

July 2022

THIS MONTH IS...

Vol. 27

JULY

Day of Remembrance: July 1

In light of the ongoing discoveries of over 3,200 unmarked graves of Indigenous children whose lives were taken at Residential Schools, we choose to take this day to remember the ones we lost. Beginning on July 1, 2021, our neighbours to the East, Siksika Nation began their own journey of bringing their children home. In the spirit of Reconciliation, we stand with them today, tomorrow, and forever as they grieve and heal together.

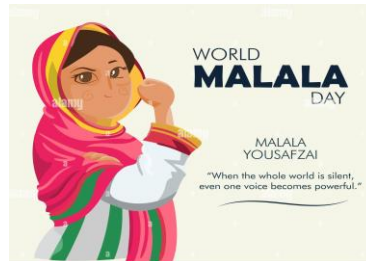
Today, we choose to honour them. Today, we choose to stand shoulder-to-shoulder with all First Nations, Metis, and Inuit communities as they bring their children home.



World Chocolate Day: July 7



Malala Day: July 12



International Nelson Mandela Day: July 18



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 Îyâhé 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 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:

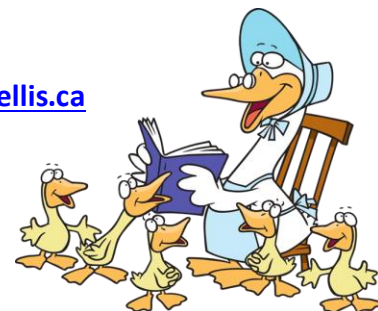
- All in-person programs and meetings at Trellis Commons are by appointment or pre-registering for programming **ONLY**.
- Reduced in-door capacity remains in effect.
- Masks are **OPTIONAL** for Families and Children attending.
- Individuals that are experiencing any symptoms of sickness will be asked 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.

Mother Goose In The Park

TUESDAY'S ALL SUMMER LONG!

Meet us at the Kinsmen Park Ampitheatre for songs, crafts, stories and Very Special Guests! :)**Please bring your own blanket to sit on****When: Tuesday July 5, 12, 19 & 26, 2022****Time: 10:30-11:30AM****Location: Kinsmen Park, Strathmore****If it is rainy or smoky the program will be held at Trellis Commons- 419 2nd Street****No Registration Required!****For more info email: nkavanagh@growwithtrellis.ca or skalsi@growwithtrellis.ca****In Partnership With:****Ice Cream In The Park – Rural Communities**

THURSDAY'S ALL SUMMER LONG!

Parents & Caregiver's with children aged 0-6 years bring your blanket to sit on and join us for songs, stories, crafts and best of all... Ice Cream at your local park!**Wheatland Youth Network will be joining us with special youth programming for children aged 11years +****In Partnership With:****July 14, 10:00-11:00 AM- Standard- Village Office Green Space****July 14, 12:30-1:30 PM- Hussar Campground****July 21, 10:00-11:00 AM – Carseland Tot-lot****July 21, 12:30-1:30 PM – Gleichen Park- C.Prowse Ave.****July 28, 10:00-11:00 AM – Rockyford- Prairie Ridge Park****July 28, 12:20 –1:30 PM – Standard Village Office Green Space****Please watch Facebook for updates on weather/back up locations! AUGUST dates too!****No Registration required-Drop in!****For more info email: nkavanagh@growwithtrellis.ca or skalsi@growwithtrellis.ca****Picnic At The Park- Langdon****Meet us at the Park! Bring your own picnic lunch and blanket and enjoy some songs, crafts, stories & ICE CREAM with us!****Ages 0-6 With Caregivers****In Partnership With:****When: Wednesday, July 20 & 27 11-12:00 PM
LANGDON 9:30-10:30am @ The Langdon Park Playground****Phone: Main (403.983.0076)****Email: nkavanagh@growwithtrellis.ca or skalsi@growwithtrellis.ca**

GO GIRLS GROUP!

Come join your peers aged 10-13 and learn about things such as healthy body image, self-esteem, healthy friendships and peer pressure.

When: Friday, July 8 & 22, 2022

Time: 4:00-6:00 PM

Location: 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: khynes@growwithtrellis.ca

Youth Gardening Program

Calling all youth ages 7+! We will meet around the back of the library where our garden beds are and have a chance to learn in a hands-on way about growing tomatoes, squash, and more.

When: Wednesdays, July 6, 13, 20, & 21, 2022

Time: 10:30-11:30 AM

Location: Strathmore Public Library, South side of the building outdoors

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Pie Day

A spin-off of the Baking Night, tonight is all about pies. We will make our own crust and filling from scratch, and participants will learn how to do a pleated and a woven crust. There is limited space on this night, so register early to reserve your spot! For ages 7+

When: Tuesday, July 12, 2022

Time: 3:00-5:00 PM

Location: 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Ice Cream & Teen Talk

Youth ages 12+

Come to the Trellis Family Resource Network to try making your own ice cream with a machine from 1952! Have some much-needed time to decompress and chat with new (or old) friends!

When: Tuesday, July 26, 2022

Time: 3:00-4:30 PM

Location: 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Ribbon Skirt Making

The town of Strathmore is hosting a day of learning, connecting, and creating. Come out to learn all about Ribbon Skirts, and how to make one of your own.

When: Tuesday, July 28, 2022

Time: 9:00AM-3:00PM

Location: 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: astokomii.smith@strathmore.ca

Pop-Up in the Park – Standard

Come and get connected to the Wheatland Youth Network! WYN provides a host of fun activities and volunteer opportunities for youth from all walks of life.

When: Wednesday, July 20, 2022

Time: 2:00-3:00 PM

Location: Standard (exact location TBD, email for Info)

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

DIY Home Décor

Come unleash your creativity with something you can take home and display (not your average fridge art either). There will be several different projects to choose from. Ages 7+

When: Wednesday, July 27, 2022

Time: 1:00-2:30 PM

Location: 419-B, 2 St, Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Bike Rodeo

In partnership with the Town of Strathmore FCSS and RCMP, Kids, ages 0-12 can join us, with their caregivers to brush up on your biking skills, while having some fun learning about bike safety. Participants will receive gift cards for a new helmets and lots more swag to be handed out.

When: Friday, July 15, 2022

Time: 10 – 11:30AM

Location: Strathmore Library Parking Lot

Phone: Main (403-983-0076)

Email: strathmorefrn@growwithtrellis.ca

Wellness Wednesdays - Chestermere

Hosted by Parent & Caregiver Support Services (PCSS) and Stepping Stones to Mental Health. Drop by our Wellness Wednesdays program to enjoy plenty of fun and engaging wellness-based activities for the entire family! There will be different activities offered each week.

Get outside, connect with others in your community, and meet various agencies and service providers to learn about their free programs and services for children, families, and individuals.

When: Every Wednesday (July 6-August 24)

Time: 1:00-3:30pm

Location: Anniversary Park (208 West Chestermere Drive)

Breakfast With Dad

Celebrating all dads!
Come enjoy a breakfast (on us) with your dad. All ages of children/ youth are welcome.

When: Saturday, July 23, 2022

Time: 9:30-11:00AM

Location: 419B 2nd St, Strathmore

Phone: Main (403-983-0076)

Email: rgardner@growwithtrellis.ca

Drop In Play

Families with children of any ages, come by for some structured (or unstructured) play time. There will be arts & crafts for various ages available, as well as space for children to make their own games with each other.

When: Friday, July 15, 2022

Time: 10 – 11:30AM

Location: Strathmore Library Parking Lot

Phone: Main (403-983-0076)

Email: strathmorefrn@growwithtrellis.ca

Coffee & Chat

Need a change of scenery? Join us in the Strathmore FRN Playroom for coffee and chat with other parents/caregivers, enjoy 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: Friday, July 8 & 22, 2022

Time: 10:00- 11:30 AM

Location: 419B 2nd St, Strathmore

Phone: Main (403.983.0076)

Email: skalsi@growwithtrellis.ca

Parent and Caregiver Support Services (PCSS)

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Free, Online Developmental Check-Ups:

Fill out a parent-complete, free online developmental check-up for your child, in the comfort of your own home. Used by professionals across Canada, the Ages & Stages Questionnaires (ASQ-3 & ASQ-SE2) are a free developmental screening tool designed for infants, toddlers, and children ages 2 months to 6 years of age. Questionnaires are completed by YOU - the primary caregiver or parent through our secure, online database. Use the QR code below or visit www.chestermere.ca/asq for more information.



One on One Parenting Support:

Chestermere parents can connect with one of our Caregiver Support Facilitators for individualized, one-on-one parenting support, information, and resources. Contact us at (403) 207-7050 or pcssinfo@chestermere.ca



MAINTAINING LITERACY THROUGH SUMMER**Summer is almost here!**

It has been a long hard year with Covid and other challenges and kids are excited, I know mine are! No longer having to study for the upcoming spelling tests or learning new math. Sounds exciting, except.. according to various Harvard studies they “indicate that on average, students lose approximately 2.6 months of learning in math... Students also lost an estimated 2 months’ worth of reading skills over the same period.” **That’s a lot of catch up come September!**

There are lots of fun things that you can do to encourage learning and decrease some of the learning loss that could happen. Best part, most of them are so fun that kids don’t realize that they are learning.

Here are some ideas of things you can do to continue the learning process in a fun environment:**Plan outside excursions.**

- ☐ Going on a hike or nature walk. You can learn about nature around you, reading maps and signs.
- ☐ Go to the beach and build sandcastles this develops math skills.

Go to the library.

- ☐ Discuss with your child their interests. Learn about tigers, Minecraft, or seals and find books on a topic they enjoy. Even if it’s looking at the book, you can discuss the book together. Spending quality time sharing your child’s interest makes it fun and relaxing.
- ☐ Go to story time, attend free programs at the library. Such as on Lego building or coding

Garden with your child or join a community garden

- ☐ Children learn about taking care of plants, working with others, and giving back to the community
- ☐ Reading the different plant names
- ☐ Science of how plants grow, horticulture.
- ☐ Math. Pouring, scooping, and measuring, landscaping

Cook together

- ☐ Measure ingredients-math
- ☐ Stir and knead-fine motor
- ☐ Read ingredient list / buy ingredients-reading

Play games.

- ☐ Guess who, Scrabble, Monopoly.
- ☐ Some video games have reading involved, as do some learning apps.

Make writing Fun!

- ☐ Journal about your day, small children can “draw” their journal
- ☐ Send post cards, emails & ecards to family

Best part your child is learning that learning can also be fun. Plus, they are spending quality time with their favorite person YOU!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs				1	2
4	5 Mother Goose In The Park 10:30-11:30am	6 Youth Gardening Program 10:30-11:30am Wellness Wednesdays 1:00-3:30pm	7	8 Coffee & Chat 10:00-11:30am Go Girl 4:00-6:00pm	9
11	12 Mother Goose In The Park 10:30-11:30am Pie Day 3:00-5:00pm	13 Youth Gardening Program 10:30-11:30am Wellness Wednesdays 1:00-3:30pm	14 Ice Cream In The Park Standard: 10:00-11:00am Hussar: 12:30-1:30pm	15 Bike Rodeo @ Strathmore Library Parking Lot 10-11:30am	16
18	19 Mother Goose In The Park 10:30-11:30am	20 Youth Gardening Program 10:30-11:30 Picnic In The Park! Langdon: 11-12:00pm Youth Pop-Up Event: Standard, 2:00-3:00pm	21 Ice Cream In The Park Carseland: 10:00-11:00am Gleichen: 12:30-1:30pm	22 Coffee & Chat 10:00-11:30am Go Girl 4:00-6:00 PM	23 Breakfast with Dad 9:30-11:00am
25	26 Mother Goose In The Park 10:30-11:30am Ice Cream and Teen Talk 3:00-4:30pm	27 Youth Gardening Program 10:30-11:30 Picnic In The Park! Langdon: 11-12:00pm DIY Home Decor 1:00-2:30pm	28 Ice Cream In The Park Rockyford: 10:00-11:00am Standard: 12:30-1:30pm Ribbon Skirt Making 9:00-3:00	29	30 Drop In Play 12-1pm

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)
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