

Strathcona County Family Resource Network

Parenting is a journey and everyone needs help sometimes. The Family Resource Network offers a range of **FREE** parenting supports and services including:

- Information on child and youth development
- Working through parenting challenges
- Supporting unique parenting plans
- Connecting to community resources
- In-home and virtual parenting support



Follow us on Facebook:
facebook.com/strathcona.familyresourcetwork

For more information, call **Family and Community Services** at **780-464-4044** or email familyresourcenetwork@strathcona.ca



Programs for Children and Youth



Mindful Kids

Do you ever feel big emotions like anger, frustration or worry? Do you ever feel hyper or silly? We all do. Find out what's happening in our bodies when we feel these emotions and learn some fun techniques to calm your body and brain down.



Confident Kids

For children to develop confidence and strong social-emotional skills, they need opportunities to experience peer interactions in a safe and encouraging environment. This interactive program will create space for your young person to connect with others and learn new skills in a fun way!



Creative Outlet

Plug into your creativity! Creativity helps us express ourselves and improves our mental health. Join with a friend and try something new. Topics will include: make a mess, expressive art and “reduce, reuse and recycle”! Sign-up for three fun days during spring break.

To register, visit strathcona.ca/youthconnect



Alberta Health
Services

Mental Health
Capacity Building



STRATHCONA
COUNTY