

Strathcona County Family Resource Network

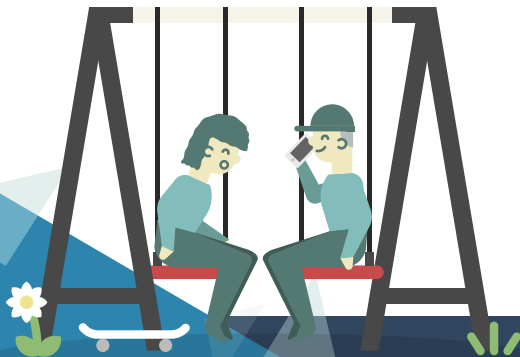
Parenting is a journey and everyone needs help sometimes. The Family Resource Network offers a range of **FREE** parenting supports and services including:

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



Programs for Parents and Caregivers



Parent to Parent: Finding Digital Balance

Want to know more about how to support your youth with their time online? Join us as a family as we discuss current trends, games, and apps and the impact they can have on users and our children/youth. We will discuss legal consequences and potential dangers online, as well as share some helpful tips to start conversations with children and youth.



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.



Triple P Discussion Group Dealing with Disobedience

Struggling with your child's behaviour? Learn how to turn challenges into opportunities for success. Join us online for ideas to reduce the stress of parenting and to strengthen family relationships.



Straight Talk About Teens

Crossing the bridge from childhood to adulthood can be exciting and challenging for both teens and their caregivers. Join us for this online session based on Healthy Minds Healthy Kids Psychology Canada's publication "Straight Talk About Teens".

To register, visit strathcona.ca/familyresourcenetwork

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