

### THIS MONTH IS...

Indigenous  
Awareness Month

World Environment  
Day  
June 5, 2021

World Oceans Day  
June 8, 2021

Juneteenth  
June 19, 2021

World Refugee Day  
June 20, 2021

National Indigenous  
Peoples Day  
June 21, 2021



Pride Month



REIMAGINE.  
RECREATE. RESTORE.  
This is our moment.  
We cannot turn back  
time. But we can grow  
trees, green our cities,  
rewild our gardens,  
change our diets and  
clean up rivers and  
coasts. We are the  
generation that can  
make peace with  
nature.



On World  
Ocean Day,  
people around  
our blue planet  
celebrate and  
honor our one  
shared ocean,  
that connects us  
all.



Juneteenth is  
the oldest  
nationally  
celebrated  
commemoration  
of the ending of  
slavery in the  
United States.



The COVID-19  
pandemic and the recent  
anti-racism protests  
have shown us how  
desperately we need to  
fight for a more inclusive  
and equal world: a world  
where no one is left  
behind. It has never  
been clearer that all of  
us have a role to play in  
order to bring about  
change. Everyone can  
make a difference.



June 21 is National  
Indigenous Peoples  
Day. This is a day  
for all Canadians to  
recognize and  
celebrate the  
unique heritage,  
diverse cultures  
and outstanding  
contributions of  
First Nations, Inuit  
and Métis peoples.

### TELEPHONE SUPPORT

#### FOR PARENTS AND CAREGIVERS

Trellis Commons staff are available to  
connect with you for 1:1 support (no  
internet required).

Please contact a Trellis Commons team  
member at 403.983.0076.

### CRISIS PHONE NUMBERS

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.

Distress Center – 403.266.4357

Kids Help Phone – 1.800.668.6868

Family Violence Hotline – 403.234.7233

ConnecTeen – 403.264.8336

Togetherall – <https://togetherall.com/en-ca/>

Trellis' commitment to reconciliation starts with taking this opportunity to acknowledge our honour and privilege to live and work within the Treaty 7 territory. We acknowledge the traditional and ancestral territory and oral practices of the Blackfoot Confederacy, which includes the Siksika Nation, the North and South Piikani Nations and the Kainai Nation. We also acknowledge the other members of Treaty 7 First Nations, the Tsuut'ina and ᑭᐢᐱᐢ Nakoda (Stoney Nakoda) which include Chiniki, Bearspaw and Wesley First Nations. In addition, the City of Calgary is home to the Métis Nation of Alberta (Region 3). Finally, we acknowledge all nations, genders and spirits who live, work and play in Moh'kinstsis, the Blackfoot name for Calgary, and Treaty 7 Region of Southern Alberta who help us steward this land, honour and celebrate this territory.

# HUB & SPOKE INFORMATION

June 2021

Vol. 14

## TRELLIS COMMONS HUB

Address: 419B 2<sup>nd</sup> Street, Strathmore, AB T1P 1B9  
Website: <https://www.growwithtrellis.ca/families/resources>  
Email | Phone: [strathmoreFRN@growwithtrellis.ca](mailto:strathmoreFRN@growwithtrellis.ca) | 403.983.0076  
Facebook: @StrathmoreChestermereFRNHub

MONDAY 8:30 AM – 12:00 PM  
TUESDAY 8:30 AM – 4:30 PM  
WEDNESDAY 8:30 AM – 6:00 PM  
THURSDAY 8:30 AM – 8:00 PM  
FRIDAY 8:30 AM – 4:30 PM  
SATURDAY 10:00 AM – 3:00 PM



## HEALTHY FAMILIES – ACCREDITED SUPPORTS TO THE COMMUNITY

Website: <https://asc-mva.ab.ca/family-support-services/healthy-families/>  
Email | Phone: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca) | 403.586.0665



## PARENT & CAREGIVER SUPPORT SERVICES (PCSS)

Address: 105 Marina Rd. Chestermere, AB T1X 1V7  
Website: <https://www.chestermere.ca/PCSS>  
Email | Phone: [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca) | 403.207.7050  
Facebook: @ChestermerePCSS



## COVID-19 UPDATES

With the most recent provincial announcement, we are excited to be considering opening for small group, face-to-face programming. We may be able to move to in-person programming if permitted and this will be determined on a month-to-month basis.

Please follow our Facebook page for more up-to-date information!

The safety of our families and staff is our highest priority and, therefore, we are following public health guidelines to ensure we create a safe space which accommodates one family at a time. All programs and meetings will be virtual or via telephone, unless otherwise stated.

The required precautions for in-person programs are listed below.

- All in-person programs and meetings at Trellis Commons are by appointment or pre-registration only. Everyone will be required to wear masks while inside.
- ALL individuals attending programming will be asked to complete the AHS COVID-19 screening prior to entering Trellis Commons and will be asked to wash their hands once inside
- Parents are kindly asked to ensure their children are following social distancing protocols.
- Two bathrooms (one on each floor) have been designated as “Public Use Only”.
- Individuals that are experiencing any symptoms of sickness will be asked to not attend in-person programs and/or meetings.

## SUMMERTIME CRAFT

- For children, ages 3-6 and their caregivers.
- Let's get crafty! Pick up your craft kit from the Trellis Commons Strathmore office and join Natasha on Zoom for some summertime craft fun!
- **Wednesday, June 23, 2021**
  - 10:00 – 11:00 AM
- Register with Natasha [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) (403.629.0289).

## CARSELAND RHYME TIME!

- For kids ages 0-6 and their caregiver.
- Join us in the park to experience the fun and power of preschool songs and rhymes! Share a few well-known ones and learn some new ones to use with your child.
- **Wednesdays – June 9 – June 30, 2021**
  - 12:00 PM – 1:30 PM
- Register with Rhonda [rrhysdoering@growwithtrellis.ca](mailto:rrhysdoering@growwithtrellis.ca) (403.690.1237).

## STROLLER WALK

- For caregivers with babies ages 0-12 months.
- Join us at the Kinsmen/Spray Park parking lot for a casual and relaxing (social distanced) walk around the park. Meet other caregivers and chat with the Trellis Commons team about child development, parenting joys/challenges, and resources. Attend one week or all!
- **Thursdays – June 3, 10, 17, 24, 2021**
  - 10:30 AM – 11:30 AM
- Register with Natasha [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) (403.629.0289).

## PRESCHOOL TALK TIME

- For caregivers with children ages 0-6.
- Come and consult with a Registered Speech and Language Pathologist while your child plays! Ask questions or just learn more about what to expect regarding your child's speech development.
- **Tuesday, June 22, 2021**
  - 10:30 AM – 12:00 PM
- Register with Rhonda [rrhysdoering@growwithtrellis.ca](mailto:rrhysdoering@growwithtrellis.ca) (403.690.1237) or Natasha [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) (403.629.0289).

## FATHER'S DAY CRAFT

- For caregivers with children ages 0-6.
- Come and work with your child to make a cool gift for the male caregiver in your lives. Show him how great you think he is and help your child learn about expressing gratitude to others.
- **Friday, June 18, 2021**
  - 10:30 AM – 11:30 AM
- Register with Rhonda [rrhysdoering@growwithtrellis.ca](mailto:rrhysdoering@growwithtrellis.ca) (403.690.1237).

## MINDFUL MOMENTS

- For children ages 0-6 and their caregivers.
- Join us for a moment of calm. We will read stories; practice breathing & moving our bodies and enjoy a moment of mindfulness together.
- **Tuesday, June 15, 2021**
  - 10:30 – 11:00 AM
- **Thursday, June 24, 2021**
  - 1:30 PM – 2:00 PM
- Register with Natasha [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) (403.629.0289).

## BABY TALK

- Connect with other parents while learning about different topics and areas related to your baby's development. Hosted virtually with one of our Caregiver Support Facilitators, different parenting and/or developmental topics and resources are presented each week, along with time for questions and answers.
- Our last topic for the summer topic is Sleep and Bedtime Routines. We will be back in the fall and joined by the public health nurses, watch the Facebook page for new dates and topics.
- **Monday, June 7, 2021**
  - 1:30 PM – 3:00 PM
- Register with a Public Health Nurse by calling 403-365-5403 or join our Facebook page @ChestermereBabyTalk.

## ONLINE DEVELOPMENTAL CHECKUP

- For parents and caregivers with children ages 0-6.
- Why isn't my baby walking? When should I expect my child to be able to know more than a few words? Complete an online Ages & Stages Questionnaire and get a full report on your child's development today and receive individualized parent support & follow-up.
- Visit [www.chestermere.ca/asq](http://www.chestermere.ca/asq) or scan and use the QR code.



## WORLD ENVIRONMENT DAY – BEE KIND

- For youth, ages 10-17.
- World Environment Day takes place on June 5<sup>th</sup>. This year's theme is ecological restoration. Learn the importance of bees and the pollination of plants. Learn how to plant your own pesticide-free bee feeder. Families can pick up art kits from the Trellis Commons Strathmore office.
- **Friday, June 4, 2021 (via Zoom)**
  - 4:30 – 5:30 PM
- Register with Ken  
[kturner@growwithtrellis.ca](mailto:kturner@growwithtrellis.ca) (403.390.2140).

## TALENTED TEENS – YOUTH ART PROGRAM

- For youth, ages 12-17.
- Join us for a four-week program where we learn and practice different art styles to help you get in touch with your inner artist! Join us for one session or all four and learn ways to manage stress using art. Families can pick up art kits from the Trellis Commons Strathmore office (or arrange a drop-off).
- **Friday, June 11, 2021 (via Zoom) - Clay**
  - 5:30 – 6:30 PM
- **Friday, June 25, 2021 (via Zoom) - Paint**
  - 5:30 – 6:30 PM
- Register with Amrit [amatharoo@growwithtrellis.ca](mailto:amatharoo@growwithtrellis.ca) (403.619.5139).

## FATHER'S DAY SURPRISE

- For youth, ages 7 – 17.
- June 20<sup>th</sup> is Father's Day! Recognize your dad, grandad, uncle, or any other special male caregiver with a handmade card or frameable print designed by you! Families can pick up art kits from the Trellis Commons Strathmore office.
- **Saturday, June 19, 2021 (via Zoom)**
  - 10:30 – 11:30 AM
- Register with Ken  
[kturner@growwithtrellis.ca](mailto:kturner@growwithtrellis.ca) (403.390.2140).

## STORIES WITH ELDER PABLO RUSSELL

- For youth, ages 10-17.
- Monday, June 21<sup>st</sup> is National Indigenous Peoples Day. Join us and our special guest, Blackfoot Elder and gifted storyteller, Pablo Russell, as he shares stories of cultural hero and trickster Napi (Old Man).
- **Monday, June 21, 2021**
  - 6:30 – 7:30 PM
- Register with Ken  
[kturner@growwithtrellis.ca](mailto:kturner@growwithtrellis.ca) (403.390.2140).

## SOUL FOOD SESSIONS

- For youth, ages 10-17.
- Taking care of our mind and soul is just as important as taking care of our bodies. Join us for our 3-week Soul Food Sessions, that will help you to learn and explore different ways to care for your mind and soul. You can register for one Zoom session or all four.
- **Wednesday, June 2, 2021 – Mindful Movements**
- **Wednesday, June 9, 2021 – Meditation**
- **Wednesday, June 16, 2021 – Journaling & Gratitude**
  - 5:30 – 6:30 PM
- Register with Amrit [amatharoo@growwithtrellis.ca](mailto:amatharoo@growwithtrellis.ca) (403.619.5139).

## THE HANGOUT

- For youth, ages 12-17.
- Join us on Zoom every Thursday as we dive into exciting topics such as coping skills, stress management, healthy relationships, self-esteem, and much more! There will be games, art, and guest speakers!
- **Thursdays – June 3 & 17, 2021 (via Zoom)**
  - 5:30 – 6:30 PM
- Register with Amrit [amatharoo@growwithtrellis.ca](mailto:amatharoo@growwithtrellis.ca) (403.619.5139).

## SAFE ZONE PROJECT WORKSHOP

- For youth, ages 14+.
- June is PRIDE month! Join us for this 2-hour workshop that explores concepts such as sexuality, gender, and allyship through fun and interactive guided activities.
- **Saturday, June 5, 2021**
  - 1:00 – 3:00 PM
- Register with Amrit [amatharoo@growwithtrellis.ca](mailto:amatharoo@growwithtrellis.ca) (403.619.5139).



GET TO KNOW YOUR TEEN

- For parents and caregivers with teens, ages 13-18.
- Parenting a teen can be difficult, especially when you have questions about their development and behaviour. Join the Trellis Commons Strathmore team for this one-hour workshop where you will get an overview about teen development and behaviour and also ask questions!
- **Tuesday, June 8, 2021**
  - 5:30 – 6:30 PM
- Register with Amrit [amatharoo@growwithtrellis.ca](mailto:amatharoo@growwithtrellis.ca) (403.619.5139).

MANAGING RUDENESS AND DISRESPECT

- For parents and caregivers with teens, ages 13-17.
- The teenage years pose unique challenges for teens and their parents, alike. Come learn about some strategies to handle rudeness and disrespect from your teen.
- **Tuesday, June 22, 2021**
  - 5:30 – 6:30 PM
- Register with Amrit [amatharoo@growwithtrellis.ca](mailto:amatharoo@growwithtrellis.ca) (403.619.5139).

POSITIVE PARENTING WORKSHOP SERIES

- Understand why children behave the way they do and learn how to guide their behaviour to see more of the behaviours you like! A workshop package with a tip sheet and an assortment of helpful resources are provided for each participant.
- Workshop #3: Raising Resilient Children
  - **Wednesday, June 2, 2021**
    - 9:30 – 11:00 AM
- Register at [www.chestermere.ca/triplep](http://www.chestermere.ca/triplep) by June 25 to ensure you have all of the workshop materials in time.

HAVE A SUCCESSFUL SUMMER

- Learn how you can positively manage misbehaviours and encourage the behaviours you like during our 90-minute online workshop. For parents/caregivers with children ages 4- 10. Hosted virtually through WebEx.
- **Tuesday, June 29, 2021**
  - 9:30-11:00 AM
- Register at [www.chestermere.ca/triplep](http://www.chestermere.ca/triplep) by June 25 to ensure you have all of the workshop materials in time.

CIRCLE OF SECURITY

- We are excited to be offering Circle of Security Parenting in Partnership with Siksika Family Resource Network!
- This program helps you make sense of what your child is asking. Learn to read their emotional needs, and better support them in managing their emotions. This program is based on decades of research about how secure parent-child relationships can be supported and strengthened.
- PLEASE NOTE – This is an 8-week program.
- **Wednesdays – May 19, 2021 – June 30, 2021 (via Zoom)**
  - 1:30 – 3:00 PM
- Register with Ken [kturner@growwithtrellis.ca](mailto:kturner@growwithtrellis.ca) (403.390.2140).

BUNDLE OF SUPPORT

- For pregnant and new moms.
- Adjusting to life while pregnant or after a baby can be a scary and emotional time for many new moms. Moms will receive support, resources, and encouragement to help navigate the transition to parenthood in a safe and welcoming environment.
- **Tuesdays – May 11 – June 29, 2021 (via Zoom)**
  - 1:30 – 3:00 PM
- Register with Rhonda [rrhys-doering@growwithtrellis.ca](mailto:rrhys-doering@growwithtrellis.ca) (403.690.1237) or Natasha [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) (403.629.0289).

GROW & LEARN SESSIONS

- **Camp Chestermere Summer Camps** – Learn all about what programs and camps are offered for the community, and who Camp Chestermere is as an organization. Staff from the agency will be discussing their inclusive programs, including Helping All Campers Succeed for children and youth with special needs, Overnight and Day Camps, and more!
  - **Tuesday, June 1, 2021**
    - 6:30 – 7:30 PM
- **Children's Link** - For parents or caregivers who care for or work with children and youth with disabilities, learn about how Children's Link can help you connect with community-based support services, and programs, as well as how Family Support for Children with Disabilities (FSCD) funding works.
  - **Thursday, June 17, 2021**
    - 7:00 – 8:30 PM
- Register online for these sessions at [www.chestermere.ca/growandlearn](http://www.chestermere.ca/growandlearn).



Healthy Families is a free and voluntary program provided to you in your home on a schedule that meets your needs. Healthy Families can provide you with information and support that will assist your family with larger issues that impact parenting. We support parents and caregivers to build on a foundation for strong family functioning. Guidance, referral and support is offered to families facing challenges that are impacting parenting, building on a family support network and enabling families to cope with stressors.

To learn more about the Healthy Families program or request services, please contact Program Director, Lisa Sauvé at 403.586.0665.

## HEALTHY INVOLVED FATHERS – WHAT, WHY & HOW

### **WHAT is a father's role today?**

- These days a father is so much more than a provider.
- He is affectionate – playing, hugging, and kissing his child.
- He is responsible – planning medical appointments, cooking, cleaning, booking babysitters, teaching them rules and behaviors, and helping them pursue their interests.
- He is nurturing – bathing, diapering, and feeding his child.
- Children learn from this equal modeling and are more likely to grow up to be responsible parents themselves, who are healthy contributors to their household, community, and world.

### **WHY are healthy involved fathers important?**

- Research has shown that the positive involvement of a good father who knows and enjoys his kids, has a knowledge of their daily routine, shares in the work and play of raising them, and helps in parenting, can be a key factor in healthy childhood development.

### **HOW can we support fathers' involvement?**

- Whether parents are together or separated, a healthy father's involvement should be supported.
- Parenting requires teamwork. Mom and Dad may parent differently, and this is okay, but they can still communicate about ways to work together to share responsibilities.
- Dads who are encouraged to adopt some of their own parenting own methods are more likely to feel appreciated and pitch in equally.
- Try to divide parenting tasks fairly if they cannot be divided equally.
- Attachment is not only for mothers. Fathers who play with, cuddle, and nurture their children form strong lifelong bonds with their children. The more connections we have with healthy adult role models as children, the greater our resiliency to life's struggles as adults.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Bundle of Support</b> 1:30 – 3:00 PM <b>Camp Chestermere</b> <b>Summer Camps</b> 6:30 – 7:30 PM	<b>2</b> <b>Raising Resilient</b> <b>Children</b> 9:30 – 11:00 AM <b>Come Grow With Me!</b> <b>Rockyford</b> 10:00 – 11:30 AM <b>Circle of Security (3B)</b> 1:30 – 3:00 PM <b>Soul Food Session</b> 5:30 – 6:30 PM	<b>3</b> <b>Stroller Walk</b> 10:00 – 11:00 AM <b>Circle of Security (7A)</b> 1:30 – 3:00 PM <b>The Hangout</b> 5:30 – 6:30 PM	<b>4</b> <b>World Environment</b> <b>Day – Bee Kind</b> 4:30 – 5:30 PM	<b>5</b> <b>Safe Zone Project</b> <b>Workshop</b> 1:00 – 3:00 PM
<b>7</b> <b>Baby Talk</b> 1:30 – 3:00 PM	<b>8</b> <b>Bundle of Support</b> 1:30 – 3:00 PM <b>Get to Know Your Teen</b> 5:30 – 6:30 PM	<b>9</b> <b>Carseland Rhyme</b> <b>Time!</b> 12:00 – 1:30 PM <b>Circle of Security (4B)</b> 1:30 – 3:00 PM <b>Soul Food Session</b> 5:30 – 6:30 PM	<b>10</b> <b>Stroller Walk</b> 10:00 – 11:00 AM <b>Circle of Security (8A)</b> 1:30 – 3:00 PM	<b>11</b> <b>Talented Teens - Clay</b> 5:30 – 6:30 PM	<b>12</b>
<b>14</b>	<b>15</b> <b>Mindful Moments</b> 10:30 – 11:00 AM <b>Bundle of Support</b> 1:30 – 3:00 PM	<b>16</b> <b>Carseland Rhyme</b> <b>Time!</b> 12:00 – 1:30 PM <b>Circle of Security (5B)</b> 1:30 – 3:00 PM <b>Soul Food Session</b> 5:30 – 6:30 PM	<b>17</b> <b>Stroller Walk</b> 10:00 – 11:00 AM <b>The Hangout</b> 5:30 – 6:30 PM <b>Children's Link</b> 7:00 – 8:30 PM	<b>18</b> <b>Father's Day Craft</b> 10:30 – 11:30 AM	<b>19</b> <b>Father's Day Surprise</b> 10:30 – 11:30 AM
<b>21</b> <b>Stories with Elder</b> <b>Pablo Russell</b> 6:30 – 7:30 PM	<b>22</b> <b>Preschool Talk Time</b> 10:30 – 12:00 PM <b>Bundle of Support</b> 1:30 – 3:00 PM <b>Managing Rudeness &amp;</b> <b>Disrespect</b> 5:30 – 6:30 PM	<b>23</b> <b>Summertime Craft</b> 10:00 – 11:00 AM <b>Carseland Rhyme</b> <b>Time!</b> 12:00 – 1:30 PM <b>Circle of Security (6B)</b> 1:30 – 3:00 PM	<b>24</b> <b>Stroller Walk</b> 10:00 – 11:00 AM <b>Mindful Moments</b> 1:30 – 2:00 PM	<b>25</b> <b>Talented Teens - Paint</b> 5:30 – 6:30 PM	<b>26</b>
<b>28</b>	<b>29</b> <b>Have a Successful</b> <b>Sumer</b> 9:00 – 11:00 AM <b>Bundle of Support</b> 1:30 – 3:00 PM	<b>30</b> <b>Carseland Rhyme</b> <b>Time!</b> 12:00 – 1:30 PM <b>Circle of Security (7B)</b> 1:30 – 3:00 PM	<b>TRELLIS COMMONS</b> 419B 2 <sup>nd</sup> Street, Strathmore, AB T1P 1B9 <a href="mailto:strathmoreFRN@growwithtrellis.ca">strathmoreFRN@growwithtrellis.ca</a> 403.983.0076 @ChestermereStrathmoreFRNHub		<b>HEALTHY FAMILIES</b> <a href="https://asc-mva.ab.ca/family-support-services/healthy-families/main@asc-mva.ab.ca">https://asc-mva.ab.ca/family-support-services/healthy-families/main@asc-mva.ab.ca</a> 403.586.0665
					<b>PCSS</b> 105 Marina Rd. Chestermere, AB T1X 1V7 <a href="mailto:pcssinfo@chestermere.ca">pcssinfo@chestermere.ca</a> 403.207.7050 @ChestermerePCSS

## LEGEND

ECD (Ages 0-6) Programs

Youth (Ages 7-18) Programs

Family &amp; Caregiver Programs

PCSS Programs