

# Strathcona County Family Resource Network

**Parenting is a journey, and there's no clear road map.  
Everyone needs some help along the way!**

The Strathcona County Family Resource Network can support families with:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources

Programs and supports are free and flexible, ranging from group workshops to customized individual services. In-person, virtual or telephone support options are available.

**Let's talk! Call 780-464-4044**

[strathcona.ca/families](http://strathcona.ca/families)

[familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)



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## Programs for Children and Youth

### Confident Kids • Grades 1 to 3

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!



### Kimochis® Starts School • For children entering Kindergarten and their parents/caregivers

In this interactive class you will be introduced to the four lovable Kimochis® characters and their accompanying activities. This registered program aims to support children and caregivers to learn about, and manage, the wide range of emotions and feelings that go hand in hand with transitioning to school.



### Papa-Palooza! • For adults, caregivers, and children of all ages

Let's celebrate dads! Dads provide much needed support, connection, and care for their littles, and we want to shout it from the rooftops. Join us for outdoor games, bouncy castle, laughs, and hotdogs, as we gather to celebrate the importance of dads and male caregivers.



### Mud Day! • For adults, caregivers, and children of all ages

Children love getting messy with mud. In addition to being fun, playing with mud helps develop fine motor skills and contributes to the healthy development of the sensory system. Join us for Mud Day, where children and adults alike can create, imagine, and get dirty together.



Visit [strathcona.ca/families](http://strathcona.ca/families) to register.