

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

For more information, call **Family and Community Services** at **780-464-4044** or email familyresourcenetwork@strathcona.ca



Early Years Programs



Baby and Me

The parenting journey can be a challenge but being connected means you do not have to travel alone. Join us online and in-person to keep connected and learn together!



Play with Me!

Did you know that play is the best way for children to learn about themselves, others and the world around them? Join us to connect with others and to explore fun, open-ended play experiences designed to enhance the parent-child relationship!



Nature Nuts - Polar Edition

Are you looking for ways to explore the wonders of nature as a family? Enjoying the great outdoors promotes a connection to nature that provides endless opportunities to develop new skills and enhance development. Join us for an interactive outdoor experience filled with family fun!



Snow Much Fun!

Join us at the Strathcona Wilderness Centre for an outdoor winter event that will provide fathers and male caregivers a chance to connect with their children in a fun and unique way. We will try new activities, enjoy nature, and connect around the fire..

To register, visit strathcona.ca/familyresourcenetwork