

# Strathmore & Chestermere Family Resource Network Hub

## APRIL 2026 NEWSLETTER

Trellis Society is honoured to serve in the traditional territory of the Blackfoot Confederacy, home to the Siksika, the North and South Piikani, and the Kainai Nations. We also acknowledge the Tsuut'ina and ȩyāhē Nakoda (the Chiniki, Bearspaw and Goodstoney Nations), the Métis Nation (Districts 4, 5 and 6) and all who make their home on Treaty 7 territory. We are all Treaty People.

## Hub & Spoke Information

### TRELLIS COMMONS HUB

Address: **419B 2nd Street, Strathmore, AB T1P 1B9**  
Website: [www.growwithtrellis.ca/families/resources](http://www.growwithtrellis.ca/families/resources)  
Email: [strathmoreFRN@growwithtrellis.ca](mailto:strathmoreFRN@growwithtrellis.ca)  
Phone: **403.983.0076**



### HEALTHY FAMILIES

Website: <https://asc-mva.ab.ca/family-support-services/healthy-families/>  
Email: [main@asc-mva.ab.ca](mailto:main@asc-mva.ab.ca)  
Phone: **403.586.0665**



### PARENT CAREGIVER SUPPORT SERVICES

Address: **105 Marina Rd. Chestermere, AB, T1X 1V7**  
Website: <https://www.chestermere.ca/PCSS>  
Email: [pcssinfo@chestermere.ca](mailto:pcssinfo@chestermere.ca)  
Phone: **403.270.7050**  
Facebook: [@ChestemereCommunityServices](https://www.facebook.com/ChestemereCommunityServices)



**If you or someone you know is experiencing distress or in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger.**

ConnecTeen – 403.264.8336  
Family Violence Hotline – 403.234.7233  
Kids Help Phone – 1.800.668.6868

Distress Center – 403.266.4357  
Indian Residential Schools Crisis Line – 1.866.925.4419  
Togetherall – <https://togetherall.com/en-ca/>

## WHO IS PCSS?

**Parent and Caregiver Support Services (PCSS)**, formerly known as Parent Link in Chestermere, is here to support you and your family in building meaningful connections. Join our **free programs** designed for parents and caregivers of children aged 0–13 years.



**Park Pop Ups:** Meet us outside for some outdoor fun while making learning an exciting adventure every time you visit. Come explore and grow with us!

**When:** Mondays April 20<sup>th</sup> & 27<sup>th</sup> from 10–12pm

**Where:** Park outside Chestermere Rec Centre, 201 W Chestermere Dr

**Milestone Moments:** Join us in learning how to track, support, and celebrate these important stages in your child’s growth. Discover tips, resources, and fun ways to encourage healthy development.

**When:** Wednesday April 15<sup>th</sup> to 29<sup>th</sup> from 11:00am–12:00pm

**Where:** Chestermere Public Library, 105B Marina Drive

**Creative Connections:** Find out more about local supports, activities, and organizations here in the community!

**When:** Wednesday April 1<sup>st</sup> to 29<sup>th</sup> from 4:30–5:30pm

**Where:** Chestermere Public Library, 105B Marina Drive

WHERE CAN I  
FIND PCSS?

EMAIL

PHONE

IN PERSON

CITY  
HALL



## Lunch & LEARN

### NURTURING PARENTING

APR 7 Feelings

APR 14 Family Morals & Values

APR 21 Praising Children

APR 28 Positive Discipline

MAY 5 Stress & Anger

**ONLINE 12–1:30PM**

## CONTACT US

**Facebook:** @ChestermereCommunityServices

**Phone number:** 403–207–7050 ext. 7135

**Email:** pcssinfo@chestermere.ca



# April Newsletter Growing Healthy Together This Spring



Welcome Spring!

Let's embrace the sunshine and fresh beginnings that Spring brings to our community!

## Spring into Fun!

- 🌱 Nourishing growing bodies
- ❤️ Supporting family connection
- 🥰 Celebrating Easter traditions
- 🌍 Building calm, confident little learners

## 🥗 Family Fun Meal Idea

### "Pretend Soup"

Let children add pre-cut veggies to a pot of water (or a toy pot for sensory play) and talk about colours, textures, and smells.

It builds creativity and early language skills!

## Taste of Spring!

### 🌈 April Wellness Reminders for Families

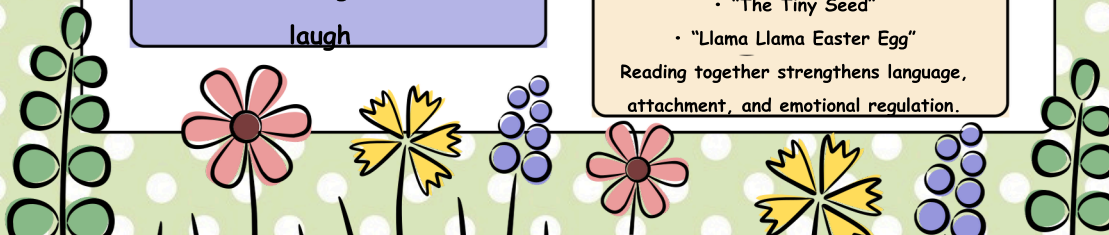
- ✓ Get outside daily (even 15 minutes counts!)
- ✓ Eat colourful foods
- ✓ Practice gratitude
- ✓ Keep bedtime routines steady
- ✓ Connect — hug, read, talk, laugh

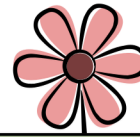
## Spring into Fun!

### 📖 Spring Book Suggestions(0-6)

- "The Very Hungry Caterpillar"
- "Planting a Rainbow"
- "The Tiny Seed"
- "Llama Llama Easter Egg"

Reading together strengthens language, attachment, and emotional regulation.






♥ **From Our Healthy Families Team**  
**Spring reminds us that growth takes time, care, and patience – just like raising little ones. Thank you for allowing us to support your family. We are here for you.**

### Important April Dates in Canada

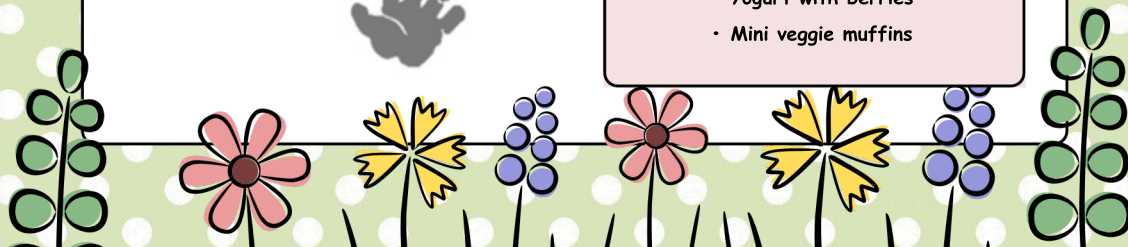
- April 2 – World Autism Awareness Day
- April 7 – World Health Day
- April 3, 2026 – Good Friday
- April 5, 2026 – Easter Sunday
- April 22 – Earth Day



### **Mental Health & Family Connection**

- Keep conversations simple and hopeful:
- Focus on small actions (recycling, planting seeds)
  - Talk about helpers in the community
    - Model calm confidence
- Young children need reassurance more than information.
-  **Structured Routines = Calm Kids**
- As daylight changes, routines may shift.
- Keep bedtime consistent
  - Preview transitions (“After snack, we go outside.”)
- Predictability helps little ones feel safe

- Incorporate spring greens and fresh, light ingredients into meals:
- Spinach, Lettuce, Cucumber, Radishes
  - Herbs like parsley & chives
- Let your child rinse veggies or tear lettuce to build independence!
-  **Simple Healthy Snacks**
    - Roasted chickpeas
  - Apple slices with nut or seed butter dip
    - Yogurt with berries
    - Mini veggie muffins



# TRELLIS SOCIETY

## EARLY CHILDHOOD PROGRAMMING (0-6)

**Tot Talk:** For parents and caregivers with their little ones, a variety of topics, guests and activities take place each week. **Drop In**

**When:** Tuesdays from 10:00–11:30PM **Where:** 419b 2nd St, Strathmore

**Preschool Talk Time:** Do you have questions or just want to learn more about what to expect regarding your child's development? Come & meet Registered Speech Language Pathologist, Holly Smart. **Drop In**

**When:** last Tuesday of each month 10:30–12:00pm **Where:** 419b 2nd St, Strathmore

**Mom & Mini:** Mom and Mini invites moms and their children to come together at the Langdon Library for crafts, activities, and songs. This program offers a welcoming space to connect, play and build community while supporting early learning through hands on experiences. **Drop In**

**When:** Mondays from 10:30–11:30AM **Where:** Langdon Library

**Drop-in Play:** Need a new, exciting place to play? Join us in the Strathmore FRN Playroom for a drop in play time play time! **Drop In**

**When:** April 13<sup>th</sup> and 24<sup>th</sup> 1:00PM–2:30 PM **Where:** 419b 2nd St, Strathmore

**Infant Massage:** A 5 week program to learn how to massage your baby while increasing attachment and bonding. **Ages 0–12months. \*\*Registered\*\***

**When:** Every Thursday in April 10:00–12:00PM **Where:** 419b 2<sup>nd</sup> St, Strathmore

## YOUTH PROGRAMMING (AGES 7-18)

**Bright Minds:** Kid's create their own pizza using fun toppings and enjoy their delicious creation!

**Ages 7–10 \*\*Registered\*\***

**When:** April 22, 4:00–5:30PM **Where:** 419b 2nd St, Strathmore

**Teen Drop-In:** Youth **Ages 13+** Come hang out & enjoy ping pong, video games & other activities. Join us every Tuesday.

A safe space for all youth! **Drop In**

**When:** Tuesday's 4:00–6:00PM **Where:** 419b 2nd St, Strathmore

## FAMILY PROGRAMMING (ALL AGES)

**Coffee & Chat:** Need a change of scenery? Join us in the Strathmore FRN Playroom for a cup of coffee and play time! **Drop In**

**When:** April 17th 10:00–11:30AM **Where:** 419b 2nd St, Strathmore

**Tea, Bannock & Crafts:** Join us for some fresh Fried Bread, Mint Tea and Crafts. This is an opportunity to come and have some good food and conversations while learning a new craft. **Ages 12+ \*\*Registered\*\***

**When:** April 9<sup>th</sup> & 23<sup>rd</sup> **Where:** 419b 2nd St, Strathmore

**Newcomer Family Hangout:** Bring the family and enjoy meeting other newcomers to Canada. Have fun playing boardgames, VR, video games, air hockey & more. **Drop In**

**When:** Last Wednesday of each month 4:00–6:00PM **Where:** 419b 2<sup>nd</sup> St, Strathmore

**Nurturing Parenting:** 10 week, Virtual Lunch & Learn Series. The Nurturing Parenting® Program is a family-centered trauma-informed initiative designed to build Nurturing Parenting® skills through community based education. **\*\*Registered\*\***

**When:** Tuesdays 12:00–1:30PM. **Where:** Virtual

**E-Connect Parent Group:** Free 10 week virtual group for parents of pre-teens & teens who struggle with behavioral or emotional challenges

**When:** Every Tuesday starting March 3<sup>rd</sup>–May 5<sup>th</sup> 12noon–1:30PM **Where:** Zoom. Link will be sent out upon registration

**Flawed & Fearless:** Join us for an evening of mom talk, painting & laughs. **\*\*Registered\*\***


**When:** April 13<sup>th</sup> 7:30PM–9:00PM **Where:** 419B 2<sup>nd</sup> St, Strathmore


All programs are free. To register for programs, please email [strathmoreFRN@growwithtrellis.ca](mailto:strathmoreFRN@growwithtrellis.ca)


# APR

2026

 ECD Programs

 Youth Programs

 Family Programs

 Chestermere


## Upcoming:

**Babysitting course -  
Rockyford**


**Mental Health BBQ -  
Strathmore**





Please contact us for  
information &  
registration for our  
programs

 403.983.0076

 strathmoreFRN@  
growwithtrellis.ca

 419b 2nd Street,  
Strathmore, AB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Creative Connections 4:30-5:30PM	2. Infant Massage 10:00-12:00PM	3. <b>CLOSED</b> 	4.
6. <b>CLOSED</b> 	7. Tot Talk 10:00-11:30AM  Nurturing Parenting 12:00-1:30PM  Teen Drop-in 4:00-6:00PM	8. Home Alone Chestermere 11:00AM-3:00PM  Creative Connections 4:30-5:30PM  E-Connect Parent Group 6:30-8:00PM	9. Infant Massage 10:00-12:00PM  Tea, Bannock & Crafts 1:00-3:00pm	10 Drop-in Play 1:00-2:30 PM  Babysitting Course Chestermere 11:00AM-4:00PM	11.
13. Mom and Mini - Langdon 10:30-11:30AM  Home Alone Langdon 11:00AM-2:30PM  Flawed & Fearless - Paint Night 7:30PM-9:30PM	14. Tot Talk 10:00-11:30AM  Nurturing Parenting 12:00-1:30PM  Teen Drop-in 4:00-6:00PM	15 Milestone Moments 11:00AM-12:00PM  Creative Connections 4:30-5:30PM  E-Connect Parent Group 6:30-8:00PM	16. Infant Massage 10:00-12:00PM	17. Coffee and Chat 10:00-11:30 AM	18.
20 Park Pop Up 10:00AM -12:00PM  Mom and Mini - Langdon 10:30-11:30AM	21. Tot Talk 10:00-11:30AM  Nurturing Parenting 12:00-1:30PM  Teen Drop-in 4:00-6:00PM	22. Milestone Moments 11:00AM-12:00PM  Brightminds 4:00-5:30 PM  Creative Connections 4:30-5:30PM  E-Connect Parent Group 6:30-8:00PM	23. Infant Massage 10:00-12:00PM  Tea, Bannock, & Crafts 1:00-3:00pm	24. Drop-in Play 1:00-2:30 PM	25.
27. Park Pop Up 10:00AM -12:00PM  Mom and Mini - Langdon 10:30-11:30AM	28. Tot Talk 10:00-11:30AM Preschool Talk Time 10:00-11:30AM  Nurturing Parenting 12:00-1:30PM Teen Drop-in 40:00-6:00PM	29. Milestone Moments 11:00AM-12:00PM Newcomer Family Hangout 4:00-6:00 PM Creative Connections 4:30-5:30PM E-Connect Parent Group 6:30-8:00PM	30. Infant Massage 10:00-12:00PM		