

THIS MONTH IS...

EMANCIPATION DAY

August 1, 2021



HERITAGE DAY

August 2, 2021



INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

August 9, 2021



INTERNATIONAL YOUTH DAY

August 12, 2021



WORLD HUMANITARIAN DAY

August 19, 2021



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.

Distress Center – 403.266.4357

Kids Help Phone – 1.800.668.6868

Family Violence Hotline – 403.234.7233

ConnecTeen – 403.264.8336

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 ȩyā́hé 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

With the most recent provincial announcement, we are excited to be opening for small group, face-to-face programming. Everyone will be required to wear a mask at this time.

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

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. All programs and meetings will be virtual or via telephone, unless otherwise stated.

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.
- ALL individuals attending programming will be asked to complete the AHS COVID-19 screening prior to entering Trellis Commons 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.

MOTHER GOOSE IN THE PARK!

- For children ages 0-6 and their caregivers (siblings welcome). Join us in the park for some engaging activities!
- **Tuesdays – July 6, 2021 – August 24, 2021**
 - 10:00 – 11:00 AM
- Please bring your blankets or chairs to sit on!
- Registration is required. Please register at strathmorefrn@growwithtrellis.ca.
- This program is in partnership with the Strathmore Library and 5 for Life.

**POP UP IN THE PARK
CHESTERMERE!**

- Meet the teams from the new Strathmore/Chestermere FRN, Trellis, PCSS & Healthy Families at the park to learn more about our new programs & services
- Children ages 0-6 and their caregivers (siblings welcome)
- Resource table, Games, Freezies & Circle time for all to enjoy
- **COVE PARK-Wednesday August 11, 2021**
10:00 – 12:00 PM
- **ANNIVERSARY PARK – Wednesday August 18, 2021**
10:00 – 12:00 PM
- **SUNSET PARK –Wednesday August 25, 2021**
10:00 – 12:00 PM

ICE CREAM IN THE PARK!

- For children ages 0-6 and their caregivers (siblings are welcome).
- Ice Cream in the Park is a FREE and FUN summer event, in partnership with the Strathmore Library, 5 For Life, and Wheatland Youth Network (WYN)! Join us in your local park for stories, songs, crafts, games, and yummy ice cream! Please bring your blankets or chairs to sit on!
- Register at strathmorefrn@growwithtrellis.ca.

Thursday, August 12, 2021

Carseland – 9:45 – 10:45 AM
Gleichen – 12:30 – 1:30 PM

Thursday, August 19, 2021

Hussar – 9:45 – 10:45 AM
**WYN special Youth
programming Ages 11-17*

Thursday, August 26, 2021

Rockyford – 9:45 – 10:45 AM

NATURE WALK AND CONNECT CHESTERMERE!

Join Rocky View Immigrant Services for a guided Nature Walk with Canadian Parks & Wilderness Society and explore nature and all its beauty. Followed by cool drinks and snacks and an opportunity to learn about local resources.

- For children ages 0-6 and their caregivers (siblings welcome).
- Meet at Cove Park near the playground
- Registration is required. Please contact Eryn Wahl at ewahl@ccisab.ca or call (403) 629-7842
- This program is in partnership with Rocky View Immigrant Services, Canadian Parks & Wilderness Society, Stepping Stones to Mental Health, Parent & Caregiver Support Services, Healthy Families and Trellis Commons Family Resource Network.

ONLINE DEVELOPMENTAL CHECKUP

- For parents and caregivers with children ages 0-6.
- Why isn't my baby walking? When should I expect my child to be able to know more than a few words? Complete an online Ages & Stages Questionnaire and get a full report on your child's development today and receive individualized parent support & follow-up.
- Visit www.chestermere.ca/asq or scan and use the QR code.



Vision Boards

What does your best self look like? Join us to visualize your future and steps to get you there

August 4th, 2021
2:30-4:00PM
Youth Ages 12+



Register: Call (403-983-0076)
Email: strathmorefrn@growwithtrellis.ca

Light snacks will be provided.

Mario Kart Tourney

MARIO? LUIGI? PEACH? TOAD?
Pick your fav. character and let's race!! Bragging rights to be won.

August 10, 2021
6:30-8:30PM
Youth Ages 13+

Snacks will be provided

Register with Sadie @ sjerry@growwithtrellis.ca
(403) 991-5653 or (403) 983-0076
Or
Victoria @ victoria.odell@strathmore.ca

INTERNATIONAL YOUTH DAY

Join us in making Bee habitats and learn about how we can be better environmental stewards. We will end the evening with a movie and pizza

Thursday, August 12, 2021
Location: Strathmore Municipal Library from 4:00-7:00PM
Youth Ages 11+ are welcome

Register: <https://forms.gle/Qx4rz8TUuWm3HJ2X7>
Or Michelle coordinator@wheatlandyouth.ca

This event is in partnership with the Town of Strathmore, Wheatland Youth Network, Growing Families Society, Strathmore Municipal Library

ROCK PAINTING WITH SAYDIE!

Come and join us for a rock painting session!
Trellis Commons will provide all needed supplies

Saturday, August 14, 2021
10:00 – 12:00PM



Register with Saydie sjerry@growwithtrellis.ca
(403) 991-5653 or (403) 983-0076

ALL AGES ARE WELCOME TO JOIN!

Beading for Beginners

Learn the basics of beading. Come and join us for some teachings, laughs, and food.

August 19, 2021
2:00-4:00PM

Register with Verona @ vwoods@growwithtrellis.ca
(403) 973-0498 or (403) 983-0076

Youth 12+ are welcome!
Limited Space Available



RIBBON SKIRT MAKING

- Join Astokomii Smith from the Town of Strathmore at Trellis Commons Hub to make your very own ribbon skirt. All materials will be provided.
- **Thursday July 29 & August 5, 2021**
10:00AM – 3:00PM
- Registration is required. Please register by email: astokomii.smith@strathmore.ca
- Registration is limited to 10 participants.

FAMILY PAINT NIGHT

- Bring the whole family and enjoy a night of family creativity lead by Siksika's Dwight Farahat from the ANTYX Community Arts
- **Wednesday August 11, 2021**
6:30 – 8:30PM
- Location: Kinsmen Park Pavilion
- Registration is required. Please register by email: strathmorefrn@growwithtrellis.ca or call (403) 983-0076

FAMILY DISC GOLF

- Did you know Strathmore has an awesome Disc Golf course? Join us to brush up or learn some new skills with Josh and Todd from JK Discs
- **Monday August 23, 2021**
6:30 – 8:00PM
- Registration is required. Please register at: strathmorefrn@growwithtrellis.ca or (403) 983-0076
- A fun and exciting new activity the whole family can enjoy!
- Don't have discs, don't fret we will have some on hand so you can give it a whirl- You could even be the lucky winner of your very own with our prize draw!!!

GROW & LEARN - Chestermere

- Connect with a local Speech & Language Pathologist (SLP) during our Grow & Learn Session in August! Learn about effective strategies to support your child's language skills throughout the summer months, and where to access quality resources to help our children meet important developmental milestones!
- **Thursday, August 12th, 2021**
9:30 - 11:00AM
- (please note that this session is for parents with children 4-7 years of age)
- [Register online at www.chestermere.ca/growandlearn](http://www.chestermere.ca/growandlearn)

POSITIVE PARENTING WORKSHOP SERIES:
TEEN EDITION

- For parents with tweens and teens up to age 16, all participants will receive a workshop resource package with helpful handouts, activity ideas, and a tip sheet.

Raising Responsible Teens
August 4, 2021, 7:30-9:00PM

Raising Competent Teens
August 18, 2021, 7:30-9:00PM

Register with Verona @ vwoods@growwithtrellis.ca or (403) 973-0498 or (403) 983-0076

ONE - ON - ONE PARENTING SUPPORT

Being a parent is one of the hardest jobs we will take on. You won't always have the answers or know what to do - this is normal! That's where the Parent & Caregiver Support Services (PCSS) team comes in! Our warm and welcoming team of *Caregiver Support Facilitators* is here for you - whether it's providing you with connections to resources, getting information on potty training, or finding out how you can help your child cope with stress - our team will help you create a customized plan that works for your family.

- If you have a general parenting question or concern you can call or email us to set up a one-on-one parenting session at:
- (403) 207-7050 or pcssinfo@chestermere.ca.

TELUS SPARK!

- We are **so excited** to once again be able to invite our families to enjoy a day out the TELUS Spark Science Centre in Calgary!
 - **Saturday August 21, 2021**
10:00AM
- Meet a TRELLIS team member at the Telus Spark Centre (220 Saint George's Drive Northeast, Calgary, AB)
- **Registration Required**
 - Register with Verona or Saydie at (403) 983-0076 or email

FAMILY SAGE PICKING

- Join us for traditional medicine picking with Siksika Elder Ruth Scalplock
- **Friday August 6, 2021** 1:00 – 3:00PM
- Meeting Place: Boychief Trading Post, Siksika – convoy together to Axe Flats located on Siksika Nation
- Please bring scissors & cloth bag to cut & carry your sage
- Traditional protocols will be advised upon registration
- Register with Verona vwoods@growwithtrellis.ca or Astokomii at astokomii.smith@strathmore.ca

Healthy Families is a free and voluntary program provided to you in your home on a schedule that meets your needs. Healthy Families can provide you with information and support that will assist your family with larger issues that impact parenting. We support parents and caregivers to build on a foundation for strong family functioning. Guidance, referral and support is offered to families facing challenges that are impacting parenting, building on a family support network and enabling families to cope with stressors.

To learn more about the Healthy Families program or request services, please contact Program Director, Lisa Sauvé at 403.586.0665 .

"REFRAMING" RESULTS IN HAPPY KIDS AND PARENTS"

Healthy Snack Ideas for Kids

- These healthy snacks are arranged in fun and creative ways so even the pickiest little eater will enjoy snack time!
- Orange and Carrot Sun Thinly cut one large orange into circular slices. Place one slice in the center of a plate. Arrange baby carrot sticks around it into triangular-shaped rays and give it a happy face by placing two raisins on the orange as eyes.
- Red Pepper and Hummus Volcano Place 2 tablespoons of hummus on a plate. Use a butter knife to spread the hummus into a triangular shape. Cut a red pepper into quarter inch slices and place them at the top of the hummus to make it look like spewing lava.
- Easy Paper Plate Suncatcher Craft Supplies: Clear Contact paper or Wax paper Paper Plate (White or yellow) Yellow Markers or crayon, paint (optional) Tissue paper Construction paper Scissors, glue, stapler (optional) Instructions: Cut out the center of the plate carefully without cutting the sides. Place the paper plate on top of the contact paper, trace the inner circle and cut a circle that is 1 inch larger in radius than the inner circle. Cut out the contact paper. Place the contact paper with the backing side up. Carefully peel the backing off and stick the contact paper to the center of the paper plate. The sticky side needs to be at the back. Cut small squares of colored tissue paper. Keep the paper plate upside down with the sticky side facing you. Start covering your Sun shape with colored tissue paper squares or pieces. Cut out larger triangles in construction paper for the suns rays. Using glue or a stapler attach each triangle in alternating colors around the sun. Hang your sun catcher in the window!

SUMMER SAFETY CHECKLIST FOR KIDS

Practice Sun Safety

- Apply sunscreen to your child at least 15 to 30 minutes before going outdoors, even on cloudy days (that is because UVA rays can go right through the clouds and still cause damage. Up to 80% of the sun's UV rays can penetrate the skin, even on cloudy days. Parents should avoid low SPF sunscreen or suntan lotion, which won't provide enough sun protection for kids. Use generous amounts of UVA and UVB blocking sunscreen with an SPF of 30 or higher and reapply every two hours.
- Reapply after a child has been swimming or sweating. Don't forget about ears, hands, feet, shoulders and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them. Protect lips with an SPF 30 lip balm.
- Choose a water-resistant sunscreen. Even if you are not swimming, if your child is outside, they will likely be sweating so a water-resistant one will provide better protection than a regular sunscreen. Look for a sunscreen that is hypoallergenic and fragrance-free, especially if your child has sensitive skin. Tear-free sunscreens are also available for your child.
- Sunscreen is not recommended for babies under 6 months of age: Parents should keep babies under 6 months covered up and out of the sun.

Getting Extra Sun Protection

- Wear a hat or cap, with a wide-brimmed hat offering the best protection.
- Wear clothing made of tightly-woven cotton clothing or clothes that have SPF built-in (many kids clothes, especially swimsuits, have sun protection in them nowadays).
- Avoid or limit sun exposure when the sun is at its strongest, from 10 a.m. to 4:00 p.m. and try to stay in the shade as much as possible.
- Wear sunglasses – look for kids sunglasses that block 99 to 100% of UVA and UVB rays. You don't need to spend a lot on kids sunglasses – research has shown that inexpensive sunglasses that are labeled as protective for UVA and UVB are effective in blocking the sun's harmful rays.
- Keep your child hydrated by drinking lots of water. It is important to keep in mind that frequent water breaks are very important to prevent dehydration. Your child should drink water before exercise and during breaks, which should be about every 15 to 20 minutes.
- Spray bottles are a good idea for parents to spray down kids with some water from a spray bottle.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 HERITAGE DAY STATUTORY HOLIDAY	3 Mother Goose in the Park! 10:00 – 11:00AM	4 Vision Boards 2:30-4:00 PM Teen Triple P Raising Responsible Teens 7:30-9:00PM	5 Ribbon Skirt Making 10:00-3:00pm Town of Strathmore	6 Family Sage Picking Siksika Nation 1:00-3:00PM	7
9	10 Mother Goose in the Park! 10:00 – 11:00AM Mario Kart Tourney 6:30-8:30PM	11 Pop Up In The Park Chestermere 10:00-12:00 AM Family Paint Night 6:30-8:30PM	12 Ice Cream in the Park Carseland 9:45-10:45 Ice Cream in the Park Gleichen 12:30 -1:30 Grow & Learn 9:30– 11:00AM International Youth Day 4:00-7:00PM	13	14 Rock Painting 10:00-12:00PM
16	17 Mother Goose in the Park! 10:00 – 11:00AM	18 Pop Up In The Park Chestermere 10:00-12:00AM Nature Walk & Connect Chestermere 1:00 – 3:00PM KARIOS Blanket Exercise -Camp Chestermere Youth 2:00-4:30PM Teen Triple P Raising Competent Teens 7:30-9:00PM Via Zoom	19 Ice Cream in the Park (Hussar) 9:45 – 10:45 AM Beading for Beginners 2:00-4:00PM	20	21 Telus Spark Science Center 10:00AM
23 Family Disc Golf! 6:30 – 8:00PM	24 Mother Goose in the Park! 10:00 – 11:00AM	25 Pop Up In The Park Chestermere 10:00-12:00PM	26 Ice Cream in the Park (Rockyford) 9:45 – 10:45AM	27 Program Planning Center Closed	28
30	31 Program Planning Center Closed	LEGEND ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs			

TRELLIS COMMONS

419B 2nd Street, Strathmore, AB
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403.983.0076
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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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