

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



Early Years Programs



Nature Nuts

Are you looking for ways to explore the wonders of nature as a family? Enjoying the great outdoors promotes a connection to nature that provides endless opportunities to develop new skills and enhance development.



Baby and Me

The parenting journey can be a challenge but being connected means you do not have to travel alone. Join us online to connect with other parents and explore how to support your baby's development.



Play with Me!

Did you know that play is the best way for children to learn about themselves, others and the world around them? Join us to connect with others and to explore fun, open-ended play experiences designed to enhance the parent-child relationship!



Brain Architects

90% of brain development occurs in the first five years of life. Join us online to learn how to build big brains in little people by engaging in fun research-based games and activities with your children.

To register, visit strathcona.ca/familyresourcenetwork

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