

MAY

2024

- Caregiver and Child (0-6)
- Caregiver Program
- Child Programs (7-12)
- Youth Programs (12-18)
- *R Registered

Please see back for locations and details



The Trellis SW Commons is the SW Calgary Family Resource Network Hub.

Hub Office Hours:

Monday 8:30 am - 11:00 am
 Tuesday 8:30 am - 4:30 pm
 Wednesday 8:30 am - 8:00 pm
 Thursday 8:30 am - 4:30 pm
 Friday 8:30 am - 4:00 pm
 Saturdays - See Calendar

Register or inquire at:

403-689-1403
 MillriseFRN@growwithtrellis.ca

Trellis SW Commons Family Resource Network

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Link to online calendar: 			Drop-In & Play 1:30-3:30pm Fear-Less 6:30-8:30pm *R Triple P Teen 6:30-8:30pm *R	Group Triple P 6:30-8:30pm *R	Drop-In & Play 9:30-11:30am	Rent Smart 10:00am-1:30pm *R
5	6 Keep Calm & Finish Strong 7:30-8:30pm *R	7 Terrific Tuesday 9:30-11:30am	8 Drop-In & Play 1:30-3:30pm Fear-Less 6:30-8:30pm *R Triple P Teen 6:30-8:30pm *R	9 Creative Crafts 1:30-3:00pm *R Group Triple P 6:30-8:30pm *R	10 Drop-In Play 9:30-11:30 am Calgary Public Library comes for Storytime @ 11:00 am	11
12	13 Keep Calm & Finish Strong 7:30-8:30pm *R	14 Terrific Tuesday 9:30-11:30am	15 Drop-In & Play 1:30-3:30pm Fear-Less 6:30-8:30pm *R Triple P Teen 6:30-8:30pm *R	16 Creative Crafts 1:30-3:00pm *R Group Triple P 6:30-8:30pm *R	17 Drop-In & Play 9:30-11:30am	18
19	20 Closed for Victoria Day	21 Terrific Tuesday 9:30-11:30am	22 Drop-In & Play 1:30-3:30pm Financial Literacy 7:00-8:30pm *R Triple P Teen 6:30-8:30pm *R	23 Creative Crafts 1:30-3:00pm *R Group Triple P 6:30-8:30pm *R	24 Drop-In & Play 9:30-11:30am	25 Cool Crafts 1:00-3:00pm *R
26	27	28 Terrific Tuesday 9:30-11:30am	29 Drop-In & Play 1:30-3:30pm Financial Literacy 7:00-8:30pm *R Triple P Teen 6:30-8:30pm *R	30 Creative Crafts 1:30-3:00pm *R Group Triple P 6:30-8:30pm *R	31 Drop-In & Play 9:30-11:30am	

Hub Office: Millrise Station, #3217 (on the 2nd floor) - 150 Millrise Blvd. SW

Trellis Annex: #106 - 239 Midpark Way SE

REMINDERS:

- Please contact us to save your spot in all registered programs!
- If you are experiencing symptoms of illness, stay home and refrain from attending programming so we can keep everyone healthy and happy.

FRN Spokes serving SW Calgary - We can refer you!



CIWA
 Calgary Immigrant Women's Association

Home Visitation for Families with Children Ages 0-6
Calgary Immigrant Women's Association



Rapid Access Counselling
Kindred



Big Brothers Big Sisters
 OF CALGARY AND AREA

Youth Mentorship
Big Brothers Big Sisters

Contact Us

403-689-1403
 MillriseFRN@growwithtrellis.ca



Program	Description	Dates	Times	Register Drop-In	Online In-Person
Cool Crafts	Bond over making a beautiful take-home craft for you and your child. This program is offered monthly at the Trellis Annex for children ages 7-12 and their caregivers. No crafting experience required. This month's theme is GROWTH. Register ASAP to save your spot.	Saturday May 25th	1:00-3:00 pm	Register	In-Person
Creative Crafts	Join us for some fun spring crafts and a surprise for Mother's day. After the craft is complete, enjoy a free-play time. For children age 3-6 with their caregivers. Register ASAP to save your spot.	Thursdays May 9th - 30th	1:30-3:00 pm	Register	In-Person
Drop-In & Play	Drop-in time with toys, stories and snacks designed for children under 6 and their caregivers. The second Friday of every month will be story time with the Calgary Library starting at 10:45 am. You can borrow books to read at home!	Wednesdays Fridays	1:30-3:30 pm 9:30-11:30 am	Drop-In	In-Person
Financial Literacy	An introductory five session series that is designed to grow your essential financial skills and knowledge. Anyone 16+ is welcome to register for all five sessions or only those of interest! May 22 - Assets; May 29 - Banking; June 5 - Credit; June 12 - Budgeting; June 19 - Consumerism.	Thursdays May 22nd - Jun. 19th	7:00-8:30 pm	Register	Online
Group Triple P	For caregivers of children, age 2-12, who want to improve their parenting skills. This 8-week course includes group sessions with other caregivers and individual sessions with your facilitator to help build your Triple P skills. Please register to save your spot.	Thursdays May 2nd - Jun. 20th	6:30-8:30 pm	Register	Online
Keep Calm and Finish Strong	A chill time to connect with others, talk about ways to finish the school year strong, and prepare for what's around the corner. A self-care bag will be provided before every session with self-care items, strategy resources, and a few snacks. For anyone ages 15-18. Contact us for info on future offerings.	Mondays April 15th - May 13th	7:30-8:30 pm	Register	Online
Rent Smart	Join us for this three-hour course that prepares first time renters for successful tenancies by learning things such as rights and responsibilities and the application process. Anyone 16+ is welcome. Lunch provided. Participants will receive a manual and certificate of completion. Limited spots available!	Saturday May 4th	10:00-1:30 pm	Register	In-Person
Teen Group Triple P	For caregivers of teenagers, age 12-16, who want to learn teen-specific parenting strategies. This 8-week course includes group sessions with other caregivers and individual sessions with your facilitator to help build your Triple P skills. Contact us if interested in future groups.	Wednesdays Apr. 10th - May 29th	6:30-8:30 pm	Register	In-Person
Terrific Tuesday	Join us for a fun playtime for families with children 0 - 6 years old! Your child will have the chance to explore different activities each week including sensory experiences, gross motor play, and art!	Tuesdays	9:30-11:30 am	Drop-In	In-Person
Triple P Fear-Less Group	For caregivers who want to enhance skills in supporting their children, aged 6-14, who are experiencing the negative effects of anxiety in their everyday life. Contact us if interested in future groups.	Wednesdays Apr. 10th - May 15th	6:30-8:30 pm	Register	Online

Programs available in the future or by request for one-on-one support. Connect with us by email at MillriseFRN@growwithtrellis.ca or by phone/text at 403-689-1403.

LENA	For caregivers with infants up to 3 years old. This 10-week program helps caregivers learn how to build a baby's brain through talk.
Nurturing Parenting	Weekly sessions focused on the development of empathy, self-worth, empowerment, disciplining with dignity, family roles and age-appropriate expectations.
Circle of Security	An innovative 8-week program designed to enhance the parent-child relationship. Learn how to meet your child's emotional needs while letting go of the pressure to be the "perfect parent."
Zones of Regulation	Emotional and physical regulation strategies designed for your unique child. One-on-one sessions available.
Developmental Screening	Is your child under 6? Curious if they have met their milestones? Make a 1 hour appointment to complete a developmental screen! Follow-up supports available.

In-home support available to help caregivers with children ages 7 - 18 overcome a broad range of parenting and family challenges, and to assist with navigating services.