

# 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:  
[facebook.com/strathcona.familyresourcetwork](https://facebook.com/strathcona.familyresourcetwork)

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



## Programs for Parents and Caregivers



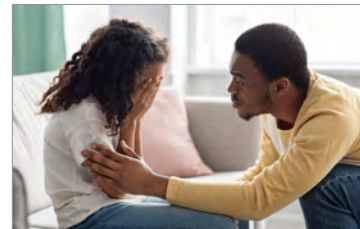
### Emotion Coaching

Learning how to recognize, understand and manage our feelings is an important life skill. Join us online to learn some helpful tips for coaching children and youth of all ages to build their emotional competence.



### Parent to Parent: Managing Stress

Parenting can be overwhelming and stressful. Join us for an evening to unwind, connect with other parents, and learn all about how to take care of yourself while you take care of your children. Come prepared to share tips of what works for you, and leave with a toolbelt of new ideas!



### Keep Connected

The pre-teen and teen years are a time of big change for kids and their families. It's easy for families to get disconnected as kids grow and other demands pull families apart. Join us for an interactive, research-based workshop series designed to: strengthen family engagement, increase positive family interactions and promote connection with kids as they get older



### Triple P Parenting Group

Struggling with your child's behaviour? Learn how to turn challenges into opportunities for success. This 3-session course is designed to address specific behaviour by developing a parenting plan for children 2 to 12 years.

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