

# 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

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 780-464-4044**

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

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



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*Alberta*  
Provincial Family  
Resource Networks

## Programs for Early Years

### Baby & Me!

Connect with other parents and learn skills for supporting your baby's development. In-person and online options are available. This drop-in program is for parents with children ages 0 to 18 months



### Stay & Play

Spend time with your child and get to know other families in your community at this drop-in program for parents and caregivers with kids ages 0 to 6 years old. Enjoy a variety of unstructured activities designed to help your child's developmental growth.



### Move with Me!

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. This is a drop-in program for families with children ages 0 to 6 years old.



### Create with Me!

Perfect for little ones who like to create, this program uses different art materials each week, to help develop creativity, imagination and more. Dress for a mess and get creative with your child. This is a drop-in program for families with children ages 0 to 6 years old.



### Nature Nuts

Get back to basics and enjoy nature with your child in this outdoor drop-in program. Connecting with nature through play provides endless opportunities for children to develop new skills and supports their healthy development.



Visit [strathcona.ca/families](http://strathcona.ca/families) for more information.

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