

# 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)



## Virtual Children and Youth Programs



### Confident Kids

#### Parent Orientation Session

Monday, May 10 • 7 p.m. to 7:30 p.m.

#### Grades 1 to 3

Tuesdays, May 11 to June 1 • 4 p.m. to 4:30 p.m.

#### Grades 4 to 6

Thursdays, May 13 to June 3 • 4 p.m. to 4:30 p.m.



### Nature Nuts

**Mondays, May 31 to June 21**

4:30 p.m. to 5 p.m.



### Confident On My Own

**Wednesday, June 2**

6 p.m. to 7:30 p.m.

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

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