

Strathmore & Chestermere Family Resource Network Hub

APRIL 2024 NEWSLETTER

Trellis Society is honoured to serve in the traditional territory of the Blackfoot Confederacy, home to the Siksika, the North and South Piikani, and the Kainai Nations. We also acknowledge the Tsuut'ina and Îyāhé Nakoda (the Chiniki, Bearspaw and Goodstoney Nations), the Métis Nation (Districts 4, 5 and 6) and all who make their home on Treaty 7 territory. We are all Treaty People.

Hub & Spoke Information

TRELLIS COMMONS HUB

Address: **419B 2nd Street, Strathmore, AB T1P 1B9**
Website: www.growwithtrellis.ca/families/resources
Email: strathmoreFRN@growwithtrellis.ca
Phone: **403.983.0076**
Facebook: **@TrellisStrathmoreFRN**



HEALTHY FAMILIES

Website: <https://asc-mva.ab.ca/family-support-services/healthy-families/>
Email: main@asc-mva.ab.ca
Phone: **403.586.0665**



PARENT CAREGIVER SUPPORT SERVICES

Address: **105 Marina Rd. Chestermere, AB, T1X 1V7**
Website: <https://www.chestermere.ca/PCSS>
Email: pcssinfo@chestermere.ca
Phone: **403.270.7050**
Facebook: **@ChestemerePCSS**



If you or someone you know is experiencing distress or in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger.

ConnecTeen – 403.264.8336
Family Violence Hotline – 403.234.7233
Kids Help Phone – 1.800.668.6868

Distress Center – 403.266.4357
Indian Residential Schools Crisis Line – 1.866.925.4419
Togetherall – <https://togetherall.com/en-ca/>

PARENT & CAREGIVER SUPPORT SERVICES (PCSS)

DROP IN PROGRAMS

Tiny Talk: Exciting news! Our Baby Talk program is evolving to include toddlers (ages 0-3). Share your input on what topics are interested in so we can keep it relevant! Siblings are welcome.

When: Tuesdays from 11:00a.m.-12:30p.m.

Where: Chestermere Library | 105 Marina Rd

Come Play with Me: Join us for a delightful intergenerational playgroup at Lakeshore Manor. Play, create, connect, and explore! Come Play with Me has shifted to Thursday mornings. Mark your calendars and join us for the same intergenerational joy and family connections.

When: Thursdays from 9:30-11:00a.m.

Where: Lakeshore Manor | 200 Marina Dr

Ages and Stages Questionnaire: Ages & Questionnaires® (ASQ) are the most widely used developmental and social-emotional screening tools for children ages 2 months to 6 years of age. There are x2 different parent-completed questionnaires that you can complete.

When: Anytime! Email pcssinfo@chestermere.ca to learn more

SPECIAL EVENTS

Cherishing Parenthood: Understanding and Coping with Postpartum

Emotions: The postpartum period is an intricate tapestry of emotions, woven with the threads of joy, exhaustion, love, and vulnerability. New mothers often find themselves on an emotional rollercoaster as they navigate the profound changes that come with bringing a new life into the world. It's crucial for new mothers to recognize and embrace this range of feelings, seeking support when needed, and understanding that these emotions are a natural part of the transformative journey into motherhood. Join PCSS and AHS Community Education Services to learn more.

When: April 8 from 10:00-11:30am

Where: Zoom

Day with Dads BBQ: Our new PCSS program is starting with a bang at the Day with Dads BBQ! Join us for a free BBQ with all your favourite foods, and learn more about what this new program is all about. The whole family is welcome to join!

When: April 16 from 11:00-2:00pm

Where: Chestermere

REGISTERED PROGRAMS

Circle of Security Parenting: At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking of you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

When: Mondays | March 4 - April 22 | 7:00 - 8:30pm **Where:** Virtual

Potty Training 101: Are you feeling unsure or confident about starting the potty training adventure? Register to watch our pre-recorded Potty Training 101 webcast to find out! Go through a helpful quiz, ensuring you understand if your little one is ready for this milestone and gain valuable tips and tricks successful potty training. Complete a quick survey at the end to receive a FREE potty box!

When: Anytime! Email pcssinfo@chestermere.ca to learn more

CONTACT US

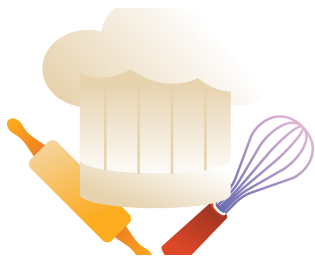
Email: pcssinfo@chestermere.ca

Phone: 403-207-7050 extension 7135

Website: <https://thecityofchestermere.ca/community-services/pcss>

REGISTER NOW





PCAP & HEALTHY FAMILIES

April 2024

THE BENEFITS OF COOKING WITH KIDS



DEVELOPS AN ADVENTUROUS EATER

One of the greatest benefits of cooking with children is that it can help them be more **adventurous** by exploring new foods and textures. Those who have been involved in the cooking process are more likely to try different ingredients and foods when introduced at a young age

BUILDS RELATIONSHIPS

A kitchen is a great place for parents to spend **quality time** with their children, building healthy relationships with family and food. It can be a place to talk about family traditions through family recipes, or it can simply be a place just to have fun and catch up!



LIFE SKILL

Learning the basic skill of cooking, can be used for the rest of your child's life. By starting this skill at a young age, it promotes **independence, safety, and confidence** as they grow.

PHYSICAL DEVELOPMENT

Stirring, measuring, rolling, squeezing, and spreading are just a few of the kitchen tasks that allow young children to develop their **fine motor** and **hand-eye coordination** skills.

LANGUAGE, MATH, SENSORY & CREATIVITY

Children learn by touching, tasting, feeling, smelling, observing, reading, and listening. This is why the kitchen is a **perfect environment to promote learning, imaginations, and creativity**. It opens several learning opportunities such as building on language, counting, number recognition, colors and much more.

For more information on services from
PCAP & Healthy Families
please email: main@asc-mva.ab.ca



For all other Information
403.586.0665

PCAP & HEALTHY FAMILIES



Easy Blueberry Pancakes

- 2 large eggs
- 1 cup milk
- 2 teaspoons Vanilla Extract, optional
- 3 tablespoons melted butter or 3 tablespoons vegetable oil
- 1 1/2 cups All-Purpose Flour
- 3/4 teaspoon table salt
- 2 teaspoons baking powder
- 2 tablespoons granulated sugar
- 3/4 cup blueberries, fresh or frozen



- 1 cup vanilla yogurt
- 1 cup strawberries, fresh or frozen
- 1 banana, fresh or frozen
- 1/4 cup orange juice
- blend until smooth

- 2-3 Celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- 1/2 cup cream cheese
- 10 cucumber slices
- 1 cup cherry and/or grape tomatoes
- 1 bunch chives, cut into 1" lengths
- 5-7 black olives or grapes



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TRELLIS SOCIETY

EARLY CHILDHOOD PROGRAMMING (AGES 0-6)

Tot Talk: Join other parents and caregivers with their littles to socialize & learn about topics related to parenting & development in the early years. Get connected to local resources and supports.

Preschool Talk Time: Do you have questions or just want to learn more about what to expect regarding your child's development? Come & meet Registered Speech Language Pathologist, Holly Smart in our relaxed & fun play space

Stroller Walk- Langdon: Scooters, Strollers, Walkers, and Crawlers! Meet us at the Qualico Resource Centre in Langdon for our stroll around the paths. All ages welcome!

Please visit 5forlife.ca to **register** for the following events:

Motoring Munchkins: Keep you and your 3-5 year olds engaged in fun active play, creating healthy habits for life! Siblings welcome

Gymnastics: Join us at the Strathmore Gymnastics centre for an hour of open gym time with your little ones aged 0-5years!

YOUTH PROGRAMMING (AGES 7-18)

Youth Corner Chestermere: Join us at the Chestermere Library for an activity and learn more about self regulation skills to relieve stress in a creative way! Paint and create sensory boxes and bottles! **Ages 11-14**

Bright Minds: Let's make sensory bags. A creative way of relieving stress and have some fun with the kids. **Ages 7-12, * Now Un-Parented! :)**

Teen Drop-In: In partnership with WYN, youth **Ages 13+**, come hang out & enjoy ping pong, video games & other activities, with youth in the community! Join us for Drop-in every Tuesday. A safe space for all youth!

Youth Culture group: Partnering with FCSS. Register online with the town. This month is cultural photography, bring a cultural item to photograph. **Ages 13+**



FAMILY PROGRAMMING

Coffee & Chat: Need a change of scenery? Join us in the Strathmore FRN Playroom for a cup of coffee and play with your kids while they also get to make a new friend or two! Parent/ Caregivers with children ages 0-6 years of age.

Indigenous Programming: Join us alongside The Town of Strathmore beading red dresses honoring MMIW. Beverages and Small Snacks Provided at the Trellis Society Hub. Ages 12+

Tea & Bannock: Everyone is welcome to come and learn from our elders. There will be no set topic just come with an open heart, mind, and the desire to learn about our history.

Unwind With Me: Join us for some self-care. Pick up your kit at Trellis Commons and join us online for some laughter, comradery, and pampering.

Breakfast With Dudes: Dads, Uncles, Bampa's, whatever your title, this program is for male caregivers and the kiddos in their lives to spend time chatting, hanging out and of course eating breakfast with each other!

Circle of Security Parenting: At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking of you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Register now to join us virtually for 8 weeks!

Community Pop-Up: We are coming to your community with coffee to learn more about what your community needs from us!

Wednesday **April 17th 1:00-2:00PM** in **Gleichen**

Thursday **April 18th 9:00-10:00AM** at the **Hussar** Community Centre Thursday **April 18th 12:00-1:00PM** at the **Standard** Library,

Monday **April 22nd 10:00-11:00AM** at the **Rockyford** Library & Wednesday **April 24th 12:00-1:00PM** in **Carseland**

APR

2024

 ECD Programs

 Youth Programs

 Family Programs


 PCSS


**Programs Coming
Next Month:**


GLOW Girls!




Please **contact us** for any
information & registration
for our programs

 **403.983.0076**

 **strathmoreFRN@
growwithtrellis.ca**

 **419b 2nd Street,
Strathmore, AB**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CENTRE CLOSED 	2 Tot Talk 10:00-11:30AM Tiny Talk 11:00-12:30PM Teen Drop In 4:00-6:00PM	3	4 Postpartum Support Group 10:00-12:00PM Come Play With Me 9:30-11:00AM	5 Coffee & Chat 10:00-11:30AM	6 Family Hangout 10:00-12:00PM
8 PCSS and AHS 10:00-11:30AM Circle of Security 7:00-8:30PM	9 Tot Talk - Clothing Exchange! 10:00-12:00PM Tiny Talk 11:00-12:30PM Teen Drop In 4:00-6:00PM	10 Stroller Walk Langdon 10:00-11:00AM Tea & Bannock 12:00-1:30PM	11 Postpartum Support Group 10:00-12:00PM Come Play With Me 9:30-11:00AM Indigenous Crafts 1:00-3:00PM Bright Minds 4:30-6:00PM	12	13 Day with Dads BBQ 11:00-2:00PM
15 Circle of Security 7:00-8:30PM	16 Tot Talk 10:00-11:30AM Tiny Talk 11:00-12:30PM Teen Drop In 4:00-6:00PM	17 Community Pop-Up! Gleichen 1:00-2:00PM Youth Culture Group- Cultural Photography 4:00-6:00PM	18 Come Play With Me 9:30-11:00AM 5 For Life Registered Event- Gymnastics 10:30-11:30AM Community Pop-Up! Hussar 9:00-10:00AM Community Pop-Up! Standard Library 12:00-1:00PM Indigenous Crafts 4:30-6:30PM	19 Coffee & Chat 10:00-11:30AM	20 Breakfast With Dudes 10:00-12:00PM
22 Community Pop-Up! Rockyford Library 10:00-11:00AM Circle of Security 7:00-8:30PM	23 Tot Talk 10:00-11:30AM Tiny Talk 11:00-12:30PM 5 For Life Registered Event Motoring Munchkins 1:00-2:30PM Teen Drop In 4:00-6:00PM Unwind With Me 9:00-10:00PM	24 Stroller Walk Langdon 10:00-11:00AM Community Pop-Up! Carseland 12:00-1:00PM	25 Come Play With Me 9:30-11:00AM Youth Corner- Chestermere 5:00-7:00PM	26	27
29 Circle of Security 7:00-8:30PM	30 Tot Talk 10:00-11:30AM Preschool Talk Time 10:30-12:00PM Tiny Talk 11:00-12:30PM Teen Drop In 4:00-6:00PM				