

# 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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## Programs for Parents and Caregivers

### Digital Well-Being:

Learn how to help your teen with the social and technological pressures they face in the world today. Together we will go through research-based ways we can support teens when they are feeling the pressure of their digital lives. Issues addressed include interacting with strangers online, understanding their digital identity, and healthy relationships.



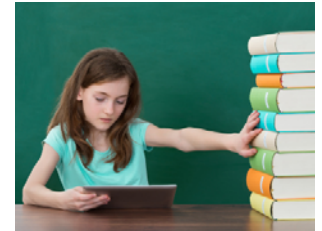
### Kids Have Stress Too!

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.



### From Here to There: School Avoidance

Children can struggle with going to school for a variety of reasons and it can be challenging as a parent to know how best to support them. Many kids feel anxious about schoolwork, friendships, peer pressure or conflict. Join us for this online session where we will look at the reasons behind school refusal, supports you can put in place at home, and supportive resources you can access for both you and your child.



### Triple P: Dealing with Disobedience

Struggling with your child's behavior? Join us for this in person session to discuss common parenting challenges. You will have an opportunity to connect with other parents while exploring realistic expectations, setting limits, and increasing positive behaviors. Learn how to reduce your parenting related stressors and strengthen your family's relationship.



### Triple P Teen: Making and Keeping Friends

Friend relationships become increasingly important during the teenage years, a time when teens are also testing their social skills. Strained peer relationships can be a source of distress for teenagers. This workshop will help you, as a parent or caregiver, deal with the challenges that you and your teen may face navigating social and peer relationships.



Visit [strathcona.ca/families](http://strathcona.ca/families) to register.

