

THIS MONTH IS...

NOVEMBER!

Diwali Day, November 4



Remembrance Day: November 11



World Children's Day
November 20, 2021



Day for the Elimination of Violence Against Women
November 25, 2021



National Addictions Awareness Week November 22 – 28, 2021

This Year Declare, 'Change Begins with Me!' The theme is **Change Begins with Me**, which puts the focus on the efforts and actions of individuals. It's about making a choice to play a part in reducing the stigma surrounding substance use and people who use substances and committing to one change.



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 ȩyā́hé 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 and wear a mask while inside Trellis Commons.

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.

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.

Location: Online via ZOOM

Date: Tuesday, November 23, 2021

Time: 10:30 AM – 12:00 PM

Register with Rhonda or Natasha!

Email: rrhys-doering@growwithtrellis.ca (403.690.1237)

Email: nkavanagh@growwithtrellis.ca (403.629.0289)

MOVIN' & GROOVIN' - Langdon

This gross-motor parented program runs in conjunction with Langdon's local Laugh & Learn Preschool and anyone else ages 0-6 is welcome to come with their caregiver! Come burn off some energy and have some fun!

Location: Langdon Field House

Date: Fridays, November 5 - 26, 2021

Time: 10:00 AM– 11:30 AM

Register with Rhonda or Natasha!

Email: rrhys-doering@growwithtrellis.ca (403.690.1237)

Email: nkavanagh@growwithtrellis.ca (403.629.0289)

MINDFUL MOMENTS

For ages 3-6, with a caregiver
Come for a story and to learn more about relaxing and regulating your big feelings. Everybody has them sometimes! What can we do when we feel them?

Location: Trellis Commons

Date: Wednesday, November 3, 2021

Time: 10:00 - 11:00 AM

Register with Natasha or Rhonda!

Email: nkavanagh@growwithtrellis.ca (403.629.0289)

Email: rrhys-doering@growwithtrellis.ca (403.690.1237)

OOEY GOOEY FUN!

For ages 3-6. With a caregiver
Come for some ooey gooey sensory experiences! This will be good for enhancing flexibility of thought and resilience and so much fun besides!

Location: Trellis Commons

Date: Tuesday, November 9, 2021

Time: 10:00 - 11:30 AM

Register with Rhonda or Natasha!

Email: rrhys-doering@growwithtrellis.ca (403.690.1237)

Email: nkavanagh@growwithtrellis.ca (403.629.0289)

Traveling Tales & Tunes

Newcomer parents/caregivers will enjoy a range of interactive literacy activities to help practice their English language skills.

Families can also look forward to connecting with other family's, and learning about community resources, and support services. PCSS will be partnering with the Chestermere Public Library and Rocky View Adult Learning to deliver this program.

Dates: Tuesdays, November 9th - December 19th

Time: 10:15 - 11:15 AM

Location: Chestermere Public Library (105B Marina Road)

To register: visit www.chestermere.ca/TTT (deadline: Nov. 5)

CIRCLE TIME & CRAFT HONORING NATIONAL CHILD DAY

National Child Day is celebrated annually on November 20. Let's look at what that means, and have some fun honoring the children in our lives! This is a program for ages 3-6 (younger siblings welcome), with a caregiver.

Location: Trellis Commons

Date: Thursday, November 18, 2021

Time: 10-11:00 AM

Register with Rhonda!

Email: rrhys-doering@growwithtrellis.ca (403.690.1237)

**CRAFTERNOON - What is Remembrance Day?**

Join us for a program that will help your child understand Remembrance Day a bit better through a craft and other fun activities.

Location: Trellis Commons

Date: Wednesday, Nov. 10, 2021

Time: 1:30-2:30 PM

Register with Rhonda or Natasha!

Email: rrhys-doering@growwithtrellis.ca (403.690.1237)

Email: nkavanagh@growwithtrellis.ca (403.629.0289)

Youth Night: Get in the Zone

This evening's topic is all about recognizing and responding to different moods in ourselves and others. Great for any teen who works with younger children, is looking for some guidance with friendships, or just wants to know more about themselves.

Date: Monday November 15 2021

Time: 6-7:30pm

Location: 419B 2nd St. Strathmore

[Register with Raina](#)

Phone: Main (403-983-0076) or Cell (403-991-5653)

Email: rgardner@growwithtrellis.ca

Stress...You've Got This!

For teens, life can be crazy sometimes. Sports, school, jobs, siblings, friends, parents, and planning (or not planning) for the future can take its toll. Join us for an interactive session on how you can destress from it all.

Location: Trellis Commons 419B 2nd St. Strathmore, AB

Date: Saturday November 27

Time: 12:00-1:00pm

[Register with Raina or Krista](#)

P: (403-991-5653) or (403-390-2140)

E: rgardner@growwithtrellis.ca khynes@growwithtrellis.ca

YOUTH WEEK

Come one, come all! The Trellis FRN invites you to join us for our youth-intensive week where a good time will be had by all (youth ages 12+)

Movie Monday: Join us for snacks & a movie—a classic mystery, a Christmas tale, or cartoon—your choice...

Tie Dye Tuesday: Bring any white clothing item and make a splash with tie dye this evening!

Wacky Wednesday: Wednesday will be a night of slime stations, spray paint, and hydro-dipping crafts.

Feeders Thursday: On Thursday, we will create bird feeders together.

Pizza & Game Night Friday: Bring your nerf guns and ammo on Friday (remember to label what's yours), and prepare for some team games after making your own pizza!

[Register with Raina](#) for any/ all of these nights.

P: 403-991-5653

E: rgardner@growwithtrellis.ca

6pm each evening from November 22-26

Baking Night 2.0

Come on out and join us live and in person for an evening of sugar cookies and decoration. Leftover cookies may be consumed, taken home, or given away.

Ages 7+

Date: Monday November 29, 2021

Time: 4:30-6:30

Location: 419B 2nd St. Strathmore, AB

[Register with Raina](#)

Phone: Main (403-983-0076) or Cell (403-991-5653)

Email: rgardner@growwithtrellis.ca

DIY SCRUNCHIES!

Do you have a scrunchie? If you do, or don't, come on out for an afternoon and make your own! Bring your friends and create cute and fun scrunchies for your hair! We will be providing fabrics and supplies but encourage others to bring their own design if they would like. (FOR AGES 12+)

Date: Tuesday, November 30, 2021

Time: 4:30-5:30PM

Location: 419B 2nd St. Strathmore, AB

[Register with Saydie!](#)

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

Email: Sjerry@growwithtrellis.ca

Time for Me

Take some time to unwind with friends, practicing new stress relief tactics.

Date: Saturday November 27

Time: 1-2:30pm

Location: Trellis Commons, 419B-2nd St. Strathmore, AB

[Register with Krista](#)

Phone: Main (403-983-0076) or Cell (403-390-2140)

Email: khynes@growwithtrellis.ca

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.

Ages 10-13

Location: Trellis Commons, 419B 2nd Street, Strathmore

Date: Fridays, November 12 & 26, 2021

Time: 4:00 – 6:00 PM

Light Snacks and Beverages will be available.

[Register with Krista](#)

at khynes@growwithtrellis.ca or 403.390.2140

REMEMBRANCE DAY CRAFT

Let's take the afternoon and create a craft in remembrance of the armed forces who died in the line of duty. You can have the craft or choose to gift to a friend or family member! We will be providing all supplies and a light snack.

Ages 12+

Date: Tuesday, November 9th, 2021

Time: 4:30-5:30PM

Location: 419B-2nd St. Strathmore, AB

[Register with Saydie!](#)

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

Email: Sjerry@growwithtrellis.ca

KAIROS BLANKET EXERCISE

The KAIROS Blanket Exercise is a workshop that explores the nation-to-nation relationship between Indigenous & non-Indigenous peoples in Canada. Blankets arranged on the floor represent land & participants are invited to step into the roles of First Nations, Inuit & later Metis peoples.

A Traditional Meal will be served.

Date: SATURDAY, NOV 20, 2021

Time: 12-4PM

Location: 120 Brent Blvd, Strathmore AB T1P 1E9 (Strathmore Civic Centre)

REGISTRATION REQUIRED:

Phone: 403-983-0076

Email: Strathmorefn@growwithtrellis.ca

ROCKYFORD/STANDARD PARENT INFORMATION SESSIONS

For every parent who ever wondered: "Why does my child do that?" Join us for this introduction to the popular Positive Parenting Program (Triple P). For caregivers of children 0-8.

November 3: **The Power of Positive Parenting**

November 10: **Raising Resilient Children**

November 17: **Raising Confident, Competent Children**

Location: online via ZOOM, wherever suits you!

Date: Wednesdays, November 3, 10, 17, 2021

Time: 10:00 AM – 11:30 AM

Register with Rhonda!

Email: rrhys-doering@growwithtrellis.ca Phone: 403.690.1237

PARENT's NIGHT COFFEE & CHAT

Are you a parent of a child age 7 and up? Do you sometimes wonder why your child acts the way they do? Come on out to this guided discussion where we will share ideas on how to build resilience and confidence in our youth, at any stage.

Date: Friday November 12, 2021

Time: 7:00-9:00pm

Location: 419B 2nd St. Strathmore, AB, T1P 1B9

Register with Raina!

Phone: Main (403-983-0076) or Cell (403-991-5653)

Email: rgardner@growwithtrellis.ca

NATURE WALK

Come on out to Elmer & Phyllis Gray Park on Saturday November 13 from 10-11:30am. We will be joining the Canadian Parks and Wilderness Society for some winter fun and games.

Date: Saturday, November 13, 2021

Time: 10:00-11:30 AM

Location: Elmer & Phyllis Gray Park, Strathmore

Registration is required

Contact Raina at 403-991-5653 or

rgardner@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, camaraderie and pampering.

Location: Online via Zoom

Date: Wednesday, November 10, 2021

Time: 9:00-10:00 PM

Register at strathmorefn@growwithtrellis.ca or

403.983.0076

BUNDLE OF SUPPORT GROUP

This is a 6-week program in partnership with Parent and Caregiver Support Services in Chestermere.

Location: Online via WebEx

Dates: Thursdays November 4 - December 9, 2021

Time: 10:00 – 11:30 AM

Please register online by visiting:

www.chestermere.ca/bundleofsupport

GROUP TEEN TRIPLE P

This course will set you up with the full range of Triple P's positive parenting strategies and will help you understand why your teenager behaves the way they do. You'll be part of a small gathering of parents who meet with a Triple P provider for a minimum of eight hours – usually in two-hour sessions over four or five weeks.

Location: Online via Zoom

Date: Tuesdays & Thursdays November 16, 18, 2

Time: 6:00-8:00 PM

Register with Verona @ wwoods@growwithtrellis.ca



KIDS HAVE STRESS TOO®

Parent & Caregiver Support Services will be partnering with Stepping Stones to Mental Health to deliver this workshop which provides an introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

Location: Online via Zoom

Date: November 22

Time: 6:30-8:30 PM

Register on the PCSS website: <https://www.chestermere.ca/1096>

What is National Childs Day ?

National Child Day is celebrated on November 20th each year. This is a day to recognize and celebrate the rights of children. A day where we can acknowledge the importance of ALL children and their right to have a healthy environment where they can thrive, have a voice and opportunities to reach to their full potential. This date reaffirms our country's commitment to the United Nations Convention on the Rights of the Child. This year's theme is "The Right to Survive and Thrive".

There are many ways to get involved in celebrating National Child Day in your community, home, school or work on or leading up to November 20 - here are just a few ideas: (Tell a friend, Send a card to a child, Learn about Child Rights, Wear a royal blue ribbon, Ask a child for advice, etc.)

What is Remembrance Day?How to talk about Remembrance Day to your child?

Every family is different, and every child is different, so gauge how your child may handle the topic and make it age/child appropriate. You will be the best judge on how your child will react.

- The older the child gets the more history you can teach, but at any age you can talk about honour and courage and how important it is to remember all women and men that have or had honour and courage.
- Ways you can start a conversation about Remembrance Day is talking about gratitude, talk about soldiers and what they do (age appropriate), talk about what a poppy is and ways people can remember.

PARENT AND CAREGIVER SUPPORT SERVICES (PCSS)

BABY TALK

A free drop-in program for parents with babies 0-12 months of age.

Connect with other families in your community while accessing quality resources and information about parenting and supporting your baby's development.

November Schedule

Offered online every MONDAY from 1:30-3:00PM

November 1: Baby Cues

November 8: All about Dads

November 15: Baby's Eye Health

November 22: Temperament & Attachment

November 29: Transitioning into Parenthood.

Sessions will be hosted virtually through WebEx.

BUNDLE OF SUPPORT

Adjusting to life while pregnant or after a baby can be a scary and emotional time for many new moms, which is why we have created the Bundle of Support program. Moms will receive support, resources, and encouragement to help navigate the transition to parenthood in a safe and welcoming environment

November 4 – December 9, 2021
(6 Week Program)

Thursday Mornings

10:00-11:30AM via WebEx.

Please register online by visiting:

www.chestermere.ca/bundleofsupport

For more information please contact Chestermere's Parent & caregiver Support Services (PCSS) by calling (403) 207-7050 or emailing pcssinfo@chestermere.ca

CONNECT WITH US TO ACCESS THE LINK

Website: chestermere.ca/pcssprograms

Phone: (403)-207-7050

Email: pcssinfo@chestermere.ca

Follow us on Facebook: @ChestermerePCSS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Baby Talk-PCSS Baby Cues 1:30-3:00 PM</p>	<p>2</p>	<p>3</p> <p>Mindful Moments 10:00- 11:00 AM Rockyford/Standard Info Session "The Power of Positive Parenting" 10:00-11:30 AM</p>	<p>4</p> <p>Bundle of Support PCSS/TRELLIS 10:00-11:30 AM Via.WebEx</p>	<p>5</p> <p>Movin' & Groovin' - Langdon 10:00-11:30 AM</p>	<p>6</p>
<p>8</p> <p>Baby Talk-PCSS All about Dads 1:30-3:00 PM</p>	<p>9</p> <p>Ooey Gooy Fun! 10:00-11:30 AM Traveling Tales & Tunes-PCSS 10:15 – 11:15 AM Remembrance Day Craft 4:30-5:30 PM</p>	<p>10</p> <p>Rockyford/Standard Info Session 10:00-11:30 AM Crafternoon 1:30-2:30 Unwind With Me 9:00-10:00PM</p>	<p>11</p> <p>Remembrance Day Statutory Holiday</p> 	<p>12</p> <p>Movin' & Groovin' - Langdon 10:00-11:30 AM Fostering Resilience in your Teen: Coffee & Chat 7:00-9:00 AM Go Girl 4:00-6:00</p>	<p>13</p> <p>Nature Walk with CPAWS 10:00-11:30 AM</p>
<p>15</p> <p>Baby Talk-PCSS Baby's Eye Health 1:30-3:00 PM Youth Night: Getting in the Zone (Zones of Regulation) 6:00-7:30 PM</p>	<p>16</p> <p>Traveling Tales & Tunes-PCSS 10:15 – 11:15 AM Teen Group Triple P 6:00-8:00 PM</p>	<p>17</p> <p>Rockyford/Standard Info Session "Raising Confident, Competent Children" 10:00-11:30 AM</p>	<p>18</p> <p>Bundle of Support PCSS/TRELLIS 10:00-11:30 AM Via.WebEx Circle Time & Craft for National Child Day 10:00-11:00 AM Chestermere High School Study Skills 10:30-2:15 Teen Group Triple P 6:00-8:00 PM</p>	<p>19</p> <p>Movin' & Groovin' - Langdon 10:00-11:30 AM</p>	<p>20</p> <p>KAIROS Blanket Exercise 12:00-4:00 PM</p>
<p>22</p> <p>Baby Talk-PCSS Temperment and Attachment 1:30-3:00PM Monday Movie Night 6:00-8:30PM Kids Have Stress Too- PCSS 6:30-8:30 PM</p>	<p>23</p> <p>Traveling Tales & Tunes-PCSS 10:15 – 11:15 AM Preschool Talk Time 10:30-12:00PM Tie Dye Tuesday 6:00- 7:30 PM Teen Group Triple P 6:00-8:00 PM</p>	<p>24</p> <p>Wacky Wednesday 6:00-7:30 PM</p>	<p>25</p> <p>Bundle of Support PCSS/TRELLIS 10:00-11:30 Via.WebEx Bird Feeder Thursday 6:00-7:30 PM Teen Group Triple P 6:00-8:00 PM</p>	<p>26</p> <p>Movin' & Groovin' - Langdon 10:00-11:30 AM Pizza & Games 6:00-8:00 PM Go Girl 4:00 – 6:00 PM</p>	<p>27</p> <p>Stress: You've got this! 12:00-1:00pm Time For Me 1:-2:30PM</p>
<p>29</p> <p>Baby Talk-PCSS Transitioning to Parenthood 1:30-4:30 PM Baking Night: sugar cookies and decorations 4:30-6:30 PM</p>	<p>30</p> <p>Traveling Tales & Tunes-PCSS 10:15 – 11:15 AM DIY Scrunchies 4:30-5:30 PM Teen Group Triple P 6:00-8:00 PM</p>			<p>LEGEND ECD (Ages 0-6) Programs Youth (Ages 7-18) Programs Family & Caregiver Programs PCSS Programs</p>	
<p>TRELLIS COMMONS 419B 2nd Street, Strathmore, AB T1P 1B9 strathmoreFRN@growwithtrellis.ca 403.983.0076 @StrathmoreChestermereFRNHub</p>		<p>HEALTHY FAMILIES https://asc-mva.ab.ca/family-support-services/healthy-families/ main@asc-mva.ab.ca 403.586.0665</p>		<p>PARENT AND CAREGIVER SUPPORT SERVICES (PCSS) 105 Marina Rd. Chestermere, AB T1X 1V7 pcssinfo@chestermere.ca 403.207.7050 @ChestermerePCSS</p>	