

# 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

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

Scan the code  
to learn more



## Programs for Parents and Caregivers



### Confident on My Own

Are you beginning to think about leaving your child home alone for short periods of time? Not sure if they are ready or where to begin? Join us with your child as we facilitate scenario-based learning to encourage independence at home.



### Junior High Journey

Join others to discuss, share and learn about: supporting the transition to Junior High, healthy adolescent brain development, social and emotional learning and supporting healthy relationships.



### Triple P Dealing with Disobedience

Struggling with your child's behavior? Join us online to discuss common parenting problems with others experiencing similar challenges. Leave with some ideas on how to reduce the stress of parenting and 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 the Strong Minds Strong Kids, Psychology Canada's publications "Straight Talk About Teens"



### Kids Have Stress Too!

Stress is a normal part of everyday life for children and adults, but too much stress can be overwhelming. Join us as we look at strategies to help reduce stress and support your child to develop effective coping techniques.

To register, visit [strathcona.ca/summeropportunities](https://strathcona.ca/summeropportunities)

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