

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 Iyâh  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
Email: strathmoreFRN@growwithtrellis.ca
Phone: **403.983.0076**
Facebook: [@TrellisStrathmoreFRN](https://www.facebook.com/@TrellisStrathmoreFRN)



HEALTHY FAMILIES

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



PARENT CAREGIVER SUPPORT SERVICES

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



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

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



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



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 20st 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 **or** 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	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	