

2025

Strathcona County Family Resource Network

Register for
programs
today!

Winter Program Schedule

FREE programs and services for Strathcona County families



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Registration

All programs require registration except for the programs labeled **Drop-in**

Register today at strathcona.ca/families or by calling 780-416-6730.

Parenting is a journey, and there's no clear road map. Everyone needs some help along the way!

The Strathcona County Family Resource Network supports families with children ages 0 to 18 years access:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources
- Programs and supports are free and flexible, ranging from group workshops to customized individual services. In-person, virtual or telephone support options are available.

Let's talk! Call 780-416-6730

strathcona.ca/families

familyresourcenetwork@strathcona.ca



Follow us on Facebook:

facebook.com/strathcona.familyresourcenetwork



The Family Resource Network has moved to a new space!

Join us at our brand-new space for a range of fun and educational programs and services!

160 Festival Way, Sherwood Park



Call 780-416-6730 or visit strathcona.ca/families to learn more and register.

Programs for **Early Years**



Stay & Play Drop-in

Spend time with your child and get to know other families in your community. Enjoy a variety of unstructured activities designed to help your child's developmental growth.

For parents and caregivers and children 0 to 6 years

Weekly • Mondays (Omit Feb. 17)
Jan. 13 – Mar. 24 9:30 to 11:30 a.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Weekly • Fridays
Jan. 17 – Mar. 28 9:30 to 11:30 a.m.

Location: Strathcona Olympiette Centre, 52029 Range Road 224, Sherwood Park

Baby & Me Drop-in

Join us weekly as we gather together to play. You will have opportunities to connect with other parents and learn skills to support your baby's development.

For parents and caregivers and children 0 to 18 months

Weekly • Tuesdays
Jan. 14 – Mar. 25 1 to 2 p.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Move with Me! Drop-in

Join us as we explore a range of fun indoor movement games. Connect with other families, learn some new ways to play and burn off some energy, all while supporting your little one's development.

For parents and caregivers and children 0 to 6 years

Weekly • Tuesdays
Jan. 21 – Feb. 11 10 to 11:30 a.m.

Location: Brookville Community Hall, 53203 Range Road 212, Ardrossan

Slumberkins Cosmic Quest Drop-in

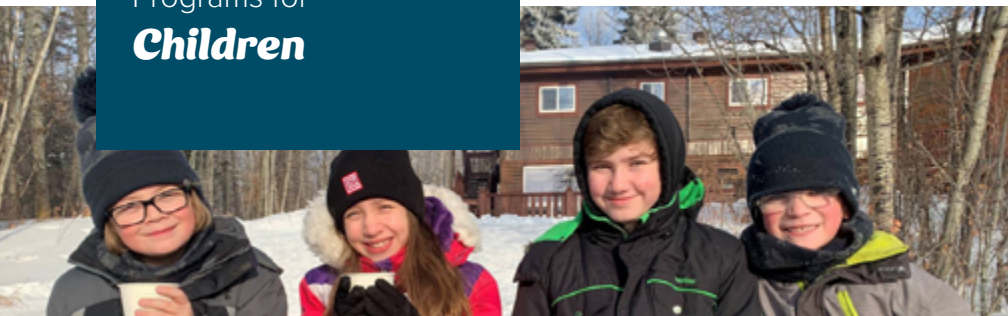
Join Dragon and his crew as they rocket through the cosmos. Along the way, we'll unlock the power of self-confidence, communication skills and building resiliency. Families will enjoy some unstructured play activities following the program portion.

For parents and caregivers and children ages 2 to 6 years

Weekly • Thursdays
Feb. 20 – Mar. 13 10 to 11:30 a.m.

Location: South Cooking Lake Community Hall, 100 22106 South Cooking Lake Road

Programs for **Children**



Confident Kids

For children to develop confidence and strong social-emotional skills, they need opportunities to experience peer interactions in a safe and encouraging environment. This interactive program will create space for your young person to connect with others and learn new skills in a fun way! *Priority given to children who have not previously attended Confident Kids.*

For children currently in Grades 1 and 2

Weekly • Thursdays

Jan. 23 – Feb. 13 5:30 to 6:30 p.m.

Location: Strathcona County Family
Resource Network, 160
Festival Way, Sherwood Park

Courage Quest

Sometimes it is hard to be brave! Join us as we explore how to develop confidence, work through emotions, establish healthy friendships and try new things! This interactive program will create a safe space for kids to connect and learn new skills while having fun.

For children currently in Grades 3 and 4

Weekly • Wednesdays

Feb. 26 – Mar. 19 5:30 to 6:30 p.m.

Location: Strathcona County Family
Resource Network, 160
Festival Way, Sherwood Park

Move Your Mood

Have fun moving your body and practicing mindfulness in this research-based program aimed to build resiliency and coping skills in youth. Participants will learn about healthy lifestyle practices to improve both their physical and mental well-being in this 8-week program.

For children currently in Grades 5 and 6

Weekly • Fridays

Jan. 17 – Mar. 7 4:30 to 6 p.m.

Location: Strathcona County Family
Resource Network, 160
Festival Way, Sherwood Park



Take the **Ages and Stages Questionnaire** to find out if your child is on track to meet their developmental goals!

strathcona.ca/ASQ

Programs for **Spring Break**

Registrants must be available for
all program dates during spring break

Creative Outlet

Plug into your creativity! Creativity helps us express ourselves and can be a great way to take care of our mental health. We'll be exploring lots of different art forms, so join with a friend and try something new.

For children currently in Grades 1 and 2

Tuesday to Thursday

Mar. 25 – 27 9 a.m. to 12 noon

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Art to Heart

Unleash your creativity and unwind while diving into a world of art. Meet new friends and enjoy time exploring different experiences. No artistic skills needed – just bring a friend and your imagination!

For youth currently in Grades 6 and older

Tuesday

Mar. 25 1 to 3 p.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Mental Motion

Help your child boost their mental well-being and build essential skills through fun physical activities! This programs gets kids moving while building their brains and fueling their mind for success.

For youth currently in Grades 6 and older

Wednesday

Mar. 26 1 to 3 p.m.

Location: Studio 203, Glen Allan Recreation Complex, 199 Georgian Way, Sherwood Park

Cook it Up

Meet new friends, explore your passion for food through cooking and learn how to fuel your body and boost your mental health. No prior experience needed-just bring your enthusiasm and a love for cooking!

For youth currently in Grades 6 and older

Thursday

Mar. 27 1 to 3 p.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Family Literacy Day Celebration

Learn to be green, together!

Ready to celebrate Family Literacy Day with some eco-friendly vibes?

Being green together is a fun way to learn as a family while being kind to the environment! Drop-in any time before noon for fun and games for all ages!

For children of all-ages with their adults.



Saturday, Jan. 25 9:30 to 12 noon

Location: Strathcona County Library, Sherwood Park

For more information:
sclibrary.ca



Programs for **Parents and Caregivers**



Navigating Sibling Rivalry

Learn why sibling rivalry happens and how to foster healthier relationships at home. This program will help parents build skills to reduce sibling conflict and create a harmonious family environment.

For parents and caregivers of children ages 2-12 years

Thursday

Jan. 16 6:30 to 8:30 p.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Triple P Seminar-Raising Resilient Children

Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, well-being and success in life. Join us as we explore six key skills that build resilience in children and help them bounce back and manage.

For parents and caregivers of children ages 2-10 years

Wednesday

Feb. 12 12 noon to 2 p.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Kids Have Stress Too!

Stress is a normal part of everyday life for children and adults, but too much stress can be overwhelming. Join us for this workshop to look at strategies for children aged 3 to 8, to help reduce stress and support your child to develop effective coping techniques.

For parents and caregivers of children ages 3 to 8 years

Thursday

Feb. 20 6:30 to 8:30 p.m.

Location: Strathcona County Family Resource Network, 160 Festival Way, Sherwood Park

Triple P Teen - Rudeness and Disrespect

As a teenager's transition from childhood to adulthood happens, parents and teenagers may not see eye to eye. Sometimes this behavior is labelled as "rudeness" or "disrespect" and may lead to conflict and upset feelings. Join us for a discussion with other parents experiencing similar challenges. We will provide you with suggestions on how to manage this behavior and develop a positive relationship with your teenager.

For parents and caregivers of youth ages 12 to 18 years

Thursday

Mar. 13 6:30 to 8:30 p.m.

Location: Virtual (Online)



The **Family Resource Network** meets parents where they are at.

Parent Outreach

Offers a range of supports to get you through the challenges you may be facing.

Home Visitation

Helps parents (with children 0 to 6 years) build on strengths and develop new skills.

Health for Two

A program for women who need extra support for a healthy pregnancy.



Referral-based Programs

Girls Circle

Girls Circle fosters confidence, self-esteem, and social-emotional skills through creative activities and group conversations in a supportive space.

For children in Grades 5 & 6 who identify as female

- Six week evening program

Parenting in Canada

Parenting in Canada helps parents not originally from Canada share experiences, discuss challenges, and find resources to support their family's well-being.

For parents and caregivers

- Four week evening program

To see if these programs are a fit for you and to learn more, call 780-416-6730 or email familyresourcenetwork@strathcona.ca



The **CanTeen Youth Hub** is a safe, supportive and positive place for youth to hangout that is just for them.

FREE drop-in for youth grade 7+ available Monday to Friday, 3 p.m. to 9 p.m.

scbgc.com
780-416-1500



Big Brothers Big Sisters in Strathcona County is looking for volunteers just like you.

Make a difference by spending one hour a week with a local youth.

bbbsstrathcona.ca
780-420-6352

Did you know?

You can get help from Strathcona County's same-day walk-in and call-in services.

Family and Community Services offers professional, confidential and affordable supports. Walk in or call in to receive same-day assistance from **Solutions Navigation** and **Counselling**.

- Counselling is pay what you can, ranging from \$0 to \$150.
- Services are available Monday to Friday, including some evenings. Please arrive 90-minutes before closing.

Family and Community Services is located at:
200, 401 Festival Lane Community Centre, Sherwood Park, AB. T8A 3W7

For more information:
strathcona.ca/wellbeing or call **780-464-4044**

