

# Strathmore & Chestermere Family Resource Network Hub

## FEBRUARY 2025 NEWSLETTER

Trellis Society is honoured to serve in the traditional territory of the Blackfoot Confederacy, home to the Siksika, the North and South Piikani, and the Kainai Nations. We also acknowledge the Tsuut'ina and Îyāhé Nakoda (the Chiniki, Bearspaw and Goodstoney Nations), the Métis Nation (Districts 4, 5 and 6) and all who make their home on Treaty 7 territory. We are all Treaty People.

## Hub & Spoke Information

### TRELLIS COMMONS HUB

Address: **419B 2nd Street, Strathmore, AB T1P 1B9**  
Website: [www.growwithtrellis.ca/families/resources](http://www.growwithtrellis.ca/families/resources)  
Email: [strathmoreFRN@growwithtrellis.ca](mailto:strathmoreFRN@growwithtrellis.ca)  
Phone: **403.983.0076**  
Facebook: **@TrellisStrathmoreFRN**



### HEALTHY FAMILIES

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



### PARENT CAREGIVER SUPPORT SERVICES

Address: **105 Marina Rd. Chestermere, AB, T1X 1V7**  
Website: <https://www.chestermere.ca/PCSS>  
Email: [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca)  
Phone: **403.270.7050**  
Facebook: **@ChestemerePCSS**



**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  
Family Violence Hotline – 403.234.7233  
Kids Help Phone – 1.800.668.6868

Distress Center – 403.266.4357  
Indian Residential Schools Crisis Line – 1.866.925.4419  
Togetherall – <https://togetherall.com/en-ca/>

# PARENT & CAREGIVER SUPPORT SERVICES (PCSS)

## DROP IN PROGRAMS

**Little Explorers:** Drop-in for some fun, engaging activities designed to boost your child's development. From creative arts to interactive games, each session targets key growth areas, making learning an exciting adventure every time you visit. Come explore and grow with us!

**When:** Monday, February 3rd & 10th from 10-12pm

**Where:** Chestermere Rec Centre, 201 West Chestermere Drive

**Movin' & Groovin':** This exciting program is all about boosting gross motor skills through high-energy activities. Kids will love hopping, dancing, and playing in a fun-filled environment that encourages physical development. Come join the fun and watch your child's strength and coordination take off!

**When:** Monday, February 24th from 10-12pm

**Where:** Chestermere Rec Centre, 201 West Chestermere Drive

**Messy Sensory Play:** Join us and Healthy Families enjoy all the sensory play without the clean up! Leave the mess to us!

**When:** Wednesday, February 5th from 10-11:30am

**Where:** Synergy, 101-340 Merganser Dr W

**Drop In Playtime:** Join us for a morning of drop-in play with various activities and play! Siblings are welcome.

**When:** Wednesday, February 12th from 10-11:30am

**Where:** Synergy, 101-340 Merganser Dr W

## VIRTUAL SUPPORT

**Early Talks/LENA:** This free VIRTUAL program for children under three years old, helps overcome language isolation by increasing caregiver skills and capacity & child language skill development. Each week gives you new skills and a book to enjoy together!

**When:** Wednesdays, February 5th – March 26th from 7-8pm

**Where:** Virtual



## CONTACT US

**Email:** [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca)

**Phone:** 403-207-7050 extension 7135

**Website:** <https://thecityofchestermere.ca/community-services/pcss>

REGISTER NOW



# PCAP & HEALTHY FAMILIES

## FAMILY DAY: STRENGTHENING FAMILY BONDS & CONNECTIONS

### What is Family Day?

Family Day is celebrated in Alberta on the third Monday of February each year. This year Family Day takes place on Monday, February 17th, 2025. Family Day was created to give people time to spend with their families and loved ones! Spending time as a family enjoying shared interests and activities helps children feel closer to parents and builds a stronger bond and connection. It also helps children feel like what they are doing together as a family is important. Focusing on family activities is a great way to connect and create deep bonds with our children.

### Fun "Family Day" Activities That Build Family Connections:

- Check with your local municipality for scheduled Family Day events that are taking place in your community and spend time together attending those event(s).
- Create special traditions that are unique to your family; this could be preparing a special meal together, going sledding or skating, scrapbooking, playing a favorite family game or going on a family scavenger hunt.
- Visit family. Share family stories with your children and encourage them to share their own stories. This can be a great way to connect with your child, share family history and encourage creativity. Look through photo albums together.
- Bake together, trying new recipes or making family favorites. This can be a fun way to teach new skills, encourage creativity, promote cultural awareness and create shared experiences.
- As a family, decide to perform random acts of kindness, such as baking cookies for a neighbor, making a homemade card for a loved one or residents of a nursing home or hospital.
- Start a "Do It Yourself" project together as a family, such as building a birdhouse or creating a scrapbook. This can be a great way to teach new skills, work on a shared project together and create lasting memories!
- Spend time with your child doing activities that they enjoy - let your child take the lead and pick the game or activity they would like to play with their parents & family.
- Take a winter walk together, focusing on the sights, sounds and sensations around you.

For more information on services from  
PCAP & Healthy Families  
please email: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca)



For all other Information  
403.586.0665













# PCAP & HEALTHY FAMILIES

## Banana Snowman Snack!

- 1 banana, peeled and sliced (3 banana slices for each snowman)
- 5 mini chocolate chips
- 1 pretzel stick
- 1 baby carrot
- 1 strawberry, sliced into quarters



## Winter Activities Scavenger Hunt

 inspect an evergreen tree	make a snow angel	 prance like a reindeer	hop like a snowshoe hare	 jump over a stick
find three different animal tracks	find a (frozen) puddle	stand on one leg like a pine tree	 collect three rocks	roll on the ground
 find four pinecones	crawl like a bear	 stomp like Sasquatch	waddle like a penguin	 search for winter berries
build like a beaver	 find an icicle	leap like an arctic fox	 dig a hole in the snow	spot an empty nest
 search for a brown leaf	toss a snowball	 twirl like a snowflake	flap like a snowy owl	 look for a winter bird

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For more information on services from  
PCAP & Healthy Families  
please email: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca)



For all other Information  
403.586.0665

# TRELLIS SOCIETY

## EARLY CHILDHOOD PROGRAMMING (0-6)

**Tot Talk:** Let's Talk Tots! Join the weekly conversation, share & learn about all things parenting in the early years and beyond! For parents and caregivers with their little ones, a variety of topics, guests and activities take place each week. **Drop In**

**When:** Tuesdays from 10:00-11:30PM **Where:** 419b 2nd St, Strathmore

**Preschool Talk Time:** Do you have questions or just want to learn more about what to expect regarding your child's development? Come & meet Registered Speech Language Pathologist, Holly Smart.

**Drop In**

**When:** last Tuesday of each month 10:30-12:00PM **Where:** 419b 2nd St, Strathmore

**Infant Massage:** 5 Weeks of attachment, bonding & nurturing with your little one. **Infants 0-12 months.**

**When:** Wednesday February 26- March 26 10:00-12:00PM **Where:** 419B 2nd St, Strathmore

## YOUTH PROGRAMMING (AGES 7-18)

**Bright Minds:** Join us for some fun & creative mug painting!!

**Ages 7-10 Registered**

**When:** February 12th 2025 4-5:30 **Where:** 419 2nd St, Strathmore

**Teen Drop-In:** In partnership with WYN, youth **Ages 13+**, come hang out & enjoy ping pong, video games & other activities. Join us every Tuesday. A safe space for all youth! **Drop In**

**When:** Tuesday's 4:00-6:00PM **Where:** 419 2nd St, Strathmore



**Youth Night :** Join us for games, crafts music and more!! **Ages 10-13 Registered**

**When:** February 7th 4:00-5:30PM **Where:** 419 2nd St, Strathmore

**Babysitting Course:** Learn how to become a successful babysitter! **Ages 12+ Registered**

**When:** February 15th 8:30-4:30PM **Where:** 419 2nd St, Strathmore

**Home Alone:** Is your child ready to learn how to stay safe and have fun at home? Sign them up now for our Home Alone Safety course! **Ages 10+ Registered**

**When:** Friday February 21st 11:30-4:30PM

**Where:** Chestermere Public Library, 105B Marina Rd, Chestermere

## FAMILY PROGRAMMING (ALL AGES)

**Coffee & Chat:** Need a change of scenery? Join us in the Strathmore FRN Playroom for a cup of coffee and play time! **Drop In**

**When:** Fridays 10:00-11:30AM **Where:** 419b 2nd St, Strathmore

**Unwind with Me:** Join us for some self-care. Pick up your kit at Trellis Commons and join us online for some laughter, comradery, and pampering.

**Registered When:** Tuesday February 25th 9:00-10:00PM **Where:** Online

**Breakfast With Dudes:** Dads, Uncles, Bampa's, whatever your title, this program is for male caregivers and the kiddos in their lives to spend time chatting, hanging out and of course eating breakfast with each other! **Registered When:** Saturday February 8th 10:00-12:00PM **Where:** 419 2nd St, Strathmore

**Indigenous Crafts:** Join us for some beading classes. Beverages and Small Snacks Provided at the Trellis Society Hub. **Ages 12+ Registered**

**When:** February 6th 1:00-3:00PM & February 20th 4:30-6:30PM **Where:** 419b 2nd St, Strathmore

**Tea & Bannock:** Everyone is welcome to come and join us for delicious tea, bannock & conversation. **Drop In**

**When:** February 12th 1:00-3:00PM **Where:** 419b 2nd St, Strathmore

**Bannock & Tea:** Darcy Turning Robe will be teaching us how to make a drum. Please register with The Town of Strathmore.

**When:** February 26th 5:00-7:00PM **Where:** 419B 2nd St, Strathmore

**Youth & Family Cultural Event:** Join us to celebrate Black History Month, learn about the culture and make a dessert!

**Register online with the Town of Strathmore. When:** Thursday February 13th 4:00-6:00PM **Where:** 419 2nd St, Strathmore

**Family hangout:** Everyone is welcome to come hang out! **When:** February 22nd 10-12PM **Where:** 419b 2nd St, Strathmore

**Connect Parent Group:** Having trouble connecting with your teen? This 10-week group for parents of pre-teens & teens who struggle with behavioral or mental health challenges to help strengthen the building blocks of attachment security, prevention & intervention.

**Register at** [strathmorefrn@growwithtrellis.ca](mailto:strathmorefrn@growwithtrellis.ca) **or** [swfrn@growwithtrellis.ca](mailto:swfrn@growwithtrellis.ca) **When:** Wednesdays February 19 - April 23 6:30-8:00PM **Where:** Online

**Postpartum Support Group:** Being a mother can be overwhelming... There is help. 9 week program - child care and snacks provided

**PRE-REGISTRATION REQUIRED** please call Joanne Simpson AHS - Addiction and Mental Health at 403-361-7277 Thursday mornings at 419 2nd St, Strathmore



# FEB

2025

 ECD Programs

 Youth Programs

 Family Programs

 Chestermere

## Coming Next Month:


Empower U Series


Play & Grow-  
Langdon


KAIROS Blanket  
Exercise



Please **contact us** for any  
information & registration  
for our programs

 403.983.0076

 strathmoreFRN@  
growwithtrellis.ca

 419b 2nd Street,  
Strathmore, AB



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 Little Explorers 10:00-12:00PM	4 Tot Talk 10:00-11:30AM Teen Drop In 4:00-6:00PM	5 Messy Sensory Play 10:00-11:30AM  Early Talks 7:00-8:00PM	6 Postpartum Support Group 10:00-12:00PM  Indigenous Crafts 1:00-3:00PM	7 Coffee & Chat 10:00-11:30AM  Youth Night 4:00-5:30PM	8 Breakfast with Dudes 10:00-12:00AM
10 Little Explorers 10:00-12:00PM  Trellis Strathmore Office CLOSED	11 Tot Talk 10:00-11:30AM Teen Drop In 4:00-6:00PM	12 Drop In Playtime 10:00-11:30AM Tea & Bannock 1:00-3:00PM Bright Minds 4:00-5:30PM Early Talks 7:00-8:00PM	13 Postpartum Support Group 10:00-12:00PM  Youth & Family Cultural Event 4:00-6:00PM	14 Coffee & Chat 10:00-11:30AM	15 Babysitting Course 8:30AM-4:30PM
17  CENTRE CLOSED	18 Tot Talk 10:00-11:30AM Teen Drop In 4:00-6:00PM	19 Connect Parent Group 6:30-8:00PM Early Talks 7:00-8:00PM	20 Postpartum Support Group 10:00-12:00PM  Indigenous Crafts 4:30-6:30pm	21 Coffee & Chat 10:00-11:30AM Home Alone Chestermere 11:30-4:30PM	22 Family Hangout 10:00-12:00PM
24 Movin' & Groovin' 10:00-12:00PM	25 Tot Talk 10:00-11:30AM Preschool Talk Time 10:00-11:30AM Teen Drop In 4:00-6:00PM Unwind With Me 9:00-10:00PM	26 Infant Massage 10:00-12:00PM Bannock & Tea 5:00-7:00PM Connect Parent Group 6:30-8:00PM Early Talks 7:00-8:00PM	27 Postpartum Support Group 10:00-12:00PM	28 Coffee & Chat 10:00-11:30AM	