

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

To register, visit strathcona.ca/familyresourcenetwork



Programs for Parents and Caregivers



Triple P Parenting Group

Struggling with your child's behaviour? Learn how to turn challenges into opportunities for success. This 3-session course is designed to address specific behaviour by developing a parenting plan for children 2 to 12 years.



Parent to Parent: Easing into the School Year

Are you or your child feeling anxious about the return to school this fall? Join us to learn all about our natural responses to change, easing into the school year, and great tips for you and your child to cope!



Parent to Parent: Finding Digital Balance

Want to know more about how to support your youth with their time online? Come out as a family to learn from others and end the afternoon together at the CanTeen Youth Hub to enjoy some pizza and bonding time!



Emotion Coaching

Learning how to recognize, understand and manage our feelings is an important life skill. Join us online to learn some helpful tips for coaching children and youth of all ages to build their emotional competence.



Inclusive Parenting

Not sure where to begin when talking to your children about current events or social issues? Join us for Inclusive Parenting to learn tips and ways your family can adopt new practices, foster community inclusion, and explore age-appropriate conversations.

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