

Camrose Family Resource Centre

Proud to be part of the Camrose and Area Family Resource Network

January—March 2023

Welcome to 2023!!!

We hope that you are looking forward to 2023 and we sincerely hope it brings you a great year!

We have included in this newsletter our new programs, with descriptions and some of our programs that run each quarter. As always, please click the link to register, scan the qr code or go to www.camrosefrc.com if you need the information in another format.

Our office will closed over the holiday season from December 22 at 3pm until 830am on January 3. We will be checking emails and phones In-between this time.

If you have not checked out our new website, you should definitely check it out. We have a new updated look and I think its easier to find Information on the site. We always appreciate feedback. So let us know if you have some to give.

Once again, wishing you a fantastic holiday and Christmas season.

Sincerely,

FRC Staff and Board

780 672-0141



For more information call:
780-672-0141

Or email:

Laurie:
l.jansen@camrosefrc.com

Daneille:
d.ostafichuk@camrosefrc.com

Vanessa
v.simonot@camrosefrc.com

Jolene:
j.doig@camrosefrc.com

Krista:
k.lantz@camrosefrc.com

Kalea:
k.gougoulas@camrosefrc.com

Proudly serving the City of Camrose and the Counties of Camrose, Flagstaff and Beaver.

Main Office Location:
4823-51 Street
Camrose, AB
T4V 1R9
www.camrosefrc.com

Lets Connect

We are here to help! We are here to assist you in any way you need. We can listen, provide a referral, gather information for you or just about anything else. Please call or email for further information.

Alberta
Provincial Family
Resource Networks

Parent Education

Our Program Coordinators are available to facilitate a variety of virtual groups as well as in person, one on one sessions. Please call the office for more information, or follow the registration process listed by each group.

Triple P (Positive Parenting Program)

Triple P is a research based parenting program that gives caregivers the skills and the confidence that they need to help manage the big and small problems of family life and reduce everyday stress. Caregivers learn how to build stronger family relationships, manage misbehavior and prevent problems from happening in the first place. Services may include brief tip sheet sessions on specific topics, seminars, discussion groups, four week one on one programs and/or eight to ten week with optional follow up sessions. Sessions are offered by accredited practitioners onsite, online or in home depending on need. Please call our office for more information or to access these supports.



Fear-Less Triple P - Seminar

Being a Parent to a child/teenager who is experiencing anxiety can be tough. Join us in a session, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety. Supper and childcare provided

In person-Wednesday, February 15. 5:30-7:30

[Click here to register](#) or scan the QR code



Triple - Fearless group

Being a Parent to a child or teenager who is experiencing anxiety can be tough. This group is for parents and caregivers whose children are experiencing significant anxiety causing a high level of distress and interference in activities (e.g., not being able to attend school or make class presentations, attend school camps or go on sleep-overs, etc.). Parents/caregivers will learn how to teach their children to manage anxiety effectively. For families with children 6 –14 years of age.

Virtual - Thursdays January 19th - February 23rd. 8:00 - 9:30 pm. Please register by January 12th.

[Click here to register](#) or scan the QR code



Triple P - Group

Is Group Triple P for you? You want to create the happiest home life you can. You may have a few concerns about your child's behavior – perhaps they are not listening to you or you simply want to find out how to set up better routines for mealtimes or bedtimes. Whatever it is, you will learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at the parenting strategies that really work, Group Triple P is ideal. For families with children 2 - 12 years of age.

In person—March 7, 14, 21, 28 from 5-7pm

[Click here to register](#) or scan the QR code.



Teen Triple P Group

Group Teen Triple P is a course that will set you up with the full range of Triple P's positive parenting strategies, and will help you understand why your teenager behaves the way they do. Find out about what makes teenagers tick and how to guide them towards being responsible, resilient and successful adults.

In person—Tuesdays January 10, 17, 24, February 7. 5:30pm-7:30pm

[Click here to register](#) or scan the QR code



Parent Education

Call 780-672-0141 for more information or assistance with registration for any program.

Triple P Family Transitions

Family Transitions Triple P is designed to help parents making the transition through separation or divorce. Transitions Triple P, gives parents tools to prevent/manage stress, anger, child's behavior/emotional problems & conflict by enhancing knowledge, skills and confidence of parents to make a smooth transition. The program is available for individual sessions as well.

Virtual—Wednesdays, February 1, 8, 15, 22, March 1 & 8. 12:00—1:00

[Click here to register](#) or scan the QR code



Wellness Exchange

Join us ONLINE to focus on yourself as a caregiver. These adult focused sessions are designed to improve your skills to cope with change, manage daily stressors, and increase your overall well being. Each week we focus on a new skill; Attend any topic that interests you or attend all five.

Virtual - Wednesdays 6:30—7:30

[Click here to register](#) or scan QR code

Problem solving: January 25, 2023

Managing Reactions: March 22, 2023

Healthy Connections: May 24, 2023

Positive Attitudes: February 22, 2023

Helpful Thinking: April 26, 2023



Food & Body Conversations

Join Molly Bara, from Alberta Health Services, Nutrition services; in a conversation that parents and caregivers will learn:

- how to support school aged-children to develop a positive relationship with food and their body
- what changes in a child's relationship with food may need additional support
- strategies to start conversations if you think your child needs help
- supports that are available

(Content warning: Diet, eating disorders and disordered eating, weight and body image is discussed in this presentation). Open to parents, caregivers and other adult role models

Virtual—Thursday, March 9, 6:30-8:00pm

[Click here to register](#) or scan the QR code



Its More Than Birds & Bees:

How to talk to our pre-teens and teens about sexual health

It's common to feel nervous about talking to your children about sexual health; but its easier then you think and it doesn't have to be awkward. Join Tracey Burnett from AHS as we discuss the why, when, what and how to talk to your children about sexual health. Lunch provided for in person attendees.

In person or virtual - Wednesday, March 8. 12:00-1:00pm

[Click here to register](#) or scan the QR code



Developmental Screening

Call 780-672-0141 for more information or assistance with registration for any program.

Are you curious about your child's development?

The first six years of a child's life are extremely important to their development and while each child develops at their own unique pace, we can sometimes find ourselves wondering, is my child's development on track?



We offer the Ages and Stages Questionnaire for parents to use to give themselves a 'snapshot' of their child's development. The engaging questionnaires are interactive and promote positive, developmentally appropriate play.

When can I start using the questionnaire with my child?

- The questionnaires range from 2 months to 5 years of age.
- It is recommended that a questionnaire be completed one or two times a year; unless there is a particular area of concern that you want to track. Activity Sheets are also available to support healthy development and growth in specific areas of development throughout the year.

Why should I do a questionnaire?

- Learn what to expect from your child at different developmental stages
- Learn fun and new activities to engage in with your child
- Learn when and where to receive support to ensure your child meets their developmental milestones

Ages & Stages Questionnaires (For children up to age 6)

The **ASQ3** and **ASQ-SE2** provides parents with a developmental snapshot of their child. Parents fill out the screen and then they are followed up by one of our staff.

ASQ3 screens five key areas of development in young children to create a well-rounded snapshot of the child's skills and abilities:

Communication, gross motor, fine motor, problem solving skills and personal social skills.



The **ASQ-SE2** focuses exclusively on social emotional development.

Self Regulation, compliance, communication, adaptive functioning, autonomy, and affective interaction with people



Get started today by following the QR codes. Or visiting our website: www.camrosefrc.com

Protective Factor Survey

Celebrating the things that families already have in place! Families answer questions on a survey based on their strengths which will help us better direct the needs of individual families. This will help us to see how we can better meet the needs of families. These are readily available.

Family Programs 0-6 yr. olds

Call 780-672-0141 for more information or assistance with registration for any program.

Kid Kits

Through play, the Kid Kit supports the development of social skills, communication skills, motor skills, pre-literacy and general knowledge, and emotional regulation. Kits are developed for a specific age ranges (from birth to 5 years). The Kid Kit contains activity cards describing "how" to play and "why" a particular activity is necessary for development. Also included in the kit are all the toys, books, and craft supplies needed to complete the activities.



In person at the Camrose FRC

0-6 months Monday January 9 1:30pm

7-12 months Monday January 16 1:30pm

13-18 months Monday January 23 1:30pm

19 months-3 years Monday January 30 1:30pm

4-5 years Monday February 6 1:30pm

Register via link below
Call 780-672-0141
for more information



0-6 months

January 9 at 130pm

[Click here to register](#)

or scan the QR code



19 months – 3 years

January 30 at 130pm

[Click here to register](#)

or scan the QR code



7-12 months

January 16 at 130pm

[Click here to register](#)

or scan the QR code



4-5 years

February 6 at 130pm

[Click here to register](#)

or scan the QR code



13-18 months

January 23 at 130pm

[Click here to register](#)

or scan the QR code



Family Programs 0-6 yr. olds

Call 780-672-0141 for more information or assistance with registration for any program.

Wednesday Morning Drop In at the FIELD HOUSE

IT'S REALLY BACK! **January 11—May 31** This facilitated playgroup offers active play in the Field House, followed by group games and a circle time with songs, finger plays, rhymes and stories. There will also be resources available for parenting and family support.

Drop In, no pre-registration required.

Wednesdays 10:00 - 11:00am at the Field House 4516 54 Street.

Curious Cuties

Parents and Caregivers of babies under 12 months old, join the Camrose Family Resource Centre weekly for Curious Cuties. During this in person program we will be joined by various guest speakers who will provide information on different baby related topics such as growth and development, milestones, self care and more. We will also have a song and rhyme time. Location will be shared upon registration.

Friday . Please register by the Thursday prior to each session. 10:00 - 11:00am

For more information contact Jolene at 780-672-0141 or j.doig@camrosefrc.com

[Click here to register](#) or scan the QR code.



Dadventures

It's always an adventure at Dadventures!

Calling all dads, granddads, and awesome uncles with children 0-10 years old! Join us with your kids for some fun at DADVENTURES! Meeting at Camrose Family Resource Centre

January 26, February 2 & 9

6:00 - 7:00pm

[Click here to register](#) or scan the QR code.



March 16, 23 & 30

6:00 - 7:00pm

[Click here to register](#) or scan the QR code.



Indoor Playground Drop In Time for children up to 12 years of age

Tuesdays, Wednesdays and **NOW** Friday Evenings

Tuesdays 9:30am - 11:00 am

Tuesdays 1:30 pm- 3:00pm

Wednesdays 1:30pm - 3:00pm

Wednesdays 4:30pm - 7:00 pm

Friday 4:30pm-7pm



Family Programs 0-6 yr. olds

Call 780-672-0141 for more information or assistance with registration for any program.

Wonderful Winter—2 Ways to Enjoy This Program

Kids 0 - 6! Bring your parents on over to the Camrose Family Resource Centre to celebrate Winter! Through winter themed crafts, songs, stories and activities, we will celebrate everything we love about the season and the play opportunities it brings. Families can choose a daytime **in person** program (10:00 - 11:00) or an **evening virtual** program (6:30 - 7:30). Use the QR code or zoom link to register by January 16th.



Mondays, 10:00am-11:00am OR 6:30PM-7:30PM

[Click here to register](#) or scan the QR code.

Valentines Celebration -

Love is in the air! Join us at the Camrose Family Resource Centre on Monday February 13th 10:00 OR 1:00 with your children 0 - 6 for an **in person** valentines celebration. Together we will connect through valentines themed stories, songs, crafts and a special snack.

Please use the zoom link or QR code to register by February 6th.



Monday, February 13th 10:00 - 11:00 OR 1:00 - 2:00

[Click here to register](#) or scan the QR code.

Spectacular Spring—2 Ways to Enjoy This Program

Families with children 0 - 6. Join us at the Camrose Family Resource Centre as we celebrate welcoming Spring through crafts, songs, activities and connection! Families can choose a daytime in person program (10:00 - 11:00) or an evening virtual program (6:30 - 7:30). Use the QR code or zoom link to register by January 16th.



Monday, March 6, 13 and 20. 10:00 - 11:00) in person program

or

Monday, March 6, 13 and 20. 6:30 - 7:30 virtual program

Mini Yogis Kids Yoga

Mini Yogi's is a yoga practice for children, aged 2-6, taught through stories, songs and games! It will be taking place in person at the Camrose Library. Pre- registration week to week is strongly encouraged, but drop in will also be accepted.



Thursdays, January 19, 26, February 2, 9, 16, and 23 10:30-11:30am

[Click here to register](#) or scan the QR code.

Terrific Tales

Join the Program Coordinators from the Camrose Family Resource Centre and The Camrose Public Library ; for Terrific Tales! Terrific, themed tales, action rhymes, games, and crafts for toddlers and their grown-ups. This program is geared toward preschool-aged children, but siblings are welcome to attend!

Wednesdays, Starting January 11 at Camrose Public Library at 10:30.

No registration necessary.

4710 50ave



Family Programs All ages

Call 780-672-0141 for more information or assistance with registration for any program.



Indoor Playground

Now open FRIDAY evenings!

Join us at the Camrose Family Resource Centre now **TWO EVENINGS** a week!
Wednesday 4:30-7:00 pm & Friday 4:30-7:00 pm

Friday evening Indoor playground starts January 13, 2023! This is a Drop In program, for children ages 0-12, parent supervision required. 4937 51st Street 780-672-0141

CAMROSE FAMILY RESOURCE CENTRE

Alberta Provincial Family Resource Networks

Indoor Drop In Returns!
January 11



Wednesday 10:00-11:00am
Field House: 4516 54 st

Parent Tot Time, (Ball Time) is in the Field House every weekday from 11:00am-noon.

This free play, un-facilitated time, is provided by the City of Camrose.

Special Guest Tracey Burnett, RN and Sexual Health Consultant

Tracey will be available to answer parent questions about how to have conversations about sexual health with young children

**Tuesday January 17
February 14
and March 21
10-11am, during
Indoor Playground Drop In.**

Indoor Playground Hours

Starting January 10



Join us at the Camrose Family Resource Centre Tuesdays and Wednesdays

Tuesday 9:30 am-11:00am
1:30pm-3:00pm
Wednesday 1:30pm-3:00pm
4:30pm-7:00pm
Friday 4:30pm-7:00pm

Family Programs 7-13 yr. olds

Call 780-672-0141 for more information or assistance with registration for any program.

Super Supper

Are you looking for an opportunity to get your 7-13 year old active in the kitchen, AND take a break from planning supper every night? Then we have the program for your family!

Super Supper is a 3 week program for children age 7-13 designed to teach some basic cooking skills, from the comfort of your own space. Groceries and recipes are provided, and the program takes place over Zoom, which means that once the recipe is done, the family can log off and sit and enjoy the meal together.

Wednesdays, February 1, 8, 15. 5:30pm

[Click here to register](#) or scan the QR code



TWEEN BOOK CLUB

Attention parents and caregivers of kids ages 7-13! Is your child looking for something to do over the winter months? Do they enjoy reading, or could they use some encouragement to read more? Sign your child up for our FREE virtual book club! Encourage a love of reading, a space for creative expression and an opportunity for them to connect with their peers. Pre-registration required and includes the book plus all supplies needed to participate virtually in the weekly meetings! A book club is a great way to share ideas, engage in thought provoking conversations, and connect with others. We make it fun by enjoying snacks in our meetings and engaging in games, activities, & crafts that all follow the theme of the book.

Wednesdays, Feb 1- March 22 (8 sessions) 4:30-5:30pm

[Click here to register](#) or scan the QR code



Dadventures

It's always an adventure at Dadventures!

Calling all dads, granddads, and awesome uncles with children 0-10 years old! Join us with your kids for some fun at DADVENTURES! Meeting at Camrose Family Resource Centre

January 26, February 2 & 9
6:00 - 7:00pm

[Click here to register](#)

or scan the QR code.



March 16, 23 & 30
6:00 - 7:00pm

[Click here to register](#)

or scan the QR code.



My Tween and Me

My Tween and Me is a facilitated group program that provides parents and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. My Tween and Me helps develop parent's confidence and ability to positively influence and support their children. Through 8 group sessions, My Tween and Me, provides interactive learning opportunities that:

-Enhance knowledge of tween growth and development -Build effective communication skills for both parents and tweens -Promote positive youth development -Foster strong family and community relationships

Last Tuesday of each month 5:30 -7:00, in person; supper provided

[Click here to register](#) or scan QR code



JOIN OUR VIRTUAL TWEEN BOOK CLUB!



Read along with the group and attend the weekly virtual meetings to enjoy snacks, crafts, and conversation!

Pre-registration required to receive the book + supplies. Ages 7-13, Virtual meetings WEDNESDAYS 4:30-5:30 Feb 1 - March 22 Contact Kalea at 780-672-0141 or k.gougoulas@camrosefrc.com for more information or register by scanning QR code.



Alberta Provincial Family Resource Networks



Rainbows is a grief and loss peer support group for children focused on providing a safe place for them to speak about their feelings while presenting an opportunity for emotional healing, as well as assisting them to develop appropriate coping mechanisms.

Daneille and Kalea, Program Coordinators at the Camrose Family Resource Centre are trained Rainbows Canada facilitators and are currently leading a Level 1 (ages 6-8) group in Battle River School Division and a Level 3 (ages 10-12) group in Elk Island School division.

The Camrose Family Resource Center plans to collaborate with different community agencies to be able to provide continuous Rainbows groups.

For more information about Rainbows you can go the website <https://www.rainbows.ca/>
To find out more information in regards to the next round of groups being offered through the CFRN you can Contact: Kalea at 780-672-0141 or k.gougoulas@camrosefrc.com

Rural Programs– Camrose, Flagstaff & Beaver County

One to One Family Support-An FRC staff member is available to offer parenting/family support, information, referral, education and advocacy.

Tofield: Tuesdays, Location : Family and Community Support Services, 5407 50 Street, Tofield
Call or Text Krista Lantz at 780-781-1807 OR Email: k.lantz@camrosefrc.com

Viking: Wednesdays, Location: Viking/Beaver Family & Community Support Services - 4924 53 Ave, Viking
Call or Text Krista Lantz at 780-781-1807 OR Email: k.lantz@camrosefrc.com

Killam: Thursdays, Location: Parents For Fun In Flagstaff-Family Resource Centre 5175 51 Ave, Killam,
Call or Text Daneille Ostafichuk at 780 781 3789 OR Email : d.ostafichuk@camrosefrc.com

Bashaw: Tuesdays, Location: Bashaw and Area Community Resource Centre , 4909 50 St, Bashaw
Text or call: Daneille Ostafichuk at 780 781 3789 OR Email : d.ostafichuk@camrosefrc.com



My name is Daneille Ostafichuk, I am a Program Coordinator at the Camrose Family Resource Centre.

I currently work out of **Bashaw & Area Community Resource Centre, on Tuesdays** and **Parents for Fun in Flagstaff - Family Resource Centre on Thursdays.**

Growing up rural Alberta I am so happy to be here connecting with families from small town roots. With two children of my own I know how hard it can be to navigate all the challenging pieces that make up our children, teens and their needs; I love sharing strategies, tips and tricks, that might make home life a little less challenging



Hello, My name is Krista Lantz, I am a Program Coordinator at the Camrose Family Resource Centre.

I currently work out of Tofield **on Tuesday's at the FCSS office, and Viking FCSS on Wednesdays** to provide the Beaver County families with the Camrose Family Resource Centre programs and services along with other agencies in the area.

You can also find me at the Kids Spot playgroup on Tuesday mornings, twice per month. I love working in the our surrounding communities where I feel so welcome and happy to offer support and resources to the families of Beaver county.



Rural Programs - Viking/Beaver East



In office Wednesdays,
Viking/Beaver Family & Community Support Services -
4924 53 Ave, Viking
Call or Text Krista Lantz at 780-781-1807 OR Email:
k.lantz@camrosefrc.com

Programs for Parents (Available in person or online):

We are here to provide support, information, referrals and programming for families with children 0-18 years. All programs being offered through the Camrose Family Resource Centre are available to all families in Camrose as well as the counties of Camrose, Flagstaff and Beaver.

Holden Family Kidz Korner

Come Check out the Holden Family Kidz Korner, Fridays at the Holden Community Hall. **FRC staff will attend on the third Friday of the month** with extra crafts, songs, stories and resources. All families with children 0-12 years old are welcome.

Every Friday, 9:30— 11:30, at the Holden Community Hall.
4919 49 Ave

Viking Stay & Play Playgroup

These facilitated playgroups offer active play, group games and a circle time with songs, finger plays, rhymes and stories. There will also be resources available for parenting and family support. Open to all families in Beaver County East with children 0 - 6 years old.

2nd and 4th Wednesday, 10am-1130
St. Francis Daycare, 5119-50 Street

Simple Suppers: Roast Chicken Series

Viking families please join us as we cook 3 simple meal ideas from a roast chicken. We will enjoy cooking and eating together while becoming more connected to the Viking community. Please let us know of any food allergies at the time of registration.

Location to be determined.
Please call Viking FCSS to register. 780 336-4024

Wednesday, January 18. 5:00-7:00pm
Wednesday, February 15. 5:00-7:00pm
Wednesday, March 15. 5:00-7:00pm



Rural Programs - Tofield/Beaver West



In Office Tuesdays,
Family and Community Support Services,
5407 50 Street, Tofield
Call or Text Krista Lantz at 780-781-1807 OR Email:
k.lantz@camrosefrc.com

Programs for Parents (Available in person or online):

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Kids Spot Tofield Play Group

Drop in active play, story and song time, crafts, activities, family support and resources. A great opportunity for parents with young children to meet other parents, access information and sources, while spending quality time with your child/ren.

Tuesday mornings from 930am-1130am, Krista attends the 2nd & 4th Tuesday
Tofield Community Hall, 5309-50 Street



Tofield Parent Education Series

Join us for all or one of our parenting sessions we are running. Call Krista for more information.
All sessions are In-person.

Fear Less Seminar

Being a parent to a child/teenager who is experiencing anxiety can be tough. Join us in a session, where together we will discuss strategies and tools to support your child in being better able to cope with anxiety.

Tuesday, January 17. 6:00-8:00pm

Coping with Teen Emotions

In a relaxed group session, we will talk about tips and suggestions for dealing with your teenager's emotions. You will be given a take-home workbook with simple exercises and information to help you try your new strategies at home. For families with children 10 –16 years of age.

Tuesday, February 21. 6:00-8:00pm

Getting Teenagers to Cooperate

In a relaxed group session, we will talk about tips and suggestions for dealing with your teens/pre-teens challenging behaviours. You will be given a take-home workbook with simple exercises and information to help you try your new strategies at home. In person at **Bashaw and Area Community Resource Centre**. Light lunch will be provided.

Tuesday, March 21. 6:00-8:00pm

**To register for any of these programs please call Tracey at the Tofield FCSS Office to register.
(780) 662-7067 or (780) 662-7066**

Rural Programs - Flagstaff



To register for programs go to
www.parentsforfuninflagstaff.com

In office Thursdays,
Parents For Fun In Flagstaff-Family Resource Centre
5175 51 Ave, Killam, AB
Call or Text Daneille Ostafichuk at 780 781 3789
OR Email : d.ostafichuk@camrosefrc.com

Programs for Parents (Available in person or online):

We are here to provide support, information, referrals and programming for families with children 0-18 years. All programs being offered through the Camrose Family Resource Centre are available to all families in Camrose as well as the counties of Camrose, Flagstaff and Beaver.

The Color Monster—In-person

Come and connect as we discuss and practice our skills to support your child and enhance their skills, thinking styles and key abilities to build or their self awareness, self regulation, emotional literacy and social competence. We will discuss skills as we engage with our children through activities, songs and crafts! Families will receive a copy of the color monster book and a tool kit of Kids Have Stress Too! Activities and resources. **Registration Required**

Friday, February 24, 10:00-11:30 (in person)

Kid Kits- Drop-in—In person

Through play, the Kid Kit supports the development of social skills, communication skills, motor skills, pre-literacy and general knowledge, and emotional regulation. Drop in to pick up a kit from Daneille; to take home, keep and engage in with your child. Kid Kits include toys, books, and craft supplies needed to complete the activities. Kits are for the ages 0-6 years. Drop In to pick up a kit

January 19, February 9 10:00 to 2:00 (in person)

Construct and Play—In-person

Calling all dads, Grandpas, uncles and significant male role models. Join Flagstaff Early Childhood and Youth Partnership, at the Killam Community Hall; for an afternoon of Fun, arts, crafts, activities, games and food! Leave with a pack of goodies to take home and enjoy with your family. For Children 0-12 Years old.

Sunday February 12 , 2:00-5:00pm (Registration Required)

Coffee & Babies—In-person

Join us at a different location each week for casual conversation, Mom talk, baby talk & life talk drop in any date! For moms and babies between 0-12 months old. No cost - coffee on us!!

Thursdays, February 23, March 2,9,23, 10:00-11:00 am

Online - Imagination Station—virtual

Cool and creative theme-based activities and featured FREE book. Join us for songs, Rhymes, crafts and skill building activities. **Registration required**

Wednesdays, January 18, 25, February 1,8. 10:00 – 11:00 am (Online)

Rural Programs - Flagstaff

Register at
www.parentsforfuninflagstaff.com

THIS IS ABOUT COMMUNITY AND CONNECTION NOT ABOUT YOUR PHONE

Join us for a screening of :

Killam Living Room
Theatre

Thursday, February 2,
2023

2 Showings followed by a
discussion panel

1:00pm

Beverages & a light snack
provided

6:00pm

Light supper & beverages
provided

**OPEN TO EVERYONE:
PARENTS,
COMMUNITY
MEMBERS, YOUNG
ADULTS, SERVICE
PROVIDERS**

THE GREAT DISCONNECT

SYMPACTFUL WELLNESS MEDIA PRODUCTION IN ASSOCIATION WITH MOCA FILMS & ARMADA FILMS DIRECTED BY TAMER SOLIMAN
DIRECTOR OF PHOTOGRAPHY ROB TYLER EXECUTIVE PRODUCERS JEREMY WALTON STEPHEN PRICE OLIVER BARRET LINDSAY NEVILLE HICKS PRODUCED BY TAMER SOLIMAN
CO-PRODUCED BY JEREMY WALTON EXECUTIVE PRODUCERS CANDY WHICKER WRITTEN BY SARAH DOUGLAS KATHERINE SALTER TAMER SOLIMAN NARRATED BY TAMER SOLIMAN
CREATIVE CONSULTANT GEORGE HALVORSON CONSULTING WRITER JAY MUSTAFA EDITED BY ROB TYLER



The Great Disconnect

Join us at the Killam Living Room theater for a screening of **The Great Disconnect**; a 1 hour showing about how we, as a society, are isolating ourselves from one another, and because of this, facing a health crisis that affects all ages, genders, races, and cultures. How have we become so disconnected? A short discussion panel will follow. Open to everyone parents, community members, young adults, service providers. **(Registration Required; no cost to attend)**

Thursday February 2, 1:00pm Light snack and beverages provided

Thursday February 2, 6:00pm Light supper provided

Rural Programs - Bashaw/Camrose County



In office Tuesdays,
Bashaw and Area Community Resource Centre,
4909 50 St, Bashaw
Text or call: Daneille Ostafichuk at 780 781 3789
OR Email : d.ostafichuk@camrosefrc.com

Programs for Parents (Available in person or online):

We are here to provide support, information, referrals and programming for families with children 0-18 years. All programs being offered through the Camrose Family Resource Centre are available to all families in Camrose as well as the counties of Camrose, Flagstaff and Beaver.

Monkey Business (Drop-in):

Join us for a drop-in facilitated playgroup for families. We sing songs, read books and create through arts and crafts. A great opportunity for parents with young children to meet other parents, access information and sources, while spending quality time with your child/ren.

1st and 3rd Friday of the month 10:00—11:00am
Bashaw public library
5020 52st



Kid Kits

Through play, the Kid Kit supports the development of social skills, communication skills, motor skills, pre-literacy and general knowledge, and emotional regulation. Pick up a kit from Daneille; to take home, keep and engage in with your child. Kid Kits include toys, books, and craft supplies needed to complete the activities. **Kits are for the ages 0-6 years.** Drop In to **Bashaw and Area Community Resource Centre** to pick up a kit. **Must register prior to pick up**



[Click here to register](#) or scan the QR code

Lunch and Learns Bashaw and Area Community Resource Centre. 4909 50st

Triple P Teen/Pre-teen - Discussion Group – Coping with Teenagers Emotions

In a relaxed group session, we will talk about tips and suggestions for dealing with your teens/pre-teens challenging behaviour. You will be given a take-home workbook with simple exercises and information to help you try your new strategies at home. In person at **Bashaw and Area Community Resource Centre**. Light lunch will be provided.



Tuesday, February 21: 12:00 pm- 2:00 pm - (In person) .

[Click here to register](#) or scan the QR code

Triple P Teen/Pre-teen - Discussion Group - Getting Teenagers to Cooperate

During this discussion, we share some of our experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are discussed. We will develop a plan to motivate your teenager to be cooperative at home.

In person at **Bashaw and Area Community Resource Centre**. Light lunch will be provided.



Tuesday, March 7: 12:00-2:00 pm – (In person)

[Click here to register](#) or scan the QR code

Other Community Programs & Services

AHS Central Zone
Nutrition Services

Infant Nutrition Class



Join a registered dietitian to learn about:

- What foods to start with
- Food allergies
- Preparing different textures
- Baby-led weaning, and more!

This class is **FREE** and online* for parents and caregivers of infants

For more information and to register:

Visit Eventbrite at qrco.de/centralzonenuitration Or scan your phone here:



Classes are offered twice per month from 10:00 – 11:30 a.m. See Eventbrite for dates.

* In-person classes may be available in some communities. Visit Eventbrite for details.



AHS Central Zone
Nutrition Services

Goodbye Mealtime Struggles



Join a registered dietitian and occupational therapist to:

- Explore the various reasons behind mealtime struggles.
- Leave with strategies to make mealtimes happy times!

This class is **FREE** and online* for parents and caregivers of children 1-5 years

For more information and to register:

Visit Eventbrite at qrco.de/centralzonenuitration Or scan your phone here:



Classes are offered once per month either in the afternoon or evening. See Eventbrite for dates.

* In-person classes may be available in some communities. Visit Eventbrite for details.



Nutrition Services



Growing your baby: What to eat during pregnancy

Are you pregnant or trying to get pregnant?

Join a Registered Dietitian to learn about:

- Meal and snack ideas
- Nutrients you need in pregnancy
- Choosing a multivitamin supplement
- Tips for managing pregnancy discomforts
- Safe foods to eat during pregnancy

👉 This class is **FREE** and online.

Class includes food demos, recipes and handouts. Support people are welcome to attend.

For more information and to register:

Visit Eventbrite at qrco.de/centralzonenuitration Or scan your phone here:



SCAN ME

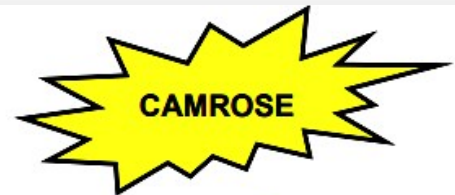
Classes are offered monthly. See Eventbrite for dates and times.



Information about the AHS Central Zone Nutrition Services programs can be found by visiting qrco.de/centralzonenuitration

Please call 780-679-2980 to register for these programs from Alberta Health Services, Public Health.

Other Community Programs & Services



Child Development Walk-in Clinic

Birth to Five Years

Do you have questions or do you want to learn more about...

How your child:

- Speaks
- Hears
- Colours
- Moves
- Plays
- Follows Directions
- Sleeps
- Eats



Sensitivity to:

- Noise
- Clothing
- Food Textures
- Messy Play



Your child's:

- Routines (bedtime, toileting)
- Emotions
- Growth
- Development



Call us to book a virtual or in-person appointment

~ 780-608-8611 ~



The third Tuesday of every month*
Community Rehabilitation Program – Pediatrics

9:00 a.m. – 1:00 p.m.

no clinic in December

Services that may be accessed include:

Occupational Therapy
Early Intervention Support (birth-31/2 yrs)

Physical Therapy
Speech-Language Pathology
Social Worker

Camrose. Third Tuesday of every month. 9:00am - 1:00pm Call 780-608-8611

Daysland. Third Thursday of every month. 1:00 - 3:00pm. Call 780-374-0313.

Tofield. First Wednesday of every month. 9:00am - 12:00pm. Call 780-662-5233 .

Viking. Third Wednesday of every month. 9:30am - 11:30pm. Call 780-336-7114.

Financial Literacy

The FRC is pleased to bring you the 9 session financial literacy course from Prosper Canada. Participants can register for as few or as many as fits their needs. The dates and topics are as follows:

January 10: Exploring your relationship with money

Explore your values, feelings, and assumptions about money and address current level of knowledge as well as confidence relating to the topic of money, and start the process of goal-setting.

January 17: Income and taxes

A look at different types of income, and how to read a pay-stub. This module discusses income tax, how different types of income are treated differently, and help understand the reasons for doing taxes. This module does not teach people how to do taxes.

January 24: Budgeting

An overview of what a budget is, why having one is important, and how to make one. It looks at different types of income: variable and fixed, as well as different types of expenses: variable and fixed.

January 31: Banking and financial services

This module dives into the different types of financial institutions and the differences between them, and how to choose the one best for you. This module also explores the “fringe” financial services such as the pay day loans, pawn shops, and rent-to-own stores.

February 7: Saving

A look at different types of savings plans, different types of interest, and how to determine what would be best for you. The goal in this module is to create a savings plan.

February 14: Credit Basics

Looking at the pros and cons of using credit, with a focus on credit cards, and how to calculate interest, and how to work on managing any purchases.

February 21: Credit reporting

Learn the role of the credit bureaus and the use of the credit reports, credit ratings, and credit scores in determining an individual’s ability to obtain credit. This module also looks at how to improve credit scores.

February 28: Debt

This module looks at debt and the role it plays in the lives of Canadians. It looks at the benefits and costs of debt and at some ideas for repayment.

March 7: Consumerism

This module explores what it means to be a wise consumer. Participants reflect upon their wants, needs, and spending habits in relation to their values and goals. Participants will also learn about their rights as consumers.

These sessions are offered via Zoom. Click the link to register for any sessions.

[Click here to register](#)





WWW.THEOPENDOORS.CA



We are a non-profit charitable organization that offers hope and support services to youth, adults and families. In operation since 1998, we offer services utilizing a holistic wrap-around approach.

Services

- Integrated Youth Hub
- Youth Emergency Housing
- Youth Transitional Suites
- Employment Program
- Rural Outreach
- 24/7 Helpline: **780-679-4357**
- Tenant Education Program
- SMART Recovery
- FASD Support
- Restorative Justice

**VISIT US
TODAY!**

4825-51 Street
Camrose, Alberta

 780-679-6803

Programs offered by The Camrose and Area Family Resource Network Partners



Camrose Association for Community Living

Healthy Families Program

780-672-0257

Celebrating and building on parent and family strengths, skills, and supports help children thrive! This is what protective factors are all about.

Families gain what they need to be successful when key protective and promotive factors are robust in their lives and communities. Home visitation programs proactively support and strengthen protective and promotive factors to ensure children and families are on a path that leads to healthy development and well-being.

There are 5 Protective Factors which benefit ALL families: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Social and Emotional Competence of Children and Concrete Support in Times of Need. Let's learn about one Protective Factor and how Home Visitation Facilitators play a role in supporting your family to build on that protective factor within your family each Newsletter!

1. PARENTAL RESILIENCE

What it is:

Parent capacity to adapt and change during life stressors including the ability to form trusting relationships, problem-solve and plan when facing challenges, adversity, and trauma.

Parental Resilience means parents:

- Take care of themselves and ask for help when they need it.
- Feel good about themselves and hopeful about the future.
- Make plans for the future and how to handle challenging situations.
- Take time to enjoy their children and what they like about parenting.
- Don't allow stress to get in the way of providing loving care.

Home visitors can help build parental resilience by:

- Connecting research-based information to parent goals and needs.
- Helping parents to develop and enhance their self-esteem and ability to cope with stress.
- Helping parents break down goals into small-term actions. Assisting parents in exploring consequences to possible solutions/actions.
- Honoring each family's race, culture, language, history, and approach to parenting.
- Providing opportunities and support for families to serve as leaders and decision-makers.

Next will explore Social Connections.

If you are someone you know is interested in learning more about the Healthy Families Home Visitation Program please reach out to us:

Camrose City & County 780-672-0257 - Michelle Mazurenko, Suzanne Moore, Aleisha Hockley, Tracy Tylosky

Bashaw 780-679-8066 - Amanda Lyle

Beaver County 780-918-0229 - Denise Robbins

Flagstaff County 780-385-8501 – Kristin Matier

Wellness Exchange

The goal of Wellness Exchange workshops is to help increase our ability to cope with change, build resilience, and improve our overall well-being.

Skills are taught in a series of 5 different workshops, each workshop focusing on a new skill. Topics include:

1. Problem-Solving

Why is this an important skill? Having effective problem-solving skills help us:

- clearly define our problems and look at a variety of possible solutions.
- address the entire situation and influence what we can.
- increase our confidence in the decisions that we make.

2. Positive Activities

Why are they important? Regular positive activities:

- help us feel more connected to ourselves, our values, and others.
- increase our sense of hope, meaning, and purpose.
- improve our physical and emotional health.

3. Managing Reactions

Why is this important? Managing our reactions can help us:

- protect our well well-being.
- maintain our healthy connections.
- make effective decisions.
- respond to stressors in healthy ways.

4. Helpful Thinking

Why is this important? Improving our helpful thinking skills can:

- increase our confidence in coping with stressors. . improve our mood.
- reduce the intensity of our reactions.

5. Healthy Connections

Why are these important? Building and maintaining our healthy connections can:

- increase our confidence. Provide us with a sense of belonging.
- reduce isolation.
- build our coping skills and increase our resiliency,

Wellness Exchange

Join us over lunch ONLINE OR IN PERSON to focus on yourself as a caregiver. These adult focused sessions are designed to improve your skills to cope with change, manage daily stressors, and increase your overall well being. Each week we focus on a new skill; Attend any topic that interests you or attend all five.

Virtual - Wednesdays 6:30—7:30

[Click here to register](#) or scan_QR code

Problem solving: January 25, 2023

Managing Reactions: March 22, 2023

Healthy Connections: May 24, 2023

Positive Attitudes: February 22, 2023

Helpful Thinking: April 26, 2023



More from The Camrose Family Resource Centre



Did you know Camrose Family Resource Centre is on Instagram??

Follow us for quick snippets of some of the terrific things we are doing and are happening in and around our communities.

<https://www.instagram.com/camrose.frc/>



Follow us on Facebook as well for the most up to date information.

<https://www.facebook.com/>



We receive lots of requests for crafts and activities as well as for some of our famous playdough and slime recipes. So, if you are looking for some fun or new ideas, check out our new Pinterest Page! It can be found on Pinterest at

@camrosefrc. Or follow this link: https://www.pinterest.ca/CamroseFRC/_saved/



CHECK OUT OUR NEW WEBSITE!!



www.camrosefrc.com

