

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

Virtual Parent Support Groups



Emotion Coaching: Tweens and Teens

FOR: Parents and caregivers of children ages 10 and up
Saturday, April 10 • 10 a.m. to 12 p.m.



Triple P Seminar: Raising Resilient Children

FOR: Parents and caregivers of children ages 2 to 12 years
Wednesday, April 14 • 6:30 p.m. to 8 p.m.



Triple P Discussion Group: Dealing with Disobedience

FOR: Parents and caregivers of children ages 2 to 12 years
Monday, April 26 • 1 p.m. to 3 p.m.

To register, visit:

strathcona.ca/parentsupport



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 STRATHCONA
COUNTY