

Camrose Family Resource Centre

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

September - December 2023

Greetings from Camrose Family Resource Center!

As we stand on the cusp of September, the dawn of a new school year approaches, and we are excited to extend our warmest welcome to all the families in our community. It is with great enthusiasm that I invite you to embark on this journey of connection and growth with us.

At the Camrose Family Resource Centre, we believe in the power of walking hand in hand with families, especially during times of new beginnings. As the leaves change and the air becomes crisper, we find ourselves embracing the opportunities that lie ahead.

Our center is abuzz with preparations for the months ahead. Our family programs are designed to foster unity, learning, and joy within our community. Through our diverse range of parent education sessions and engaging events, we aim to provide you with valuable resources and experiences that strengthen the bonds within your family unit. Collaboration is at the heart of what we do. We are proud to partner with numerous agencies across our real communities, allowing us to offer a holistic approach to family support. Together, we create an environment where everyone's unique needs are met, and where connections are nurtured.

Exciting news awaits! In response to your valuable feedback, we are thrilled to announce new drop-in hours from 10 AM to 2 PM on Tuesdays and Thursdays, as well as Friday evenings (starting October 13). These extended hours will provide you with even more opportunities to connect with fellow families, participate in enriching activities, and access the resources our center offers.

As you peruse our September to December newsletter, you'll find a wealth of information about upcoming events, workshops, and gatherings. But that's not all – if you haven't already, we encourage you to complete our new registration form available on our website. By doing so, you ensure that you're up to date with all the latest news, and you'll be an integral part of our growing community. Thank you for being an essential part of Camrose Family Resource Center. Let's walk this journey hand in hand, as a united community dedicated to the well-being and growth of our families.

Warm regards, Laurie Jansen Director, Camrose Family Resource Center



For more information call:
780-672-0141

Or email:

Laurie:
l.jansen@camrosefrc.com

Daneille:
d.ostafichuk@camrosefrc.com

Vanessa
v.simonot@camrosefrc.com

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Sarah:
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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 - Transitions

Are you divorced or in the process of a separation and looking for information and resources to help protect your child and yourself from the fallout of your changing family? Join us in a virtual group for Family Transitions Triple P where you will get new ideas, techniques, and strategies to help you through the day to day dramas and ongoing trauma of your situations. This free program is offered virtually over zoom. **Registration Required**



Tuesdays, September 19,26, October 3,10,17, 8:00 - 9:30 pm (online)

Triple P - Group

Do you have concerns about your child's mild to moderate level of behavioural problems or simply wish to prevent behaviour problems from developing? If so, Triple P might be for you. In this group, parents/caregivers actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for high-risk situations.

Registration Required

Wednesdays, September 6,13,20,27 8:00-9:30 (online)

Triple P - One on One

Primary Care Triple P offers flexible, one on one sessions, that provide guidance and support tailored to help you navigate specific and common issues that many parents face. General topics and specific topics that primary covers include but are not limited to; balancing work and family, coping with stress, supporting your partner, separation anxiety, bedtime problems, tantrums, whining, fears, fighting and aggression, self esteem, and many more! If you are struggling with a specific parenting situation, reach out as support is available . You will gain skills & confidence while you develop practical tools & strategies to navigate your current situation plus face any future challenges.

Contact Kalea at 780-672-0141 or k.gougoulas@camrosefrfc.com for more information or to register

Triple P - Discussion Group (0-12 years)

Join this Triple P Discussion Group to understand why children misbehave and to learn strategies and skills for supporting and encouraging appropriate behaviours. Take 1 or take all. **Registration Required**

Developing Good Bedtime Routines: September 27, 5:30 -7:00 (Online)

Dealing with Disobedience: October 2, 7:30 - 9:00 (Online)

Managing Fighting and Aggression: December 11, 7:30 - 9:00 (Online)

Bringing Baby Home (Prenatal - New Parents)

This workshop is for both expectant and new parents . You, along with your partner, will learn skills and information to recognize and cope successfully with the normal stressors of becoming a family and enhancing your relationship. For more information contact Jolene or Daneille, 780-672-0141

**To Register go to www.camrosefrfc.com
or call 780 672 -0141 Or Follow QR Code link**



Triple P - Fear-less group (6-12 years)

Parenting a child who is experiencing anxiety can be tough without the right tools and strategies to know how to support your child to manage their anxiety. The Triple P Fear-Less Program provides parents with the knowledge, skills and tools to be able to teach their children effective anxiety management. If you have a child between the ages of 6-12 this group will give you a whole new skillset and empower you to support your child (and even yourself) in managing anxiety. This program is 9 sessions long, and VIRTUAL so you can do it from anywhere.

Registration is required and spots are limited, register now to secure your spot! Workbook included.

Wednesdays, October 4 - November 29, 12:00-1:00 (Online)

Teenage Tornado: Parenting through the Whirlwind (12-17 years)

Join us as we dive into the world of parenting teenagers.

Supper and Workbook included! Registration Required, register for one or all four!

Location Camrose Family Resource Centre 4823-51 st

Getting Teenagers to Cooperate: October 12, 5:30-7:30 (In person)

In this first of our four-series on common parenting issues, we delve into the world of parenting teenagers who become less cooperative. We understand the challenges that arise during this critical time and our goal is to provide valuable and effective suggestions that can help cultivate a more cooperative atmosphere in our homes.

Coping with Teenagers' Emotions: October 26, 5:30-7:30 (In person)

In the second installment of our four-series on common parenting issues we focus on the highly emotional nature of teenagers and the challenges it may pose for parents. We are here to offer parenting suggestions that can help guide your teenager towards better emotional management.

Building Teenage Survival Skills: November 2, 5:30-7:30 (In person)

In this part of the series we address the natural concern parents have for their teenagers as they transition from childhood to adulthood. We want to provide helpful suggestions to strike a balance and reduce the risks your teenager may face while gradually granting them more independence and great confidence and security.

Reducing Family Conflict: November 23, 5:30-7:30 (in person)

In the final installment of our series on common parenting issues, we tackle the topic of reducing family conflict. We understand these exchanges can be upsetting, leading to conflicts between parents, teenagers and other family members. Our aim is to provide valuable suggestions that will help your teenager foster better relationships and get along with others in the family without constant fights and arguments

Financial Literacy

Check out these amazing workshops designed to help increase your knowledge of financial topics. Each workshop is a stand alone topic, so you can pick and choose the ones that are right for you! **Registration Required.**

Wednesdays, 6:30-7:30 (online)

October 4 Exploring you relationship with money

October 18 Budgeting

November 1 Saving

November 15 Credit reporting

November 29 Consumerism

October 11 Income and taxes

October 25 Banking and financial services

November 8 Credit basics

November 22 Debt

**To Register go to www.camrosefrc.com
or call 780 672 -0141 Or Follow QR Code link**



Family Programs 0-6 yr. old's

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

Curious Cuties - (Families with children under a year)

Parents and Caregivers of infants in their first year, join us for Curious Cuties. Not only will you have the chance to connect with other parents, but every week we will have a special guest speaker to share resources and information about the first year. This program runs every Friday with our guest and free play to follow.

No registration required. Location: Camrose Family Resource Centre, 4823-51 st

**Fridays, September 15 - December 15 9:00-10:00 (Special Guest)
10:00-11:00 (Free Play)**

Kid Kits

Kid kits are packages that include toys, a book, and activity cards, all specifically chosen to support and encourage development of specific ages. This program is for families with children from birth to 5 years old.

Registration Required. Location: Camrose Family Resource Centre, 4823 51 st

September 12: 0-6 months 10:00-11:00

September 19: 7-12 months 10:00-11:00

September 26: 13-18 months 10:00-11:00

October 10: 19 months-3 years 10:00-11:00

October 17: 4-5 years 10:00-11:00

Fantastic Fall

Parents and Caregivers of children 0 - 6 years old, join us for fall themed activities, songs, crafts, and special take home activities. You can choose either in person or a virtual evening program. **Registration Required**

Location: Camrose Family Resource Centre, 4823-51 st

Mondays, October 16, 23, 30, November 6 10:30-11:30 (In person)

Mondays, October 16, 23, 30, November 6 1:30-2:30 (In person)

Mondays, October 16, 23, 30, November 6 6:30-7:30 (Online)

A Boo Bash

Parents and Caregivers of children 0 - 6 years old, join us for a not so scary Halloween themed celebration with, songs, stories, crafts, and special snacks. Drop in during our regular indoor playground times on Tuesday the 31. No registration required! Costumes are optional. **No registration required**

Location: Camrose Family Resource Centre, 4823-51 st

Tuesday, October 31 10:00-2:00 (In person)

Little Santas

Parents and Caregivers of children 0 - 6 years old, join us for winter holiday themed activities, songs, crafts, and special take home activities. Three different times to choose from. **Registration Required**

Location: Camrose Family Resource Centre, 4823-51 st

Mondays, November 27, December 4, 11, 18 10:30-11:30 (In person)

Mondays, November 27, December 4, 11, 18 1:30-2:30 (In person)

Mondays, November 27, December 4, 11, 18 6:30-7:30 (Online)

To Register go to www.camrosefrc.com
or call 780 672 -0141 Or Follow QR Code link



Family Programs 7-13 yr. old's

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

Early Out Eats (7-13 years)

Join FRC staff on early dismissal days for the virtual snack making program! Learn some healthy and easy to make snacks from the comfort of your own home. **Registration Required.**

October 5, November 2, December 1 2:30-3:30 (Online)

Halloween Carnival (7-13 years)

This program is for kids aged 7-13 and their parent/caregiver! Attend, in costume, to participate in FUN and festive games to win CANDY! This program requires registration, and spots are limited. **Registration Required**

Location: Camrose Family Resource Centre, 4823-51 st

Thursday, October 26, 5:30-7:30 (In person)

Christmas Craft Night

This program is for kids aged 7-13 and their parent/caregiver! Enjoy a crafty night, complete with Christmas music, festive snacks and all the supplies needed to make snow globes and decorate ugly Christmas sweaters! Just bring your own sweater ;) **Registration is required.**

Location: Camrose Family Resource Centre, 4823-51 st

Thursday, December 14, 5:30-7:00 (In person)

Drop - in Programs

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

Connect and relax for free play in our indoor playground. We will have resources available, crafts and sensory play and of course lots of fun! **Location: Camrose Family Resource Centre 4823 51 st**

Tuesdays and Thursdays, 10:00-2:00

***Starting October 13, Friday, October 13-December 8, 4:30-7:00**

Wednesday Morning Drop In (FIELD HOUSE) Starting September 13

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.

Parent Tot Time (Ball Time)

This free play, drop un-facilitated time, is in the field house every week day. Provided by the city

Drop In, no pre-registration required.

Weekdays 11:00-12:00 at the Field House 4516 54 Street.

To Register go to www.camrosefrc.com
or call 780 672 -0141 Or Follow QR Code link



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

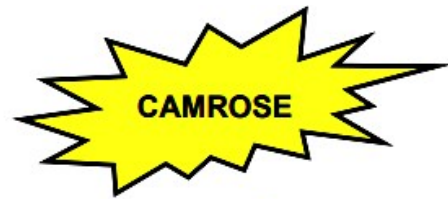


Get started today by following the QR codes. Or visiting our website: www.camrosefrc.com

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.

Developmental Screening



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.

Drop-in playground (all ages)

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



Indoor Playground Drop in 4823 51 Street Camrose



Tuesdays and Thursdays 10:00 - 2:00

Join us for:

- ✓ Resource Sharing
- ✓ Free Play
- ✓ Crafts and Sensory Experiences
- ✓ A chance to connect

**Starting
September
12 2023**

**NO REGISTRATION
REQUIRED**

To Register go to www.camrosefrc.com
or call 780 672 -0141 Or Follow QR Code link



Celebrate National Child Day with the Camrose Family Resource Centre

— **NOVEMBER 20** —

National Child Day has been celebrated across Canada since 1993 on November 20 to commemorate the United Nations' adoption of two documents centered on children's rights: the United Nations Declaration of the Rights of the Child on November 20, 1959, and the United Nations Convention on the Rights of the Child on November 20, 1989..

Join us on November 20 from 10-2
for family activities and resource
sharing. More details to come!

Alberta Provincial Family
Resource Networks



Please call 780 672 0141 if you have any questions.

Rural Programs - Viking/Beaver East



In office Wednesdays,
Viking/Beaver Family & Community Support Services -
4924 53 Ave, Viking
Call or Text Vanessa at 780-673-1378 OR Email:
v.simonot@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.

Fantastic Fall

This 4 week, fall-focussed playgroup. There will be fall themed crafts, stories, and songs.

Registration Required. Location: St Francis Daycare, 5119 50 st

Wednesdays, October 4, 11, 18, 25 10:00-11:00

Holden Kidz Corner

Holden Kidz Korner runs every Friday at the Holden Community Centre. Vanessa will bring crafts, songs, and stories. This group is for children 0-13. Kids will have an opportunity for gross motor play with other children from the community, and parents will have a chance to connect with other parents! **No Registration Required**

Location: Holden Community Hall, 4919 49 ave

Fridays (starting Oct 6), 9:30-11:30 (Vanessa attending October 20, November 24)

Wonderful Winter in Viking

Join FRC staff for this 4 week winter playgroup. There will be winter themed crafts, stories, and songs.

Registration Required.

Location St Francis Daycare 5119 50 Viking

Wednesdays, November 8,15,22,29 10:00-11:00

Sips & Tips in Viking (for parents with teens)

Join us where we will gather to connect and discuss various parenting challenges and concerns; all while enjoying coffee and snacks. This is a great opportunity to connect with other parents, share experiences, and gain valuable insights in a relaxed and supportive atmosphere. **No Registration Required.**

Location Viking FCSS 4924 53 Ave

Wednesdays, 1:30-2:30 (In person)

October 4: Doing Well in High School

October 18: Promoting Digital Wellbeing

November 8: Coping with Anxiety

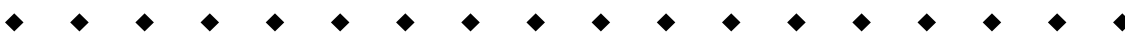
November 22: Sexuality and Relationships

October 11: Smoking and Vaping

October 25: Drinking Alcohol

November 15: Encouraging Healthy Eating

November 29: Drug Use



Wednesdays In Viking

Vanessa is excited to be coming to Viking to support families on Wednesdays starting at the end of September.



Rural Programs - Tofield/Beaver West



In Office Tuesdays,
Family and Community Support Services,
5407 50 Street, Tofield
Call or Text Kalea Gougoulas at 780-673-1379 OR Email:
k.gougoulas@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.

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, Kalea attends the 2nd & 4th Tuesday
Tofield Community Hall, 5309-50 Street



Tuesdays in Tofield

Hello my name is Kalea Gougoulas, Program Coordinator at the Camrose Family Resource Centre. I am Currently working out of Tofield on Tuesdays at the FCSS office to be available to families in the area who are interested in being connected to different supports and services, who may be looking for parenting advice through parent education programs, or looking for connection with other parents and for their children through family programs.

You can also find me at the Kids Spot playgroup that happens on Tuesdays mornings, on the second and fourth Tuesday of each month. I look forward to connecting with rural families and being able to offer encouraging support, engaging programs, and beneficial resources.



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.

Falling For Fun

Join as we explore the colors and textures of the Fall season. We will share a book, sing some songs and create some colorful crafts . Snack and coffee will be provided! **No registration required, Drop-in**

Location: Killam Public Library: 5007 49 Ave

Wednesday, September 27 10:00-11:00

Parent Support Group for children with disabilities

Join us with or without your children, everyone welcome. Snacks and food will be provided.

No registration required, Drop-in.

Location: Parents for fun in flagstaff Family Resource Centre, 5175 51st

Monday September 18, 10:00-11:30

Imagination Station

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

Location: Parents for fun in flagstaff Family Resource Centre, 5175 51st

Thursdays, November 2,9, 23, 30

Wheel-y World

Get ready for a Wheel-y fun time! Join us where we will explore trucks, tractors, and trains through story, songs and crafts. **Drop-in. Location: Sedgewick library, 4806 47 st**

Thursday, October 12, 10:00-11:00

A Merry Brunch

Join us for 'a merry brunch' - a delightful holiday celebration for families. Embrace the holiday spirit with crafts, engaging activities and a scrumptious Holiday brunch. A perfect opportunity to create cherished memories together!

Registration Required. Location: Killam Agri plex 5175 51 Ave

Thursday, December 14, 10:00-11:30

A Boo Bash

Join us for a 'boo Bash', a spook-tacular Halloween celebration. Dress up in your most creative costumes and enjoy a morning of engaging activities, crafts and tasty snacks! **Registration Required.**

Location: Killam Agri plex 5175 51 Ave

Friday, October 27 10:00-11:30

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

Beyond the Bell

Our mission at "Beyond the Bell" is to create an enriching workshop where kids can not only enjoy themselves but also learn essential life lessons that extend beyond the classroom. Through carefully curated activities, we aim to empower kids with valuable skills and knowledge that will benefit them throughout their lives.

Kids will also leave with information and resources to take home to share with their caregivers to continue their growth at home! **Registration Required, Register for one or both. Location: Killam Public Library: 5007 49 Ave**

Thursday, October 5 - Embrace Your Unique You, 12:30-2:00

Welcome to "Embrace Your Unique You"! Join us for activities, crafts, and yummy snacks as we celebrate your uniqueness and have a blast being our true selves! Get ready to rock this adventure and discover just how awesome it is to be YOU!

Thursday, November 2 - Friendship Fusion, 12:30-2:00

Welcome to "Friendship Fusion" – Riding into the waves of compassion-Towards others and ourselves! Join us for activities, creative crafts, and delicious treats as we explore the power of compassion and the joy of friendship. Let's spread love and create a world filled with empathy and empowerment

Flagstaff Children's Festival

SAVE THE DATE- Flagstaff Early Childhood and Youth Partnership will be hosting CHILDRENS FESTIVAL. Join us for a day filled with activities, fun games, crafts and loads of enjoyment. Its a celebration you do not want to miss!

No Registration Required. Location: Killam and Lougheed

Wednesday, October 4

Killam Agriplex Multi-purpose room 9:30-11:30

Lougheed Field House, 1:00-3:00



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



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. **No registration required**

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



Sips & Tips

Join us where we will gather for to connect and discuss various parenting challenges and concerns; all while enjoying a light lunch. This is a great opportunity connect with other parents, share experiences, and gain valuable insights in a relaxed and supportive atmosphere. Come with your kiddos or join on your own! **Light Lunch Provided**

Call or text Daneille (780) 673 1381, to confirm attendance. Located at Bashaw Youth Centre, 4903 50ave

Tuesday, September 26, 12:00-1:00
Tuesday, October 24, 12:00-1:00
Tuesday, November 28, 12:00-1:00

New Norway Play Group

Kalea from CFRC will be there the first and third Monday of each month for this Drop in program with stories, games, music and more! This is a great opportunity for you to connect with other families in the area and play with your child! Kalea will also be providing family support and resources. **No Registration Required.**

Location New Norway Hall, 210 Main St

Mondays, September 18, October 2, 16, November 6, 20 December 4

Drop-in play

Drop in on the 2nd and 4th Tuesdays for free play, resource sharing and connection.
Located at Bashaw Youth Centre, 4903 50ave

2nd and 4th Tuesdays of the month 10:00-12:00

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



A group for first time parents & babies 0-6 months old - Focusing on building language, motor skills, good sleep schedules, taking care of parents and MORE!

Tuesdays Sept 5 - Oct 10 from 1-2pm (6 weeks)

Social-Emotional
Sleep Routines
New Parent Nutrition
Move It Baby!
Get Talking Baby!
Mental Health & Wellness

*Camrose Public Health Office at 5510 46 Avenue
To register for the series, please call 780-679-2980*



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



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**



*FREE TO
ATTEND



*REGISTRATION
REQUIRED

Anger Management

PSYCHOEDUCATIONAL GROUP

Adult Group 25+

Online via Zoom

Tuesdays 7:00 - 8:30pm

One on One Available in Person or through Zoom

CONTACT CASSIDYK@THEOPENDOORS.CA OR 7807819669
TO REGISTER

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

