

Strathmore & Chestermere Family Resource Network Hub Newsletter

August 2026

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 Iyā́hé 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
Email: 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
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
Phone: **403.270.7050**
Facebook: [@ChestermereCommunityServices](https://www.facebook.com/ChestermereCommunityServices)



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/>

Strathmore & Chestermere Family Resource Network Newsletter



pcss

CHESTERMERE PARENT &
CAREGIVER SUPPORT SERVICES

WHERE CAN I
FIND PCSS?

PHONE

403-207-7050 xt..7135

EMAIL

pcssinfo@chestermere.ca

FACEBOOK

@ChestermereCommunityServices

IN PERSON

City Hall Chestermere

105 Marina Rd. Chestermere

AB, T1X 1V7



WHERE CAN I FIND TRELLIS?

PHONE 403-983-0076

EMAIL strathmoreFRN@Growwithtrellis.ca

IN PERSON 419 2nd Street, Strathmore

FACEBOOK @trellisstrathmore

INSTAGRAM trellisyyyc.strathmore



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.



WHO IS TRELLIS?

At Trellis, we believe positive early experiences help children and youth grow into healthy, confident adults. We support the whole family throughout their parenting journey with programs for infants, children & youth, individual & group parenting support, Indigenous programs, information and referrals, and many opportunities for social connection!

WHO IS HEALTHY FAMILIES?

Healthy Families is a free and voluntary, home-based family support and coaching program that supports parents and caregivers, and helps them create stable, nurturing environments for their children. Parents and caregivers are supported to build on a foundation of strong family functioning when facing challenges.

Service is centered around building on a family's strengths.



WHERE CAN I FIND
HEALTHY FAMILIES?

PHONE

403-901-1951

EMAIL

main@accreditedsupports.org

WEBSITE

www.tinyurl.com/Healthy-Families-ASC



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.

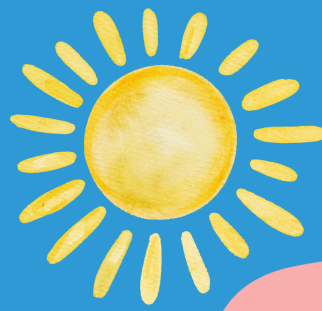
ConnecTeen – 403.264.8336 Distress Center – 403.266.4357 Family Violence Hotline – 403.234.7233

Indian Residential Schools Crisis Line – 1.866.925.4419 Kids Help Phone – 1.800.668.6868 Togetherall – togetherall.com/en-ca/



pcss

CHESTERMERE PARENT &
CAREGIVER SUPPORT SERVICES



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Mother Goose by the Lake:

Bring your little ones (ages 0–6) and enjoy a delightful time filled with stories, songs, games, and crafts. It's the perfect way to spend quality time together and make new friends in the community!

When: Wednesdays, August 5th – August 19th 10:30–11:30AM

Where: John Peake Park Pavilion, 121 Chestermere Station Way, Chestermere

Wellness Wednesdays'

Join us with your family for this weekly event filled with free resources and activities.

August 5th – Cultural Connections

August 12th – Healthy Living

August 19th – Family Fun Day

When: Wednesdays, August 5th – August 19th
11:30AM–1:30PM

Where: Outside, Chestermere Public Library
105B Marina Road, Chestermere

WHERE CAN I
FIND PCSS?

EMAIL

PHONE

IN PERSON

CITY
HALL



CONTACT US

Facebook: @ChestermereCommunityServices

Phone number: 403-207-7050 ext. 7135

Email: pcssinfo@chestermere.ca



HEALTHY FAMILIES NEWSLETTER

AUGUST 2026

MANAGING THE SUMMER BLUES

- **Go Out and Enjoy the Sun**
- **Go Hang Out with Friends and Family**
- **Have a Game Night**
- **Go swimming**
- **Ride your bike with friends**
- **Watch your favorite movie**

GET BACK TO REGULAR ROUTINE

- **Proper sleep hygiene**
- **Earlier Bedtimes**
- **Regular mealtimes**
- **Start to plan school lunches/snacks**
- **Time Management**
- **Start to prepare for the new school year**



BACK TO SCHOOL PREPERATION

- **Make a list of supplies needed**
- **Figure out your budget**
- **Go shopping for supplies**
- **Go shopping for clothes**

PLEASE REACH OUT TO YOUR COMMUNITY SUPPORT
WORKER OR COMMUNITY SUPPORTS OR AGENCIES, IF
YOU NEED HELP WITH FOOD, SCHOOL SUPPLIES OR
BACK TO SCHOOL CLOTHES.



COMMUNITY CARES

COMMUNITY FOOD BANKS

COMMUNITY LENDING
SHELFs

TOOLS FOR SCHOOL

GEAR UP FOR SCHOOL

SALVATION ARMY

BACKPACKS FOR KIDS

TRELLIS PROGRAM DESCRIPTIONS

Early Years (0-6)

Ice Cream in the park	Mother Goose in the park	Ice Cream in the park Locations
In partnership with Strathmore library, 5 For Life & local communities, Join us in your local park and enjoy songs, crafts, stories & of course an icy cold treat! Everyone welcome! Drop In	In partnership with Strathmore library & 5 for life Meet us at Kinsmen Park in the <u>amphitheater</u> on Tuesday mornings for stories, songs, crafts, fun & some special guests! For children 0-5yrs. Older siblings welcome.	Location in each Community: Standard: Park behind the Village Office. In case of rain or air quality index of over 6 we will be indoors at the Standard Library Hussar: Campground near the Gazebo/Playground,. In case of rain or air quality index over 6 find us inside at the Community Centre Carseland: Carseland Elementary School Playground. In case of rain or air quality index over 6 we will be inside at the Carseland Library Rockyford: Rockyford library green space. In case of rain or air quality index over 6 we will be inside at the Rockyford Library

Youth (7+)

Bright Minds Please Register	Teen Drop In Drop In	Babysitting Please Register	GLOW Girls Please Register	Home Alone Please Register
Join us for some fun Tie Dye Experimentation! Ages 7-12	Youth Ages 13+ Come hang out & enjoy ping pong other activities. Join us every Tuesday. A safe space for all youth! Drop In	Youth Ages 12+ This course will prepare you to become a great babysitter! Keep kids safe by learning caregiving skills and basic first aid. Chestermere Library 105B Marina Rd, Chestermere	The GLOW program, designed to empower girls in your community, provides offers weekly opportunities for them to come together. Each week the goal is for them to share their goals, obstacles while simultaneously nurturing their minds and souls.	Youth ages 8+ who are wanting to learn the skills to stay home alone!!! Chestermere Library 105B Marina Rd, Chestermere

Family/Caregiver

Tea, Bannock & Crafts Please Register	Flawed & Fearless Please Register
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+	Join us for an evening of mom talk & laughs.

Check calendar for dates & times

All TRELLIS Programs are held at 419 2nd street, Strathmore unless another location is listed

Scan QR code or visit
tinyurl.com/Trellis-Registration
to view and register for programs!



August	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Early Years Programs Youth Programs Family Programs PCSS Chestermere	3 	4 Mother Goose in the Park 10:00-11:00am Teen Drop-In 4:00-6:00pm	5 Mother Goose by the Lake 10:30-11:30am Wellness Wednesdays 11:30-1:30pm	6 Ice Cream in the park Standard 10:00-11:00am Hussar 12:30-1:30pm	7 GLOW Girls 4:00-5:30pm	8
	10 Home Alone Course Chestermere Flawed & Fearless 7:30-9:00pm	11 Mother Goose in the Park 10:00-11:00am Teen Drop-In 4:00-6:00pm	12 Mother Goose by the Lake 10:30-11:30am Wellness Wednesdays 11:30-1:30pm Tea, Bannock, & Crafts 1:00-3:00pm	13 Ice cream in the park Caresland 10:00-11:00am	14 GLOW Girls 4:00-5:30pm	15
	17	18 Mother Goose in the Park 10:00-11:00am Teen Drop-In 4:00-6:00pm	19 Mother Goose by the Lake 10:30-11:30am Wellness Wednesdays 11:30-1:30pm Tea, Bannock, & Crafts 1:00-3:00pm Brightminds 4:00-5:30pm	20	21 Babysitting Course Chestermere 11:30-4:00pm GLOW Girls 4:00-5:30pm	22
	24	25 Mother Goose in the Park 10:00-11:00am Teen Drop-In 4:00-6:00pm	26	27	28 GLOW Girls 4:00-5:30pm	29