

# Strathcona County Family Resource Network

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

The Strathcona County Family Resource Network can support families with:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources

Support is free, parent-led and flexible, ranging from group workshops to customized 1:1 services.

- Options for in-person, virtual or phone support.

**Let's talk! Call 780-464-4044**

[strathcona.ca/families](http://strathcona.ca/families)

[familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)



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## Programs for Children and Youth



### Confident Kids - Grades 1 to 3

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!



### Woodland Wanderers

Did you know that exposure to nature can expand a child's learning environment? Nature provides endless opportunities to enhance a child's development by building on self-awareness, language and critical thinking skills. Your family is invited to join us for activities and exploration to enrich our connection with nature.



### Family Fun Night

Are you looking for a free activity to get your family out of the house? Come spend some quality time with your family as you connect with others in the community. There will be a light meal provided, exciting activities, and opportunities to learn about local resources. There is something for everyone!



### Regulation Station

Emotions can be hard to understand. All feelings are ok but not all behavior. Learn appropriate ways to name and process emotions through art, music, drama, and storytelling. Children learn and practice different ways to help them self-regulate.

To register, visit [strathcona.ca/families](http://strathcona.ca/families)

