

2025

Strathcona County Family Resource Network

**Register for
programs
today!**

Spring Program Schedule

FREE programs and services for Strathcona County families





**Register for
programs
today!**

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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 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



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/caregivers and children
0 to 6 years.

Weekly • Mondays (Omit Apr. 21, May 19)
Apr. 7 – Jun. 16 9:30 to 11:30 a.m.

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

Weekly • Wednesdays
Apr. 9 – Jun. 18 9:30 to 11:30 a.m.

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

Weekly • Fridays (Omit Apr. 18)
Apr. 11 – Jun. 20 9:30 to 11:30 a.m.

 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/caregivers and children
0 to 18 months.

Weekly • Tuesdays
Apr. 8 – Jun. 17 1 to 2:30 p.m.

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

Create with Me! **Drop-in**

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.

For parents/caregivers and children
0 to 6 years.

Weekly • Tuesdays
April 8 – 29 10 to 11:30 a.m.

 Antler Lake Community Hall,
1A 52343 Range Road 211

For the most up-to-date
program information go to
strathcona.ca/families



Programs for *Early Years*



Brain Architects

Drop-in

Building executive function skills in children's brains can create the foundation for lifelong learning, health, and success. Join us to learn how to build big brains in little people by engaging in fun research-based games and activities with your children.

For parents/caregivers and children
3 to 5 years. Younger siblings welcome.

Weekly • Thursdays

Apr. 10 – May 15

1 to 2:30 p.m.



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

Nature Nuts

Drop-in

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.

For parents/caregivers and children
0 to 6 years.

Weekly • Thursdays

May 29 – Jun. 19

10 to 11:30 a.m.



South Cooking Lake Community
Hall, 100, 22016 South Cooking
Lake Road



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 **Children and Youth**



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

Apr. 17 – May 8 5:30 to 6:30 p.m.



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

Mindful Choices

Are you ready to take control of your life and excel in school? Discover how to blend mindfulness into your everyday decisions, learn powerful techniques to handle life's challenges with ease and boost your resilience. Explore, grow, and become the best version of yourself!

For youth currently in Grades 5 to 7.

Weekly • Wednesdays

May 7 – 28 4:30 to 5:15 p.m.



Strathcona County Library,
Sherwood Park



For more information and to
register, visit sclibrary.ca

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 • Tuesdays

May 13 – Jun. 3 5:30 to 6:30 p.m.



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



Strathcona County Family Resource Network

Join us at our brand-new space at
160 Festival Way in Sherwood Park for a range
of free educational programs and services.

Visit **strathcona.ca/FRN** to learn more!



Follow us on Facebook:
facebook.com/strathcona.familyresourcenetwork

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

Family Fun Events

Register for programs today!

Calming Spaces

Discover the power of a calming space within your home—a space where kids can self-regulate and develop positive coping skills. Join us, along with the Strathcona County Library, to explore how to create an environment tailored to your family's unique needs.

For parents/caregivers and their children 5 to 8 years.

Wednesday

Apr. 16

5:30 to 6:30 p.m.



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



Goop, Slime and More! Family Playshop

Come dressed for a mess and stimulate your senses through a range of fun activities. Families and kids will learn how senses can enhance and strengthen your child's development. You'll be able to take the play recipes with you and continue the learning at home!

For parents/caregivers and children 0 to 12 years.

Friday

Apr. 25

6:30 to 8 p.m.



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

ASQ Birthday Party

Happy Birthday to all the children who will be 3 in 2025!

Celebrate your child's development using the Ages and Stages Questionnaire (ASQ). Enjoy fun activities and snacks while learning how to support your child's development.

For parents/caregivers and their children 3 years of age. Younger siblings welcome.

Saturday

May 10

9:30 to 11:30 a.m.



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

For more information and to complete an Ages and Stages Questionnaire online, visit: strathcona.ca/ASQ

International Mud Day!

Drop-in

Children love getting messy with mud. In addition to being fun, playing with mud helps develop fine motor skills and contributes to the healthy development of the sensory system. Join us for Mud Day, where children and adults alike can create, imagine and get dirty together.

For parents/caregivers and children of all ages!

Thursday

Jun. 26

4 to 6 p.m.



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

Programs for **Parents and Caregivers**



Kids Do Well If They Can

Are rewards and consequences not helping with your child's challenging behaviours? Does your child struggle to use coping skills? Join us to discuss the brain-body connection behind feelings and behaviours and explore practical tools to help children understand their emotions and develop self-regulation skills.

Following the session we will have 30 minutes for questions and answers.

For parents/caregivers of children
in Grades 1 to 6.

Thursday

Apr. 10

6 to 7:30 p.m.



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

Brain Architecture Game

Come and learn about the powerful role relationships have on early brain development while playing a table top game. This fun, interactive and informative event is a must for every caregiver. Come for fun and leave with information that can affect generations to come!

For parents/caregivers of children
0 to 18 months.

Thursday

May 15

6:30 to 8 p.m.



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

Transitioning to Junior High

Transitioning from elementary to junior high school can be exciting and stressful at the same time. Learn strategies to support your teenager at this free workshop for parents and caregivers of youth transitioning schools.

For parents/caregivers of youth
entering Junior High in Fall 2025.

Wednesday

Apr. 23

6 to 7:30pm



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





Straight Talk About Teens

Crossing the bridge from childhood to adulthood can be exciting and challenging for teens and their caregivers. This session explores adolescent development, the teenage brain, effective communication, discipline and managing risky behavior.

For parents/caregivers of youth 12 years and older.

Thursday

May 29

6:30 to 8 p.m.



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

Emotion Coaching

Our emotions are with us wherever we go and impact every aspect of our lives. This online session provides helpful tips on how to coach children in navigating their emotions and big feelings.

For parents/caregivers of children 2 to 9 years.

Thursday

Jun. 5

6:30 to 8 p.m.



Virtual (online)

Summer is coming!

Stay tuned for our summer program schedule

Registration starts May 2025, visit strathcona.ca/families.

**Register for
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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

Connect Parent

Sometimes it can be difficult to connect with your teen. Strong communication is an important component to foster healthy development and lasting family connections. Join us for this workshop as we explore new perspectives on parent-teen relationships, and concrete strategies for success!

- For parents of children currently in grades 7 to 9
- nine-week evening program

Circle of Security

Parenting can be challenging, and at times, it's hard to know what our child needs. Participants will get help understanding their child's emotions and gain practical tools to foster a secure and connected relationship with their child through guided discussions, videos and reflections.

- For parents and caregivers of children 0 to 6 years
- Contact us for more program details

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



AGES GR.7+

SNACKS AND FOOD

FITNESS GYM

AND MOVIE THEATRE

VIDEO GAMES AND BOARD GAMES

POOL, FOOSBALL, ARCADES

Monday-Friday

11AM-9PM



@canteen.youth www.scbgc.com

LISTEN NOW:

You Belong Here!

SEASON 2



**Engaging discussions about local resources
and support in Strathcona County.**

strathcona.ca/YouBelongHere



Listen on
Apple Podcasts



Listen on
Spotify



Listen on
Amazon Podcasts



**STRATHCONA
COUNTY**



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.

bbsstrathcona.ca
587-930-7034



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

