

THIS MONTH IS...

EASTER SUNDAY

April 4, 2021



WORLD HEALTH DAY

April 7, 2021



RAMADAN BEGINS

April 13, 2021



EARTH DAY

April 22, 2021



INTERNATIONAL DAY OF PINK

April 14, 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 Tȷyā́nē 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/locations-and-contact/trellis-commons-chestermere-strathmore>

Email | Phone: 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 | 403.586.0665



PARENT AND CAREGIVER SUPPORT SERVICES (PCSS)

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

Website: <https://www.chestermere.ca/PCSS>

Email | pcssinfo@chestermere.ca |
Phone: 403.207.7050

Facebook: @ChestermerePCSS



PARENT & CAREGIVER SUPPORT SERVICES

COVID-19 UPDATES

With the most recent provincial announcement, we are excited to be considering opening for small group, face-to-face programming. In April, we may be able to move to in-person programming if permitted.

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.

COFFEE & CHAT

- For caregivers of children ages 0-6.
- Meet other caregivers and the Trellis Commons team to discuss topics such as child development, parenting joys/challenges, and resources.
- **Wednesdays – April 14 & 28, 2021 (via Zoom)**
 - 9:30 – 10:30 AM
- Register with Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237) or Natasha nkavanagh@growwithtrellis.ca (403.629.0289).

CIRCLE TIME

- For all parents and caregivers of babies born during COVID-19.
- Meet other caregivers and the Trellis Commons team to discuss topics such as child development and parenting joys/challenges during COVID.
- **Wednesdays – April 14 & 28, 2021 (via Zoom)**
 - 2:30 – 3:00 PM
- Register with Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237) or Natasha nkavanagh@growwithtrellis.ca (403.629.0289).

KIDS HAVE STRESS TOO!

- For caregivers of children ages 0-6.
- There is no doubt we are all experiencing more stress than ever right now- but did you know not all stress is bad? Take this 3-week course to discover helpful tools and strategies to help your kids learn stress management techniques that will last them a lifetime.
- **Tuesdays – April 13, 20 & 27, 2021 (via Zoom)**
 - 1:00 – 2:30 PM
- Register with Natasha nkavanagh@growwithtrellis.ca (403.629.0289).

INFANT MASSAGE

- For caregivers with babies 0-12 months
- Have some fun learning basic infant massage strokes!
- **Tuesdays – March 30, 2021 – April 27, 2021**
 - 10:00 - 11:30 AM
- **PLEASE NOTE:** This program requires a 5-week commitment to attend classes.
- Register with Rhonda Rhys-Doering rrhys-doering@growwithtrellis.ca (403.690.1237).

RHYME TIME!

- For kids ages 0-6 and their caregiver.
- Join us to experience the fun and power of preschool songs and rhymes! Share a few well-known ones and learn some new ones to use with your child.
- **Tuesday, April 6, 2021 (via Microsoft Teams)**
 - 2:00 – 2:30 PM
- Register with Rhonda Rhys-Doering rrhys-doering@growwithtrellis.ca (403.690.1237).

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, April 27, 2021**
 - 10:30 AM – 12:00 PM
- Register with Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237) or Natasha nkavanagh@growwithtrellis.ca (403.629.0289).

BABY TALK

- Do you have a baby under the 12 months of age? Join us for our weekly, online sessions to connect with other moms, learn about popular parenting topics, ask questions, and get access to lots of great resources.
 - Car Seat Safety (with Abbie McCullough) **Monday, March 29, 2021 from 1:30 – 3:00 PM**
 - Breastfeeding (with a special guest from La Leche League) **Monday, April 12, 2021 from 1:30 – 3:00 PM**
 - Baby Cues & Attachment **Monday, April 19, 2021 from 1:30 – 3:00 PM**
 - Eye Health (with Dr. Jennifer Hugh) **Monday, April 26, 2021 from 1:30 – 3:00 PM**
- Register with a Public Health Nurse by calling 403-365-5403 or join our Facebook page @ChestermereBabyTalk

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.



SPRING BREAK FUN WEEK

- For families and caregivers with children and teens of all ages!
- Spring Break is finally here! We know that this year’s spring break may not be the same as before but the Trellis Commons team is keen to make it as fun as possible. Join us for a week of spring break activities that are fun for the whole family!
- Families can pick up a program kits from the Trellis Commons office in Strathmore starting March 29, 2021 and the join us on Zoom on the specific date listed below.

Tuesday, April 6 1:00 – 2:30 PM	Wednesday, April 7 1:00 – 2:30 PM	Thursday April 8 1:00 – 2:30 PM	Friday, April 9 1:00 – 2:30 PM	Saturday, April 10 1:00 – 2:30 PM
Springtime Scavenger Hunt	Mosaic Bird Bath	Gardening	Springtime Baking Basics	DIY Kite

- Register with Amrit amatharoo@growwithtrellis.ca (403.619.5139) or Ken kturner@growwithtrellis.ca (403.390.2140).

RESUME WRITING & JOB SEARCHING

- 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 1-hour workshop that will walk you through how to create a resume and where to start looking for a job.
- **Friday, April 23, 2021 (via Zoom)**
 - 6:30 – 7:30 PM
- Register with Amrit amatharoo@growwithtrellis.ca (403.619.5139) or Ken kturner@growwithtrellis.ca (403.390.2140).

TEEN PAINT NIGHT

- For tweens and teens ages 12-16.
- Inspired by the popular Paint Nite events, the Trellis Commons team is excited to bring this program to our tweens and teens! Anyone with any skill level can learn to recreate beautiful paintings by following guided, step-by-step instructions. Families can pick up a paint night kit from the Trellis Commons Strathmore office and then join us on Zoom!
- **Friday, April 30, 2021 (via Zoom)**
 - 5:30 – 7:30 PM
- Register with Amrit amatharoo@growwithtrellis.ca (403.619.5139) or Ken kturner@growwithtrellis.ca (403.390.2140).

ADULTING 101

- For youth ages 13+.
- Transitioning to adulthood can be tricky and we often don’t know where to start. In this workshop you will be encouraged to discover your own definition of success. Join us and learn how to put your adulting skills into practice.
- Our 3 weekly sessions will explore topics like money, relationships, and taking care of yourself.
 - **Wednesday, April 14, 2021** – Budgeting & Money Skills
 - 6:30 – 7:30 PM (via Zoom)
 - **Wednesday, April 21, 2021** – Healthy Relationships
 - 6:30 – 7:30 PM (via Zoom)
 - **Wednesday, April 28, 2021** – Taking Care of YOUrself
 - 6:30 – 7:30 PM (via Zoom)
- Register with Amrit amatharoo@growwithtrellis.ca (403.619.5139) or Ken kturner@growwithtrellis.ca (403.390.2140).

RAMADAN CELEBRATION

- Ramadan is going to be different this year but that doesn't mean we cannot celebrate together (socially distanced and safely)! Join the SW Commons and the Trellis Commons teams for a month long celebration! Beginning April 15, 2021 and going until May 14, 2021, we will be offering weekly programs to share more about Ramadan, what it is, its importance, and ways to safely celebrate as a family!
- Families can pick up a program kits from the following locations beginning April 6, 2021: Trellis Commons Strathmore FRN office, Trellis Commons SW FRN office, or Camp Chestermere.

Thursday, April 15 6:30 – 7:30 PM	Thursday, April 22 6:30 – 7:30 PM	Thursday, April 29 6:30 – 7:30 PM	Thursday, May 6 6:30 – 7:30 PM	Friday, May 14 6:30 – 7:30 PM
Good Deed/Dua Advent Calendar	Ramadan Storytime	Ramadan Craft	Iftar Cooking Class	Virtual Eid Celebration

- Register with Amrit amatharoo@growwithtrellis.ca (403.619.5139) or Shelina sbata@growwithtrellis.ca (403.689.1403).

CIRCLE OF SECURITY

- This program helps you make sense of what your child is asking. Learn to read their emotional needs, and better support them in managing their emotions. This program is based on decades of research about how secure parent-child relationships can be supported and strengthened.
- This is an 8-week program in partnership with Parent and Caregiver Support Services in Chestermere.
- **Thursday's April 22 – June 10, 2021**
 - 1:30 – 3:00 PM
- Register with Natasha nkavanagh@growwithtrellis.ca (403.629.0289).

GROW & LEARN SESSIONS

Choosing Quality Childcare - Learn all about what you need to look for when researching quality daycare or day home options for your child, and get your questions answered.

- **Wednesday, April 22, 2021**
 - 10:00 – 11:30 AM

Fostering a Multicultural Lens in Children - Learn all about how you can foster a multicultural lens in your child, including the tools you can use such as different toys, books, and movies.

- **Wednesday, April 28, 2021**
 - 9:30 – 10:45 AM

Register online for these sessions at www.chestermere.ca/growandlearn

POSITIVE PARENTING WORKSHOP SERIES

- Understand why children behave the way they do and learn how to guide their behaviour to see more of the behaviours you like! Learn about techniques for raising responsible, confident, and competent children. A workshop package with a tip sheet and an assortment of helpful resources are provided for each participant.
 - 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 Responsible Children
Wednesday, April 21, 2021 from 6:00 – 7:30 PM

Register online at www.chestermere.ca/triplep

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.
 - Workshop #1: Raising Responsible Teenagers
Thursday, May 13, 2021 from 9:30 – 11:30 AM
 - Workshop #2: Raising Competent Teenagers
Thursday, May 27, 2021 from 9:30 – 11:30 AM

Register online at www.chestermere.ca/triplep

TAX BENEFITS & CREDITS SESSION

- This session will help you learn about benefits & credits you could get just by doing your taxes every year! Tips will also be given for recognizing and preventing scams and fraud.
- **Thursday, April 15, 2021**
 - 5:00 – 6:00 PM
- Register with Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237).

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.

PRAISE & ENCOURAGEMENT

WHY is providing praise and encouragement important to child development?




Words have power and play a significant role in the healthy development of children. Words of encouragement and praise can make a positive impact on children's confidence and sense of self. Parents play the biggest influence in building up their child's self-esteem and sense of self-worth. Studies have shown that when children feel important and worthy, they are better able to handle conflicts and negative pressure. They are also more optimistic and excel in academics, extracurricular activities and hobbies. Praise and encouragement can also inspire and motivate children to reach goals and milestones.

WHAT is praise and encouragement?

- Praise – Praise is when you tell children what you like about them or their behavior. Praise nurtures a child's confidence and helps them think positively about themselves. It can also encourage children to repeat behavior that earns praise. Positive reinforcement uses praise to change difficult behaviors and replaces it with desirable behaviors.
- Encouragement – Encouragement is praise for effort. When children are praised for their effort, they gain motivation to keep trying in face of difficult tasks and challenges. Offering encouragement also supports children's natural curiosity to explore and learn about their surroundings.

HOW can you provide praise and encouragement to your child?

- Descriptive praise acknowledges specific actions or behavior. It tells your child exactly what you like about them or what they've done. Descriptive praise brings into focus their efforts and achievements in a more genuine approach and makes a more positive impact rather than repeating the same words of praise over and over again. Instead of saying, "Good job!" when your child shows you their artwork, try using descriptive praise, "Wow! I like the way you mixed those colors together to paint that tree! I can tell you worked so hard on your painting."
- Encouragement is non-judgmental and let's children know and become comfortable with the idea that mistakes are acceptable. Celebrate attempts as well as accomplishments. When providing encouragement, look for the positives and acknowledge the effort.
- A great way to provide praise and encouragement to your child each day is to include it into their bedtime routine. Try ending each day by pointing out something they did in the day that you liked or are grateful for.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Legend ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs</p>			1	2 	3
5 	6 Infant Massage 10:00 – 11:30 AM Spring Break Fun: Springtime Scavenger Hunt 1:00 – 2:30 PM Rhyme Time 2:00 – 2:30 PM	7 Spring Break Fun: Mosaic Bird Bath 1:00 – 2:30 PM Raising Confident, Competent Children 6:00 – 7:30 PM	8 Spring Break Fun: Gardening 1:00 – 2:30 PM	9 Spring Break Fun: Springtime Baking Basics 1:00 – 2:30 PM	10 Spring Break Fun: DIY Kite 1:00 – 2:30 PM
12 Baby Talk: Breastfeeding 1:30 – 3:00 PM	13  Infant Massage 10:00 – 11:30 AM Kids Have Stress Too! 1:00 – 2:00 PM	14 Coffee & Chat 9:30 – 10:30 AM Circle Time 2:30 – 3:00 PM Adulting 101: Budgeting & Money Skills 6:30 – 7:30 PM	15 CRA Tax Benefits & Credits session 5:00 – 6:00 PM Good Deed/Dua Advent Calendar 6:30 – 7:30 PM	16	17
19 Baby Talk: Baby Cues & Attachment 1:30 – 3:00 PM	20 Kids Have Stress Too! 1:00 – 2:00 PM	21 Raising Responsible Children 6:00 – 7:30 PM Adulting 101: Healthy Relationships 6:30 – 7:30 PM	22 Choosing Quality Childcare 10:00 – 11:30 AM Circle of Security 1:30 – 3:00 PM Ramadan Story Time 6:30 – 7:30 PM	23 Resume Writing & Job Searching 6:30 – 7:30 PM	24
26 Baby Talk: Eye Health 1:30 – 3:00 PM	27 Infant Massage 10:00 – 11:30 AM Preschool Talk Time 10:30 AM – 12:00 PM Kids Have Stress Too! 1:00 – 2:00 PM	28 Coffee & Chat 9:30 – 10:30 AM Fostering a Multicultural Lens 9:30 – 10:45 AM Circle Time 2:30 – 3:00 PM Adulting 101: Taking Care of YOUrself 6:30 – 7:30 PM	29 Circle of Security 1:30 – 3:00 PM Ramadan Craft 6:30 – 7:30 PM	30 Teen Paint Night 5:30 – 7:30 PM	

<p>TRELLISCOMMONS 419B 2nd Street, Strathmore, AB T1P 1B9 strathmore_FRN@aspenfamily.org 403.983.0076 @ChestermereStrathmoreFRNHub</p>	<p>HEALTHYFAMILIES https://asc-mva.ab.ca/family-support-services/healthy-families/ main@asc-mva.ab.ca 403.586.0665</p>	<p>PCSS 105 Marina Rd. Chestermere, AB T1X 1V7 pcssinfo@chestermere.ca 403.207.7050 @ChestermerePCSS</p>
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