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

Support is free, parent-led and flexible, ranging from group workshops to customized 1:1 services.
- Options for in-person, virtual or phone support.

Let's talk! Call 780-464-4044
strathcona.ca/families
familyresourcenetwork@strathcona.ca

Alberta Provincial Family Resource Networks

Follow us on Facebook:
facebook.com/strathcona.familyresourcetwork

Programs for Parents and Caregivers



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 for this online workshop to look at strategies to help reduce stress and support your child to develop effective coping techniques.



Inclusive Parenting

Where do you begin when talking with your teens about the impacts of drugs and alcohol? Join us for Inclusive Parenting, a session in partnership with Parents Empowering Parents Society. This session will cover adolescent brain development, signs, symptoms and impacts of substance use, how to talk about substance use with your teen, and resources available to you and your family.



Triple P Group

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



Super Dads Super Kids

Join us for this parenting program that helps deepen the connection and attachment between male parent figures and their children. Through learning and sharing about communication, child development, discipline and emotional health participants will learn how deep connections come from knowing and enjoying time with their children.

To register, visit **strathcona.ca/families**

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