

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

familyresourcenetwork@strathcona.ca



Follow us on Facebook:

facebook.com/strathcona.familyresourcenetwork

Early Years Programs



Baby & Me

The parenting journey can be a challenge but being connected means you do not have to travel alone. Join us online and in-person to keep connected and learn together!



Stay & Play

A wonderful opportunity to meet other parents, spend time with your child and get to know your community! Please stop by for this drop-in program.



Play with Me: Kimochis

Children who learn strong social-emotional skills are proven to experience long-term benefits to their overall health and well-being. Come and meet the cute and cuddly Kimochis to help children practice expressing their feelings in a fun, interactive way. In addition to learning about social-emotional learning you will have the opportunity to connect with others and to explore fun, open-ended play experiences designed to enhance the parent-child relationship!

To register, visit strathcona.ca/families