

THIS MONTH IS... **S E P T E M B E R !**

Meet Krista!



Hi, my name is Krista, and I am new member of the Trellis Commons team. I am coming on board as the Community In- Home family support worker for the Strathmore FRN. I have 3 beautiful children who are 11, 10 and 7. I have been a Child and Youth Worker for 14 years and have worked in such areas as child protection, addictions, Child Development Advising in school settings as well as disabilities. I have done many types of training such as trauma, sensory regulation and integration, motivational interviewing, suicide prevention, and much more. I look forward to working with this amazing team and the families that are connected to and will be connecting to us.

September 30th
International Day for Truth and
Reconciliation
(Orange Shirt Day)



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.

ConnecTeen – 403.264.8336

Distress Center – 403.266.4357

Family Violence Hotline – 403.234.7233

Indian Residential Schools Crisis Line – 1.866.925.4419

Kids Help Phone – 1.800.668.6868

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 ȩyăhé 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.

TRELLIS COMMONS HUBAddress: 419B 2nd Street, Strathmore, AB T1P 1B9Website: <https://www.growwithtrellis.ca/families/resources>Email | Phone: 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 – 12:00 PM

HEALTHY FAMILIESWebsite: <https://asc-mva.ab.ca/family-support-services/healthy-families/>Email | Phone: main@asc-mva.ab.ca | 403.586.0665PARENT & CAREGIVER SUPPORT SERVICES (PCSS)

Address: 105 Marina Rd. Chestermere, AB T1X 1V7

Website: <https://www.chestermere.ca/PCSS>Email | Phone: pcssinfo@chestermere.ca | 403.207.7050

Facebook: @ChestermerePCSS

COVID-19 UPDATES

We are excited to be opening for small group, face-to-face programming. Everyone will be required to register for in-person programming and will be required to wear a mask at this time.

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

The safety of our families and staff is our highest priority.

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.
- 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.

Chestermere - Toddler Story Time

Come to Chestermere Public Library for stories, songs and rhymes at Toddler Story Time! This is a weekly program. Siblings welcome.

- Location: Chestermere Library
- Date: Every Friday, September 17 – October 22, 2021
 - Time: 10:15 - 11:00 AM
- Register at the library or by calling (403.272.9025)

Coffee and Chat

Children participate in interactive, imaginative play while parents enjoy meeting other parents and caregivers. Join and interact with staff and ask questions about development, behavior, parenting and available resources!

- Location: 419B-2nd St. Strathmore, AB, T1P 1B9
- Date: Wednesdays, September 8 & 22
- Time: 9:00 -10:30 AM
- Register with Natasha
- Email: nkavanagh@growwithtrellis.ca
- Phone: (403.983.0076) or (403.629.0289)

Play Time

Children participate in interactive play activities & parents can connect with other parents/caregivers and FRN Staff. Parenting, Child Development Info, and resources are available.

- Location: 419B-2nd St. Strathmore, AB, T1P 1B9
- Date: Wednesday, September 15, 2021
 - Time: 2:00 – 3:00 PM
- Register with Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237) or Natasha nkavanagh@growwithtrellis.ca (403.629.0289)

Baby Talk

Join other parents and babies up to 12 months (older siblings welcome) to socialize & learn about relevant topics concerning parenting an infant. Also get connected to local resources and supports. We know parenting can be hard, and we are here to help!

- Location: 419B-2nd St. Strathmore, AB, T1P 1B9
- Date: Thursday mornings, beginning September 9
 - Note: There will be no group Sept. 30
 - Time: 9:30 - 11:00 AM
- Register with Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237) or Natasha nkavanagh@growwithtrellis.ca (403.629.0289)

Standard & Rockyford - KidzConnect Program

For kids ages 0-6 and their caregiver.

Join us in your own community, and your neighboring community on alternate weeks. Together, let's have some fun with preschool music and dance in Standard! We will also do some good ol' running and playing together, in the gym in Rockyford. Let's shorten the distance between Standard and Rockyford and everyone can make a few friends while learning about supports and available resources!

Wednesdays, 10:00 – 11:30 AM

- September 29 - ROCKYFORD
- October 6 – STANDARD
- October 13 – ROCKYFORD
- October 20 - STANDARD
- Register with Natasha nkavanagh@growwithtrellis.ca (403.629.0289)

or Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237)

Infant Massage

For caregivers with babies 0-12 months
Have some fun learning basic infant massage strokes!

- Location: 419B-2nd St. Strathmore, AB, T1P 1B9
- Date: Tuesdays, September 28, 2021 – October 19, 2021
- Time: 10:00 -11:30 AM

PLEASE NOTE: This program requires a 4-week commitment.

- Register with Rhonda before September 24, 2021
- rrhys-doering@growwithtrellis.ca (403.690.1237)

Stroller Walk

For caregivers & children ages 0-6. Older siblings are welcome to walk, skip, or jump! Meet at the Kinsmen/Spray Park parking lot for a casual (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!

- Date: Tuesdays – September 7 & 21, 2021
 - 10:00 AM – 11:00 AM
- Register with Natasha nkavanagh@growwithtrellis.ca (403.629.0289)
- or Rhonda rrhys-doering@growwithtrellis.ca (403.690.1237)

Mario Party Night!

Choose your player! Mario, Luigi or Yoshi? Come out to our centre for a fun night of laughs and gaming as we play Mario Party! For ages 13 and up!

Light Snacks and Beverages will be provided.

Time: 5:00-7:00PM

Date: September 23, 2021

Register with Verona or Saydie!

Email Strathmorefrn@growwithtrellis.ca

Phone: Main (403.983.0076) or Saydie (403.512.8891) or Verona (403.325.1525)

Resume Writing Workshop

Are you confused when you are trying to write your own resume? Come join me and let's write one together! The benefits of having a resume grant many things such as Job Opportunities! Join me at our office and leave with a completed resume!

Time: 3:30-4:30PM

September 28, 2021

Register with Saydie!

- Email: Sjerry@growwithtrellis.ca

- Phone: Main (403-983-0076) or Cell (403-512-8891)

Follow-along Bob Ross Paint Night

Come out to our centre for a night. We are going to be following a video on one of Bob Ross's paintings! All painting supplies and canvas will be provided

Light Snack and Beverages will be provided.

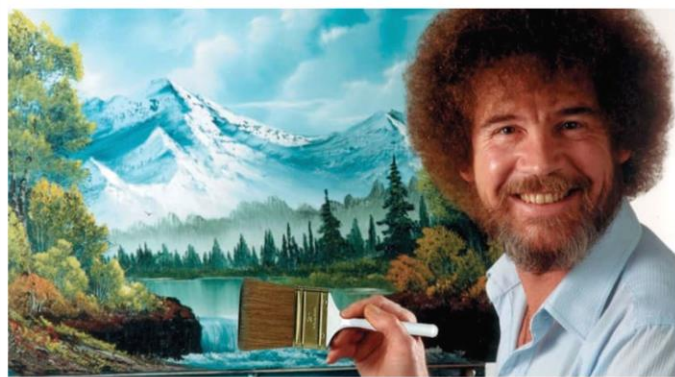
Time: 6:00-8:00PM

Date: September 14, 2021

Register with Saydie!

Email: Sjerry@growwithtrellis.ca

Phone: (403.983.0076) or (403.512.8891)

**Back to School Movie Night**

Are you ready for school? What is your favorite movie? Join us for a movie night! We will be having popcorn and candy while watching a movie chosen by the crowd!

For Ages 13+

Date: September 3, 2021

Time: 6:00-8:00PM

Register with Verona and Saydie

Email: Strathmorefrn@growwithtrellis.ca

Phone: (403.983.0076)

Beading with Verona

Come and join Verona and bead your own lanyard! Learn to bead while also having fun in the process. All supplies will be provided as well as light snack and beverages.

Ages 12+

Date: September 9th

Time: 5:00-7:00PM

Register with Verona!

Email: Vwoods@growwithtrellis.ca

Phone: Main (403.983.0076) Phone (403.325.1525)

Go Girls Group!

Need some guidance navigating Body Issues, Self-Esteem, Peer Pressure, Healthy Friendships?

Come on out and join the conversation to help navigate through these obstacles that most young tweens face.

For ages 10-13!

Light Snacks and Beverages will be available.

Time: 6:30-8:00PM

Date: September 6, and September 16, 2021

Register with Krista

Email: Khynes@growwithtrellis.ca

Phone: (403.983.0076) (403.390.2140)

Study Skills for Chestermere High School

Raina and Krista will be working together to deliver Study Skill to the Chestermere High School. The CALM class will cover learning styles in different areas of our lives, specific organization and study strategies, overcoming perfectionism, and academic-related anxiety.



Preschool Talk Time

For children ages 0-6 and their caregivers.

Come consult with a Registered Speech Language Pathologist while your child plays!

Ask questions or just learn more about what to expect regarding your child's speech development.

- Tuesday, September 28, 2021,
 - 10:30 AM – 12:00 PM
- Register with Rhonda rhys-doering@growwithtrellis.ca (403.690.1237) or Natasha nkavanagh@growwithtrellis.ca (403.629.0289)

Tiny Tot Powwow at Blackfoot Crossing Historical Park

Come out and spectate our little future leaders of the Blackfoot Confederacy. Children from families on the Siksika Nation Reserve will be dancing at Blackfoot Crossing Historical Park.

This event is in partnership with Alberta Cultural Days, Trellis Commons Strathmore Family Resource Network, Siksika White Buffalo Family Resource Network, Wheatland FCSS, and Blackfoot Crossing Historical Park.

Date: September 22nd, 2021

Time: 1:00 – 4:00PM

Register: Table opens at 12:00PM

Location: Blackfoot Crossing Historical Park

TELUS Spark Field Trip

This month we are thrilled to be able to invite our families to once again enjoy a day out at the TELUS Spark Science Centre in Calgary!

- Saturday, September 25th @ 10:00AM

Register with Trellis at the number below, then meet a TRELLIS team member at the Telus Spark Centre (220 Saint George's Drive NE, Calgary, AB)

Register with Verona or Saydie!

- Email: Strathmorefrn@growwithtrellis.ca
- Phone: (403.983.0076)

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 know more than a few words?

Complete an online Ages & Stages Questionnaire and get a full report on your child's development, along with individualized parent supports and follow-up. Visit www.chestermere.ca/asq or scan the QR code.



Food & Nutrition with AHS

Join an AHS Dietician for FREE online classes on various topics about pregnancy and babies!

Topics include:

- Healthy Eating for Pregnancy
- Feeding your Baby
- Mealtime Struggles to Mealtime Success
- Register: <https://birthandbabies.com>
- For more information or to register call: 403-955-1450



Back to School Tips

Back to school can be exciting for some kids, and very challenging for others. Join us for some helpful ideas to help your child have an easier time transitioning to the school setting. Our trained Triple P facilitators will be sharing hints from the popular Positive Parenting Program (Triple P).

For parents of children ages 0-8 and 9-18.

- When: Saturday, September 18, 10:00 – 11:30 AM
- Access online from your device. A link will be sent to you when you register.
- Register with Rhonda rhys-doering@growwithtrellis.ca (403.690.1237) or Verona vwoods@growwithtrellis.ca (403.325.1525)

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.

Back to School Success

On the first day/week of school there are mixed emotions everywhere! Some children are thrilled to be at school while others have much difficulty making the home to school transition. Please help your child adjust to school/daycare by talking with them about their day, and asking, "what happens after circle time?" or "Where do you play after snack?" etc. If you have a child with separation anxiety here are a few quick tips that may help:

- Have a healthy morning and goodbye routine.
- Try modeling positivity and calmness towards yourself, as children pick up on our emotions.
- Keep it simple- one kiss, one hug and good-bye.
- If none of the above works, see if you can get another relative or friend to bring your child to school to see if a change in routine makes a difference.

Connect at some point in the day!

Humans (and especially little ones) are hardwired for connection, especially during times of adjustment and change. They need to reconnect with caregiver's and have their emotional buckets filled.

Idea:

- Teach calming techniques, and practicing them as well, so if they need these strategies when they are not home, they have them in their toolbox.
- Open communication- talk about the day. Pick a special time. For example, at supper you could discuss their favorite and worst (or most challenging) part of the day.

PARENT AND CAREGIVER SUPPORT SERVICES (PCSS)

The new Parent & Caregiver Support Services (PCSS) is a program under the Government of Alberta's Family Resource Network (FRN) model. The PCSS team provides a variety of free, community-based resources, services, and learning opportunities, specifically designed for parents and caregivers with children ages 0-13.

Chestermere Energizer Night

Date: September 15th, 2021

Time: 6:30-8:30PM

Location: Chestermere Rec Centre (MPP Room)

Energizer Night is an opportunity for the community to learn more about local clubs, organizations, recreation programs, and services in Chestermere and the surrounding area.

One to One Support

Do you have a general parenting question or concern?

Connect with one of our Caregiver Support Facilitators for individualized, one-on-one parenting support, information, and resources. Connect with us at (403)

207-7050 or pcssinfo@chestermere.ca

Developmental Screening

During the first 5 years of life, a child's brain develops more than at any other time in life. Early brain development has a lasting impact on a child's ability to learn and succeed in school and life. Developmental screening is an opportunity for parents to check their child's development and address any potential concerns with the help of resources, and supportive professionals.

Please check our website for updates and new programs at <https://www.chestermere.ca/PCSS>.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Go Girls Group (6:30-8:00 PM)	3 Back to School Movie Night (6:00-8:00 PM)	4
6 Labor Day STAT OFFICE CLOSED	7 Stroller Walk (10:00-11:00 AM)	8 Coffee & Chat (9:00 -10:30 AM)	9 Baby Talk (9:30-11:00 AM) Beading with Verona (5:00-7:00 PM)	10 CALM Chestermere High School	11
13	14 Follow Along Bob Ross Paint Night (6:00-8:00 PM)	15 Play Time (2:00 – 3:00 PM) Chestermere Energizer Night (6:30-8:30 PM)	16 Baby Talk (9:30-11:00 AM) Go Girls Group (6:30-8:00 PM)	17 Storytime in Chestermere Library (10:15-11:00 AM)	18 Back to School Tips 10:00 – 11:30AM
20	21 Stroller Walk (10:00-11:00 AM)	22 Coffee & Chat (9:00 -10:30 AM) Blackfoot Crossing Historical Park (Tiny Tot Powwow) (1:00-4:00PM)	23 Baby Talk (9:30-11:00 AM) Mario Party Night (5:00-7:00 PM)	24 Storytime in Chestermere Library (10:15-11:00 AM)	25 Telus Spark Field Trip (10:00 AM)
27	28 Infant Massage (10:00 AM – 11:30 AM) Preschool Talk Time (10:30 AM – 12:00 PM) Resume Writing Workshop! (4:00-5:30 PM)	29 Standard & Rockyford - KidzConnect- in Rockyford today (10:00-11:30 AM)	30 National Day for Truth and Reconciliation (ORANGE SHIRT DAY)	LEGEND ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs	

TRELLIS COMMONS

419B 2nd Street, Strathmore, AB
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strathmoreFRN@growwithtrellis.ca
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HEALTHY FAMILIES

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

PARENT AND CAREGIVER SUPPORT SERVICES (PCSS)

105 Marina Rd. Chestermere, AB T1X 1V7
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