strathmore and Wheatland County.

Referral to WYN:

Making a Referral to WYN is very basic and aims to be a quick process. Referrals are completed in-person, phone call or email with WYN's Navigator.

Volunteer Opportunities:

WYN has developed a Youth Subcommittee for youth aged 12-18 in Strathmore & Wheatland County. Our Youth Subcommittee meets twice a month for 1-2 hours. One of our monthly meetings is now offered as a fun drop-in activity for all youth aged 11-24 in Strathmore & Wheatland County.

Facebook Page: Wheatland Youth Network

Instagram: wheatlandyouth_network

Or contact Michelle at navigator@wheatlandyouth.ca or 403-934-0516

Youth 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 September 6, 13, 20, & 27, 2022

Time: 4:00-6:00pm

Location: 419B 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: vwoods@growwithtrellis.ca

Go Girl!

For Girls Ages 10-13,

Come & learn about important topics such as healthy self-esteem, positive body image, healthy friendships, & much more! In a fun and interactive way.

When: Friday September 16, 2022

Time: 4:30-6:00pm

Location: 419B 2nd St, Strathmore

Phone: Main (403.983.0076)

Email: khynes@growwithtrellis.ca

Babysitter Training Course

In partnership with Strathmore FCSS, Whether you have lots of experience with young children, or you're just getting started, by choosing to take this course, you are well on your way to becoming a successful babysitter.

Registration Required, Ages 11-15

When: Saturday September 10, 2022

Time: 9:00am-3:00pm

Location: Civic Centre; 120 Brent Blvd, Strathmore

Phone: Main (403.983.0076)

Email: skalsi@growwithtrellis.ca

Indigenous Rattle Making

**In partnership with the Town of Strathmore
Youth Ages 10+**

Join Verona and Astokomii to learn about Indigenous rattles and make your own. All materials will be supplied. Limited space available.

When: Wednesday September 28, 2022

Time: 4:00-5:30pm

Location: 419B 2nd St, Strathmore

Phone: Main (403.983.0076)

Email: vwoods@growwithtrellis.ca

Coffee & Chat—Chestermere

This series of Coffee & Chat is for parents of youth ages 7+. Join us with for coffee, donuts, and to meet a few new faces.

When: September 7 & 21, 2022

Time: 10:00-11:30am, & 6:00-7:30PM (respectively)

Location: PCSS Office, 105 Marina Rd., Chestermere

Phone: Main (403.983.0076)

Email: khynes@growwithtrellis.ca

Coffee & Chat

Need a change of scenery? Join us in the

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, September 9 & 23, 2022

Time: 10:00- 11:30 AM

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, September 20th

Time: 9:00-10:00 PM

Location: Online via ZOOM!

Phone: Main (403-983-0076)

Email: nkavanagh@growwithtrellis.ca

Strathmore Motor Products Sports Centre Community Night

Come and learn about recreational activities available at the SMP, see sports demonstrations, play Bingo, and learn about resources. Enjoy pizza while visiting.

When: Friday, September 16, 2022

Time: 4:00-8:00 PM

Location: SMP Strathmore

KAIROS Blanket Exercise

In partnership with the Town of Strathmore and Strathmore FCSS

The KAIROS Blanket Exercise is a workshop that explores the nation-to-nation relationship between Indigenous & non-Indigenous peoples in Canada. Blankets arranged on the floor represent land & participants are invited to step into the roles of First Nations, Inuit & later Metis peoples.

A Traditional Meal will be served

Date: Friday, September 30, 2022

Time: 6:00-9:00pm

Location: Lord of All Lutheran Church, 112 Lakeside Blvd, Strathmore

REGISTRATION REQUIRED:

Phone: Main (403.983.0076)

Email: vwoods@growwithtrellis.ca

RIBBON SKIRT MAKING

Join Astokomii to learn all about Ribbon Skirts and how to make one of your own. All materials supplied. Limited space available.

Registration is required: All ages.

When: Wednesday, September 14, 2022

Time: 9:00- 3:00PM

Location: 419B 2nd St, Strathmore

Phone: Main (403.983.0076)

Email: astokomii.smith@strathmore.ca

Breakfast with Dad

Celebrating all Dads!

Come & Enjoy breakfast (on us) with your dad. All ages of children/youth are welcome.

When: Saturday, September 17, 2022

Time: 9:30-11:00AM

Location: 419B 2nd St. Strathmore

Phone: Main (403.983.0076)

Email: strathmorefrn@growwithtrellis.ca

Parent and Caregiver Support Services (PCSS)



Free, One on One Parenting Support:	Free, Online Developmental Check-Ups:	Free, Positive Parenting Workshops مقدمة باللغة العربية للآباء والأمهات الذين لديهم أطفال تقل سنوا 10 أعوامهم عن ਪੰਜਾਬੀ ਵਿੱਚ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ 10 ਸਾਲ ਤੋਂ ਘੱਟ ਉਮਰ ਦੇ ਬੱਚਿਆਂ ਵਾਲੇ ਮਾਪਿਆਂ ਲਈ हिन्दी में प्रस्तुत 10 साल से कम उम्र के बच्चों वाले माता-पिता के लिए	Free, Potty Training Webcast	Free, Kids Have Stress Too!
<p>Are you struggling with potty training your toddler? Concerned about your baby's sleep schedule? Do you have a child who has difficulty expressing their emotions? Do you kids fight a lot? Chestermere parents can connect with one of our knowledgeable Caregiver Support Facilitators for individualized, one-on-one parenting support, information, and resources.</p> <p>Contact: (403) 207-7050 pcssinfo@chestermere.ca</p> 	<p>Do you have a child between the ages of 2 months and 6 years old? Did you know that you can fill out free online developmental check-ups for your child? Used by professionals across Canada, the Ages & Stages Questionnaire's (ASQ-3 & ASQ-SE2) helps 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. Website: Visit www.chestermere.ca/asq or use the QR code below</p> 	<p>Have you registered to attend our Positive Parenting (Triple P) workshop series? Each workshop is offered in Arabic, Hindi and Punjabi.</p> <p>These FREE sessions are full of helpful information, tips, and easy-to-understand strategies for parents with children ages 4-10. Did we mention you get a free resource kit for each workshop?</p> <p>★ Register at: www.chestermere.ca/crossculturalparenting or use the QR code below</p> <p>Arabic: September 14 & 21, 2022 Punjabi: September 24 & October 1, 2022 Hindi: September 24 & October 1, 2022</p> <p>Location: Chestermere City Hall</p> 	<p>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.</p> <p>★ Register at: www.chestermere.ca/pottytrainingwebcast or use the QR code below</p> 	<p>Don't miss out on the popular Kids Have Stress Too! ® series from Strong Minds Strong Kids Psychology Canada. This workshop is designed for parents with school-aged children. We will be sharing plenty of valuable information and strategies about how to help your child manage stress, including practical activities to try together with your child!</p> <p>★ Register at: www.chestermere.ca/khst</p> <p>Dates & Times: Parents with children in Preschool & Kindergarten September 27, 2022 6:00pm-8:30pm Location: Chestermere City Hall</p> <p>Parents with children in Grade 1- Grade 4 September 29, 2022 6:00pm-8:30pm Location: Chestermere City Hall</p>

Summer is wrapping up! It has been wonderful to relax and recharge. But there are no breaks from focusing on safety and some extra knowledge and refresh is always a great idea.

Here are resources and tips to help keep your family safe:

Who do you call? From a young age, children can be taught that 9-1-1 is the number to call if there is an emergency and their parent(s) or caregiver is unable to call. Go through the exercise of calling and stress only in an emergency.

Where do you live? Post your address at a central location in your home in view of all family members. This is especially important for rural residents where land descriptions may be tougher to remember. Know that when you are in an emergency situation, you may not be able to think and remember due to the stress. Then, make a point of letting everyone in the household know where it is and why.

Be prepared Emergencies are unpredictable and can strike without warning. Have an Emergency kit. For more information, check out: <https://www.redcross.ca/how-wehelp/emergencies-and-disasters-in-canada/beready-emergency-preparedness-andrecovery/get-an-emergency-kit>

Download an app The official Canadian Red Cross first aid app – “one of the 8 new apps you don’t want to miss” according to Mashable – puts expert advice for everyday emergencies in your hand. Available for iPhone and Android devices

Use one of these creative solutions to make your own ice pack using common household ingredients! Choose the safest option for your child’s age and stage (i.e. will they bite it, etc.)

Option 1 using Corn Syrup: Pour some corn syrup into a Ziploc bag and place in the freezer. It will become gel-like and not freeze solid.

Option 2 using Dish Soap: Pour some dish soap into a Ziploc bag and place in the freezer. After about 2 hours it will be a softer type of ice pack. If left in the freezer longer, it will become a harder ice pack.

Option 3 using Rubbing Alcohol: Pour 1½ cups water and ½ cup rubbing alcohol (I use 70% isopropyl alcohol) into a quart size Ziploc bag and place in the freezer. You can make a smaller version by combining ¾ cup water and ¼ cup rubbing alcohol in a snack size Ziploc bag.

Option 4 using Salt: Combine 2 cups water and 2 tablespoons salt (I use regular table salt) in a quart size Ziploc bag and place in the freezer.

Option 5 using a Sponge: Get a sponge wet with water and squeeze it just a bit so it is not dripping. Place in the freezer until the sponge feels hard and solid.

Double bag your ice packs for extra security!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs			1	2	3
5 STAT Holiday Centre Is Closed	6 Storyland Adventure 9:00-10:30am Youth Drop In 4:00 – 6:00pm	7 Coffee & Chat— Chestermere (parents of youth), 10:00-11:30am	8 Infant Massage 9:30-11:30am	9 Coffee & Chat 10:00-11:30am	10 Babysitter Training Course 9:00-3:00pm
12	13 ONLINE Crafternoon! 2:00-3:00pm Youth Drop In 4:00 – 6:00pm	14 Ribbon Skirt Making 9:00-3:00pm Chestermere Energizer Night 6:30-8:30pm	15 Infant Massage 9:30-11:30am	16 Go Girls 4:30-6:00pm Strathmore Motor Products Community Night 4:00-8:00pm	17 Breakfast with Dad 9:30-11:00am
19	20 Youth Drop In 4:00 – 6:00pm Unwind With Me 9:00-10:00PM	21 Coffee & Chat Chestermere (parents of youth) 6:00-7:30pm	22 Infant Massage 9:30-11:30am	23 Coffee & Chat 10:00-11:30am	24
26	27 Pre-School Talk Time/Free Play 10:30-12:00pm Youth Drop In 4:00 – 6:00pm	28 ONLINE Crafternoon! 2:00-3:00pm	29 Infant Massage 9:30-11:30am Indigenous Crafts 4:00 – 5:30pm	30 TRUTH & RECONCILIATION DAY Centre is Closed KAIROS Blanket Exercise 6:00-9:00pm	

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