

December 2022

THIS MONTH IS...

Vol. 32

## DECEMBER



December 18<sup>th</sup> Hanukkah Begins



December 25<sup>th</sup> Christmas Day



December 31<sup>st</sup> New Years Eve



December 26<sup>th</sup> Kwanza

### TELEPHONE SUPPORT

### CRISIS PHONE NUMBERS

#### 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.

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 Îyāhé 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 2<sup>nd</sup> Street, Strathmore, AB T1P 1B9Website: <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 – 12:00 PM

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

We are excited to be offering a blend of outdoor, virtual and small group in person programming. For in-person programming everyone will be required to register for the program.

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-registering for programming **ONLY**.
- Reduced in-door capacity remains in effect.
- Masks are **OPTIONAL** for Families and Children attending.
- Individuals that are experiencing any symptoms of sickness will be asked to not attend in-person programs and/or meetings.

Wheatland Crisis Society Available Here!

Wheatland Crisis Society (WCS) provides emergency care to families impacted by Domestic Violence, as well as community education and support for clients both staying in and out of shelter. Starting on March 11, 2022 and every other Friday thereafter, WCS will be present before, during, and after the Coffee & Chat events. Come on out to ask any questions you have or find out how you can get involved.

# EARLY CHILDHOOD PROGRAMMING

## 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!

**Tuesdays, December 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>**

**When: 9:30-11:00am**

**Where: Trellis Commons- 419b 2nd Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) or [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**

## Holiday Card Craft

Join us to craft & create some beautiful, fun & festive holiday cards to share with friends, family & our local seniors



**Tuesday, December 6<sup>th</sup>**

**When: 9:30-11:00am**

**Where: Trellis Commons- 419b 2<sup>nd</sup> Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) or [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**



Bring your curious toddlers, ages 2-5, for a weekly afternoon series exploring all our Domains through in fun, messy, & exciting activities.

**Thursdays, December 8<sup>th</sup> & 15<sup>th</sup>**

**When: 2:00-3:00pm**

**Where: Trellis Commons- 419b 2nd Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**

## Cookie Creations!

Come and bake some favourite holiday treats with us, show off your decorating skills and eat some yummy cookies!

**Tuesday, December 13<sup>th</sup>**

**When: 9:30-11:00am**

**Where: Trellis Commons- 419b 2<sup>nd</sup> Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) or [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**



## ASQ BIRTHDAY PARTY

**Caregivers with littles aged 1mo-5.5years- Let's Party!**

Celebrate your little one and all of this year's milestones with an Ages & Stages Birthday Party!

Treats, balloons, party games & Ages & Stages

Questionnaire available!

**Thursday, December 8<sup>th</sup>**

**When: 9:30-11:00am**

**Where: Trellis Commons- 419b 2<sup>nd</sup> Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) or [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**

## Christmas Mat Man

**With Carla Meakin, O.T**

This fun, holiday-themed session is a chance for pre-K children to learn body awareness, drawing & pre-writing, counting, building, socializing and sharing. By the end of the session, each child will have created their very own Christmas themed drawing of a person to display proudly on the fridge.

**Thursday, December 15<sup>th</sup>**

**When: 10:00-11:00am**

**Where: Trellis Commons- 419b 2nd Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) or [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**

## A Merry Mingle

Join us for playtime with your little ones, meet other families and enjoy some down time before the busy holiday season is in full swing! Take a festive photo or two with our wintery display!

**Thursday, December 22<sup>nd</sup>**

**When: 10:00-11:30am**

**Where: Trellis Commons- 419b 2nd Street, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca) or [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**

# FAMILY & CAREGIVER 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!

Ages 0-6 years of age.

**When: Fridays, December 2<sup>nd</sup> & 16<sup>th</sup>**

**Time: 10:00- 11:30 AM**

**Location: 419B 2nd St, Strathmore**

**Phone: Main (403.983.0076)**

**Email: [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca)**

## Unwind with Me

Join us for some “Mom” self-care time.  
Pick up your self-care kit at Trellis Commons  
and join us online for some laughter,  
comradery, and pampering.

**When: Tuesday, December 13<sup>th</sup>**

**Time: 9:00pm-10:00pm**

**Location: Online Via ZOOM!**

**Phone: Main (403.983.0076)**

**Email: [nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca)**

## Standard Playgroup Lunch, Learn & Play:

### Kids Have Stress Too!

Join us at the Standard Playgroup for a lunch, learn & PLAY!  
For parents & caregivers with their children aged 0-6 years old.  
Learn about good stress vs bad stress and what you can do to support your kids and ensure they  
are thriving when it comes to dealing with life's everyday stresses!

*When registering please provide any dietary restrictions/instructions as **lunch will be provided***

**When: Wednesday, December 14th 2022**

**Time: 10:00am - 12:00 PM**

**Location: Nazareth Lutheran Church (lower level) 1020 1 St W, Standard**

**Phone: Main (403.983.0076)**

**Email: [skalsi@growwithtrellis.ca](mailto:skalsi@growwithtrellis.ca) or**

**[nkavanagh@growwithtrellis.ca](mailto:nkavanagh@growwithtrellis.ca)**





# YOUTH PROGRAMMING



## Teen Drop-In

In partnership with WYN,  
Calling all youth, do you need a place to come hang out & enjoy some foosball, activities, and the opportunity  
meet other youth in the community! Join us for this Drop In hangout!  
Ages 14+



**When:** Tuesdays, Dec. 6, 13 & 20  
**Time:** 4:00-6:00pm  
**Location:** 419B 2nd St. Strathmore  
**Phone:** Main (403.983.0076)  
**Email:** [nponce@growwithtrellis.ca](mailto:nponce@growwithtrellis.ca)



## Holiday Cards for Seniors

Join us, to spread holiday cheer & bring joy to a senior's life. Create your own beautiful handmade cards for the seniors in Strathmore or that special one in your life.  
Ages 7-10 Parented

**When:** Thursday December 1, 2022  
**Time:** 5:00-6:00pm  
**Location:** 419 (Lower Level) 2nd St. Strathmore  
**Phone:** Main (403.983.0076)  
**Email:** [nponce@growwithtrellis.ca](mailto:nponce@growwithtrellis.ca)

## Indigenous Crafts

Come in and enjoy some food, laughs, and good conversations.  
All Ages

**Time:** 4:00-6:00pm  
**Location:** 419B 2nd St. Strathmore  
**Phone:** Main (403.983.0076)  
**Email:** [vwoods@growwithtrellis.ca](mailto:vwoods@growwithtrellis.ca)

## Holiday Baking for Seniors

Trellis in partnership with the Wheatland Youth Network, would like to donate fresh baked cookies to the seniors at Sagewood. Come down and help create some delicious treats and bring a smile to a senior's face.  
Ages 11+ Unparented

**When:** Saturday December 17, 2022  
**Time:** 11:00-1:00pm  
**Location:** 419 (Upper Level) 2nd St. Strathmore  
**Phone:** Main (403.983.0076)  
**Email:** [nponce@growwithtrellis.ca](mailto:nponce@growwithtrellis.ca)

## Teen Talk now Youth Corner brings you the Firefighters of Strathmore

Fire Chief David Sturgeon and the gang from the fire station will be with us this month. Discover the world of firefighting. Learn what it takes to become one of our everyday heroes, fire safety tips & more. We will provide light food and drinks!  
Ages 11+

**When:** Thursday December 8, 2022  
**Time:** 4:00-6:00pm  
**Location:** 419 (Lower Level) 2nd St. Strathmore  
**Phone:** Main (403.983.0076)  
**Email:** [nponce@growwithtrellis.ca](mailto:nponce@growwithtrellis.ca)

# Parent and Caregiver Support Services (PCSS)

One on One Parenting Support	Online Developmental Check-Ups	Potty Training Webcast	Stroller Walk/Wellness Walk	Baby Talk
<p><b>FREE</b></p> <p>Are you struggling with potty training your toddler? Concerned about your baby's sleep schedule? Do you have a child who has difficulty expressing their emotions? Do your kids fight a lot? Chestermere parents can connect with one of our knowledgeable Caregiver Support Facilitators for individualized, one-on-one parenting support, information, and resources. Contact: (403) 207-7050 <a href="mailto:pcssinfo@chestermere.ca">pcssinfo@chestermere.ca</a></p>	<p><b>FREE</b></p> <p>Do you have a child between the ages of 2 months and 5.5 years old? Did you know that you can fill out free online developmental check-ups for your child? Used by professionals across Canada, the Ages &amp; Stages Questionnaire's (ASQ-3 &amp; ASQ-SE2) helps parents learn about their child's communication, fine motor, gross motor, social emotional, and problem-solving skills. Parents will receive a summary, as well as activity ideas and tip sheets to continue supporting their child.</p> <p>Website: <a href="http://www.chestermere.ca/asq">www.chestermere.ca/asq</a></p> <p>or use the QR code below</p> 	<p><b>FREE</b></p> <p>Are you ready? This webcast includes a variety of information, including a readiness quiz to see if you and your child are ready to begin the journey to becoming diaper free.</p> <p>Register at: <a href="http://www.chestermere.ca/pottytrainingwebcast">www.chestermere.ca/pottytrainingwebcast</a></p> <p>or use the QR code below</p> 	<p><b>FREE</b></p> <p>Join us for a Stroller Walk/Wellness Walk to meet other caregivers and their children. This program is a collaboration between Trellis, AHS, and PCSS.</p> <p>When: Wednesdays at 1:15pm-2:15pm</p> <p>Where: December 7 – John Peake Park Gazebo</p> <p>RSVP at <a href="mailto:pcssinfo@chestermere.ca">pcssinfo@chestermere.ca</a></p>	<p><b>FREE</b></p> <p>Drop in program or parents with babies 0-12 months of age to connect with each other and local service providers.</p> <p>Where: Camp Chestermere 1041 East Lakeview Road</p> <p>When: Mondays 1:30pm-3:00pm Sept. 12- Dec. 12, 2022</p> <p>Dec 5- Managing Holiday Stress</p> <p>Dec. 12- Infant Safety</p> <p>For more information and session topics visit our Website <a href="http://www.chestermere.ca/pcss">www.chestermere.ca/pcss</a></p>

# PCAP & HEALTHY FAMILIES

## Tackling Cold & Flu Season

### How Can I Tell If My Child Is Sick?

A child who is sick often looks and acts differently from usual. She may say she has a stomachache or does not feel well. Her skin may be hot and sweaty or it may be pale and cold. Your child may be more sleepy than usual. She may not want to eat or drink. She could look unhappy or become whiny. You know your child best. It may be that she just does not seem right to you.

How can I look after my sick child? Keep your child home. Do not send him to school or day care if he is sick

Encourage your child to rest.

Take his temperature.

If his skin feels hot, do not put on extra blankets.

Encourage him to drink extra fluids.

When do I call my child's health care provider? Often you only need to give your child rest and fluids. But sometimes a child becomes more ill and other signs of sickness show up. If you do not know what is wrong or what to do, talk to your health care provider.

Prepare for an appointment. Before you call for an appointment, think about what is wrong. Make notes to remind yourself what to say when you see the health care provider. The more you can tell the health care provider about what is wrong with your child, the sooner your child will get the help she needs.

Understand your health care provider's advice. Your health care provider may tell you things to do at home. If you do not understand, ask again. Repeat the instructions to make sure you understand.

### Giving Medicine


Do not give medicine to a baby or child without checking with a health care provider or Pharmacist. Giving the wrong medicine or the wrong amount can do more harm than good. If your health care provider prescribes medicine for your child, there are things you need to know.

- What is the medicine called?
- What is it supposed to do?
- How much should you give your child?
- How often should you give it to your child?
- Should you keep giving it until it is all gone?
- Should you give the medicine with food or on an empty stomach?
- Should your child avoid certain foods while he is taking the medicine?
- Will the medicine interfere with any other medicine your child may be taking?
- Should you wake your child up during the night to give him the medicine?

Stop giving medicine if your child has a reaction. A reaction to medicine could be something like a red rash or vomiting. Call your health care provider right away. Give your child's medicine only to your child. Give the medicine exactly as prescribed.

Do not give your child's medicine to other children. Do not give someone else's medicine to your child. A prescription is given for a particular child with a particular illness. If any medicine is left over after your child's illness, take it back to the pharmacist. Keep all medicines locked up and out of reach of children.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGEND</b> ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs			1 Postpartum Support Group 10:00-12:00pm  Holiday Cards for Seniors 5:00-6:00pm	2 Coffee & Chat 10:00-11:30am	3
5	6 Baby Talk / Holiday Craft 9:30-11:00am  Teen Drop In 4:00-6:00pm	7	8 ASQ Birthday Party! 9:30-11:00am  Curiosity Corner 2:00-3:00pm  Youth Corner 4:00-6:00pm	9	10
12	13 Baby Talk/ Cookie Creations! 9:30-11:00am  Teen Drop In 4:00-6:00pm  Unwind With Me 9:00-10:00pm	14 STANDARD Playgroup Lunch, Learn & Play: Kids Have Stress Too! 10:00-12:00pm  Indigenous Crafts 4:00-6:00pm	15 Christmas Mat Man- Carla Meakin OT 10:00-11:00am  Curiosity Corner 2:00-3:00pm	16 Coffee & Chat 10:00-11:30am	17 Holiday Baking for Seniors 11:00-1:00pm
19	20 Baby Talk 9:30-11:00am  Teen Drop In 4:00 – 6:00pm	21	22 A Merry Mingle 10-11:30am	23	24
26	27	28	29	30	31
					

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

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