

### THIS MONTH IS...

International Women's Day  
March 8, 2021




St. Patrick's Day  
March 17, 2021




International Day of Happiness  
March 20, 2021



International Day for the Elimination of Racial Discrimination  
March 20, 2021



World Water Day  
March 20, 2021



International Transgender Day of Visibility  
March 31, 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 İyāhé 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 2<sup>nd</sup> Street, Strathmore, AB T1P 1B9

Website: <https://www.growwithtrellis.ca/locations-and-contact/trellis-commons-chestermere-strathmore>

Email | Phone: [strathmore\\_FRN@aspenfamily.org](mailto:strathmore_FRN@aspenfamily.org) | 403.983.0076

Facebook: @StrathmoreChestermereFRNHub

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

SATURDAY 10:00 AM - 3:00 PM

## HEALTHY FAMILIES – ACCREDITED SUPPORTS TO THE COMMUNITY



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

Email | Phone: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca) | 403.586.0665

## PARENT AND CAREGIVER SUPPORT SERVICES (PCSS)



Address: 105 Marina Rd. Chestermere, AB T1X 1V7

Website: <https://www.chestermere.ca/739/Parent-Caregiver-Support-Services-PCSS>

Email | Phone: [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca) | 403.207.7050

Facebook: @ChestermerePCSS

## 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. 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.

## COFFEE & CHAT

- For caregivers of children ages 0-6.
- Meet other caregivers and Trellis Commons team members to discuss topics such as child development, parenting joys/challenges, and resources.
- **Wednesday, March 3, 17 & 31, 2021 (via Zoom)**
  - 9:30 - 10:30 AM
- Register with Rhonda or Natasha (403.983.0076) [rrhys-doering@aspfamily.org](mailto:rrhys-doering@aspfamily.org) or [nkavanagh@aspfamily.org](mailto:nkavanagh@aspfamily.org)

## COVID CAREGIVER CIRCLE TIME

- For all parents and caregivers of babies born during COVID-19.
- Meet other caregivers and the Trellis Commons team members to discuss topics such as child development, parenting joys/challenges during COVID.
- **March 15 & 29, 2021 (via Zoom)**
  - 10:30 - 11:30 AM
- Register with Rhonda or Natasha (403.983.0076) [rrhys-doering@aspfamily.org](mailto:rrhys-doering@aspfamily.org) or [nkavanagh@aspfamily.org](mailto:nkavanagh@aspfamily.org)

## TASH'S CIRCLE TIME

- For caregivers of children ages 0-6.
- Join this virtual and interactive circle time with Natasha! Sing, rhyme, and join Tash for a story with your child.
- **Monday, March 8, 2021 (via Microsoft Teams)**
  - 9:30 - 10:00 AM
- Register with Natasha (403.983.0076) [nkavanagh@aspfamily.org](mailto:nkavanagh@aspfamily.org)

## INFANT MASSAGE

- For caregivers with babies 0-12 months
- Have some fun learning basic infant massage strokes!
- **Tuesday, March 30, 2021 - April 20, 2021**
  - 10:00 - 11:30 AM
- PLEASE NOTE: This program requires a 4-week commitment.
- Register with Rhonda Rhys-Doering [rrhys-doering@aspfamily.org](mailto:rrhys-doering@aspfamily.org) (403.690.1237)

## ST. PATRICK'S DAY FUN!

- For children ages 0-6 and their caregiver.
- Join this virtual and interactive circle time in celebration of St. Patrick's Day! Sing, rhyme, and join us for a craft with your child. Families can pick up a kit from the Trellis Commons office in Strathmore.
- **Tuesday, March 16, 2021 (via Zoom)**
  - 10:00 - 11:00 AM
- Register with Rhonda or Natasha (403.983.0076) [rrhys-doering@aspfamily.org](mailto:rrhys-doering@aspfamily.org) or [nkavanagh@aspfamily.org](mailto:nkavanagh@aspfamily.org)

## "HELLO LANGDON LITTLES!" RHYME TIME

- For kids ages 0-6 and their caregiver.
- Join us to experience the fun and power of preschool songs and rhymes.
- **Thursday, February 25 - March 18, 2021 (via Microsoft Teams)**
  - 10:00 - 11:00 AM
- Register with Rhonda or Natasha (403.983.0076) [rrhys-doering@aspfamily.org](mailto:rrhys-doering@aspfamily.org) or [nkavanagh@aspfamily.org](mailto:nkavanagh@aspfamily.org)

## 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/asa](http://www.chestermere.ca/asa) or scan and use the QR code.



### COOKING BASICS – LIFE SKILLS FOR TEENS

- For teens ages 13-18.
- This "COOKING BASICS" class provides a hand-on opportunity for teens to learn about healthy food choices and valuable cooking skills. This two-hour workshop will equip participants with key kitchen skills and you get to go home with a delicious meal!
- Friday, March 19, 2021
  - 2:30 – 4:30 PM
- Register with Amrit or Ken (403.983.0076) [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org) or [kturner@aspenfamily.org](mailto:kturner@aspenfamily.org)

### TEEN SUPPORT GROUP

- For teens ages 14-18.
- This support group is a convenient and safe place for teens to connect, share stories and encouragement. Positive social support is a critical component to developing into a healthy adult.
- Thursdays – March 4-25, 2021 (via Zoom)
  - 7:00 – 8:00 PM
- Register with Amrit (403.619.5139) [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org)

### ROCK PAINTING WITH SAYDIE

- For kids and teens, ages 10 and over.
- Join us to learn unique ways to paint stones and rocks. They can be used to decorate, give as gifts, or leave outside for someone else to find!
- Families can pick up a craft kit from the Trellis commons office in Strathmore and the join Saydie on Zoom to learn how to paint.
- Saturday, March 27, 2021 (via Zoom)
  - 1:00 – 2:30 PM
- Register with Amrit (403.619.5139) [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org)

### RESUME WRITING & INTERVIEW SKILLS

- For teens ages 14-18.
- Are you looking to get a part-time or summer job? Don't know where to start? Join our team for a 2-hour workshop that will walk you through how to create a resume and cover letter. You will also learn some valuable tips and tricks knock any interview out of the park!
- Friday, March 12, 2021 (via Zoom)
  - 6:30 – 7:30 PM
- Register with Amrit or Ken (403.983.0076) [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org) or [kturner@aspenfamily.org](mailto:kturner@aspenfamily.org)

### ST. PATRICK'S DAY CRAFT – SHAMROCK WREATH

- For kids, tweens, and teens ages 7-18.
- Attract the luck of the Irish with a St. Patrick's Day craft! This adorable shamrock wreath is a great DIY that makes an even better decoration and it is made entirely out of scrapbook paper! Families can pick up a kit from the Trellis Commons office in Strathmore and then join Amrit via Zoom to learn how to DIY!
- Saturday, March 13, 2021 (via Zoom)
  - 1:00 – 2:30 PM
- Register with Amrit (403.619.5139) [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org)

### PRESCHOOL TALK TIME

- For caregivers with babies ages 0-6.
- Come consult with a Registered Speech and Language Pathologist while your child plays! Ask questions or just learn more about what to expect regarding your child's speech development.
- Tuesday, March 23, 2021 (via Microsoft Teams)
  - 10:30 AM - 12:00 PM
- Register with Rhonda or Natasha (403.983.0076) [rrhys-doering@aspensfamily.org](mailto:rrhys-doering@aspensfamily.org) or [nkavanaagh@aspensfamily.org](mailto:nkavanaagh@aspensfamily.org)

### MANAGING BEHAVIOUR AT SCHOOL

- For caregivers with children and youth ages 7-12.
- Behaviour problems at school can interfere with a child's learning and development. Not to mention, the uncertainty of school related to COVID-19 can make it all the more difficult. Join us to learn some practical strategies and tips to help you and your child manage problem behaviours.
- Tuesday, March 9, 2021 (via Zoom)
  - 6:30 - 7:30 PM
- Register with Amrit (403.619.5139) [amatharoo@aspensfamily.org](mailto:amatharoo@aspensfamily.org)

### HELPING YOUR TEEN COPE WITH ANXIETY & DEPRESSION

- For caregivers with children and youth ages 13-18.
- Anxiety and depression are quite common among teenagers but it can be hard for parents to know what to do and how to help. Join us to learn more about anxiety and depression in teens and how you can help your teen cope.
- Tuesday, March 16, 2021 (via Zoom)
  - 6:30 - 7:30 PM
- Register with Amrit (403.619.5139) [amatharoo@aspensfamily.org](mailto:amatharoo@aspensfamily.org)

### MANAGING BEHAVIOUR AT HOME

- For caregivers with children and youth ages 7-12.
- When parents have reasonable expectations and set fair limits, children are more likely to be cooperative and well adjusted. Join us to learn some practical strategies to help your child accept and follow rules and instructions.
- Tuesday, March 23, 2021 (via Zoom)
  - 6:30 - 7:30 PM
- Register with Amrit (403.619.5139) [amatharoo@aspensfamily.org](mailto:amatharoo@aspensfamily.org)

### PROMOTING DIGITAL WELLBEING WITH YOUR TEEN

- For caregivers of teens ages 13-17.
- Nowadays, one of the biggest challenges for parents is knowing how to manage and monitor their teen's use of devices. Join us to learn some practical strategies and tips to help manage screen time in your home.
- Tuesday, March 30, 2021 (via Zoom)
  - 6:30 - 7:30 PM
- Register with Amrit or Ken (403.983.0076) [amatharoo@aspensfamily.org](mailto:amatharoo@aspensfamily.org) or [kturner@aspensfamily.org](mailto:kturner@aspensfamily.org)

## KIDS HAVE STRESS TOO!

- This workshop was developed by the Psychology Foundation of Canada to help parents and caregivers become more aware of children's stress, and how to help them develop effective coping strategies and skills. Delivered in partnership with Stepping Stones to Mental Health, families can register online at [www.chestermere.ca/khst](http://www.chestermere.ca/khst).
- Saturday, March 13, 2021
  - Parents with children in grades 1 through 6 - 10:00 AM - 12:00 PM
  - Parents with children in grades 7 through 12 - 1:00 - 3:00 PM

Please note that a minimum number of participants will be required to host these sessions, otherwise, we will reschedule this for a different date.



## MARCH GROW & LEARN SESSIONS

### Parenting During COVID

- Are you concerned about your child youth's mental health? Are they having a difficult time coping with our new COVID reality? Connect with Registered Psychologists, Angela Normand and Kathryn McMaster, for a supportive conversation, information sharing, and helpful mental health resources.
  - Tuesday, March 9, 2021 from 6:00 - 7:30 PM

### Fostering a Multicultural Lens in Children & Youth

- Join us for an interactive conversation with Carissa Gravelle, a Social Service Worker from Action Dignity, to learn how you can help your child or youth develop a multicultural lens and embrace diversity. She will share valuable information, and resources on race, equality, and other topics.
  - Thursday, March 18, 2021 from 6:30 - 7:45 PM

Register at [www.chestermere.ca/growandlearn](http://www.chestermere.ca/growandlearn)

## POSITIVE PARENTING WORKSHOP SERIES

- For every parent who ever wondered: "Why does my child do that?" The first workshop, the Power of Positive Parenting workshop will help you understand the reasons kids do what they do, so you can guide their behaviour - and see more of the behaviour you like, and less of the behaviour you don't like. Join us for the first workshop from the popular Positive Parenting Program (Triple P) seminar series for parents with children ages 0-12.
  - Workshop #1: The Power of Positive Parenting - Wednesday, March 24, 2021 from 6:00 - 7:30 PM
  - Workshop #2: Raising Confident, Competent Children - Wednesday, April 7, 2021 from 6:00 - 7:30 PM
  - Workshop #3: Raising Resilient Children - Wednesday, April 14, 2021 from 6:00 - 7:30 PM

Register online at [www.chestermere.ca/triplep](http://www.chestermere.ca/triplep)

## PARENT CONNECTION GROUP – GRUPO DE CONNECCION PARA PADRES DE FAMILIA

- A free, cross-cultural connection group for parents to get to know other families and learn about the different programs and resources available in the Chestermere community.
- Thursday, March 25, 2021
  - 6:00 - 7:00 PM
- To register, please email [aelizondo@chestermere.ca](mailto:aelizondo@chestermere.ca) or call 403.207.7079.
- Grupo de conneccion transcultural para padres de familia gratuito podras conocer otras familias y aprender de los diferentes programas y servicios que se ofrencen en tu comunidad.
- Jueves, 25 de marzo de 2021
  - 6:00 - 7:00 PM
- Para registrarse, envíe un correo electrónico a [aelizondo@chestermere.ca](mailto:aelizondo@chestermere.ca) o llame al 403.207.7079.

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.

## FILLING A LOVE CUP

### WHY is filling your child's love cup important to early childhood development?

Everyone has a "Love Cup" that needs to be filled every day. As human beings, we all have a biological and emotional need for human connection. Similar to the way our bodies need essential daily vitamins and nutrients, we also need daily human connections to thrive. Babies and children flourish in their growth and development when their Love Cup is filled every day with physical touch, words of affirmation, and undivided time and attention. A strong parent-child connection is important to optimal brain development and affects physical, emotional, and psychological well-being. By filling their Love Cup, babies and children feel valued, noticed and loved. Ensuring that their Love Cup is being filled every day helps them build healthy self-esteem and self-worth.

### WHAT is a Love Cup?

A Love Cup, also known as Emotional Cup, is a metaphor often used with children to help them identify their emotional needs. A child's cup holds their positive emotions that are filled with attention, security, connection, and nurturing that they receive from their parents and caregivers. When a child's cup is full, they feel happy and content, but when it begins to empty, they may start to display behaviours to indicate that their cup needs to be re-filled.

### HOW can you fill your child's Love Cup every day?

- "High" Quality Time - Attention does not always necessarily mean connection. High-quality time entails engaging with your baby or child. Watching your child build with Lego blocks and being present is a great way to spend quality time with your child and give them attention. But engaging with your child by building a Lego structure together or helping them find a Lego color they may need is a wonderful way to engage and spend high-quality time with them.
- Physical Active Play - Children crave active play such as playing tag, hide and seek, and piggyback rides. Babies enjoy active play through a game of peek-a-boo or patty cake. Active play makes children and babies laugh, and oftentimes parents laugh with them. Laughing together builds a strong parent-child connection and will fill their Love Cup.
- One-to-One Connection - Children need one-to-one time with their parent or caregiver. This is especially true when they have siblings they compete with for attention. Setting aside time to spend with each child can strengthen a parent-child bond. One-to-one time allows you and your child to build special moments and memories that only the two of you can share and remember.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Circle of Security Parenting (3) 6:30 - 8:00 PM	2	3 Coffee & Chat 9:30 - 10:30 AM	4 Hello Langdon Littles! Rhyme Time 10:00 - 11:00 AM Birthday Fun! 2:00 - 3:00 PM Teen Support Group 7:00 - 8:00 PM	5 Circle of Security Parenting (4) 10:00 - 11:30 AM Resume Writing & Interview Skills 6:30 - 7:30 PM	6
8 Tash's Circle Time 9:30 - 10:00 AM Circle of Security Parenting (4) 6:30 - 8:00 PM	9 Managing Behaviour at School 6:30 - 7:30 PM PCSS - Parenting During COVID 6:00 - 7:00 PM	10	11 Hello Langdon Littles! Rhyme Time 10:00 - 11:00 AM Teen Support Group 7:00 - 8:00 PM	12 Circle of Security Parenting (5) 10:00 - 11:30 AM	13 St. Patrick's Day Craft 1:00 - 2:30 PM PCSS - Kids Have Stress Too! 10:00 AM - 3:00 PM
15 COVID Caregiver Circle Time 10:30 - 11:30 AM Circle of Security Parenting (5) 6:30 - 8:00 PM	16 St. Patrick's Day Fun! 10:00 - 11:00 AM Coping with Anxiety & Depression 6:30 - 7:30 PM	17 Coffee & Chat 9:30 - 10:30 AM	18 Hello Langdon Littles! Rhyme Time 10:00 - 11:00 AM PCSS - Fostering a Multicultural Lens 6:30 - 7:45 PM Teen Support Group 7:00 - 8:00 PM	19 Circle of Security Parenting (6) 10:00 - 11:30 AM Cooking Basics 2:30 - 4:30 PM	20
22 Circle of Security Parenting (6) 6:30 - 8:00 PM	23 Preschool Talk Time 10:30 AM - 12:00 PM Managing Behaviour at Home 6:30 - 7:30 PM	24 Coffee & Chat 9:30 - 10:30 AM PCSS - Triple P Workshop 6:00 - 7:30 PM	25 PCSS - Parent Connection Group 6:00 - 7:00 PM Teen Support Group 7:00 - 8:00 PM	26 Circle of Security Parenting (7/8) 10:00 - 11:30 AM	27 Rock Painting with Saydie 1:00 - 2:30 PM
29 COVID Caregiver Circle Time 10:30 - 11:30 AM Circle of Security Parenting (7/8) 6:30 - 8:00 PM	30 Infant Massage 10:00 - 11:30 AM Promoting Digital Wellbeing 6:30 - 7:30 PM	31 Coffee & Chat 9:30 - 10:30 AM	<p><u>Legend</u>                      ECD (Ages 0-6) Programs                      Youth (Ages 7-18) Programs                      Family &amp; Caregiver Programs                      PCSS Programs</p>		



<p><b>TRELLIS COMMONS</b>                  419B 2<sup>nd</sup> Street, Strathmore, AB T1P 1B9  <a href="mailto:strathmore_FRN@aspenfamily.org">strathmore_FRN@aspenfamily.org</a>                  403.983.0076                  @ChestermereStrathmoreFRNHub</p>	<p><b>HEALTHY FAMILIES</b>  <a href="https://asc-mva.ab.ca/family-support-services/healthy-families/">https://asc-mva.ab.ca/family-support-services/healthy-families/</a>  <a href="mailto:main@asc-mva.ab.ca">main@asc-mva.ab.ca</a>                  403.586.0665</p>	<p><b>PCSS</b>                  105 Marina Rd. Chestermere, AB T1X1V7  <a href="mailto:pcssinfo@chestermere.ca">pcssinfo@chestermere.ca</a>                  403.207.7050                  @ChestermerePCSS</p>
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