

SEPT 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Drop-In Play
10-11:30am

Teen Drop-In
4-6:00pm

2
Multiples Play Group
9:30-11:30am

4
Coffee & Chat
10-11:30am

Movie in the park &
Resource fair
5:30pm-10:00pm

5
Stick it to Stigma
mental health fair
12:00-3:00pm

7
Office Closed

HAPPY
FAMILY
DAY

8
Drop-In Play
10-11:30am

Teen Drop-In
4-6:00pm

9
Multiples Play Group
9:30-11:30am

Tea, Bannock & Crafts
1:00-3:00pm

11
Ribbon Skirt Making

12
Babysitting
9-2:00pm
Strathmore

14

Flawed & Fearless
7:30-9:00pm

15
Drop-In Play
10-11:30am

Teen Drop-In
4-6:00pm

16
Multiples Play Group
9:30-11:30am

18
Coffee & Chat
10-11:30am

19
Celebrate your child
12-2:00pm

21

22
Drop-In Play
10-11:30am

Teen Drop-In
4-6:00pm

23
Multiples Play Group
9:30-11:30am

24

25
Coffee & Chat
10-11:30am

26
Alberta Culture Days
10-2:00pm

28

29
Drop-In Play
10-11:30am

Teen Drop-In
4-6:00pm

30

Office Closed



Reach us at:

403-983-0076

strathmoreFRN@
growwithtrellis.ca

419 2nd Street, Strathmore

Follow us on social media!

trellisyyyc.strathmore

trellisstrathmoreFRN

OCT 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

5

6

Drop-In Play
10-11:30am

Teen Drop-In
4-6:00pm

COSP Lunch & Learn
12-1:30pm

7

Multiples Play Group
10-12:00pm

GLOW Girls
4-5:30pm

8

9

Coffee & Chat
10-11:30am

10

12



Office Closed

13

Drop-In Play
10-11:30am

COSP Lunch & Learn
12-1:30pm

Teen Drop-In
4-6:00pm

14

Multiples Play Group
10-12:00pm

GLOW Girls
4-5:30pm

15

16

Coffee & Chat
10-11:30am

17

19

20

Drop-In Play
10-11:30am

COSP Lunch & Learn
12-1:30pm

Teen Drop-In
4-6:00pm

21

Multiples Play Group
10-12:00pm

GLOW Girls
4-5:30pm

Brightminds
4-5:30pm

22

23

Coffee & Chat
10-11:30am

24

26

27

Drop-In Play
10-11:30am

COSP Lunch & Learn
12-1:30pm

Teen Drop-In
4-6:00pm

28

Multiples Play Group
10-12:00pm

Tea, Bannock & Crafts
1:00-3:00pm

GLOW Girls
4-5:30pm

29

30

Coffee & Chat
10-11:30am

Multicultural Family
Hangout
4-6:00pm

31

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Flawed & Fearless
7:30-9:00pm



- ECD Programs
- Youth Programs
- Family Programs
- PCSS Chestermere

NOV 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

3

4

5

6

7

COSP Lunch & Learn
12-1:30pm

Tea, Bannock & Crafts
1:00-3:00pm

Coffee & Chat
10-11:30am

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Office Closed



Coffee & Chat
10-11:30am

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Flawed & Fearless
7:30-9:00pm

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Multicultural Family
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DEC 2026

- ECD Programs
- Youth Programs
- Family Programs
- PCSS Chestermere



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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7 Flawed & Fearless 7:30-9:00pm	8 Drop-In Play 10-11:30am Teen Drop-In 4-6:00pm	9	10	11 Coffee & Chat 10-11:30am	12
14	15 Drop-In Play 10-11:30am Teen Drop-In 4-6:00pm	16 Tea, Bannock & Crafts 1:00-3:00pm Brightminds 4-5:30pm	17	18 Coffee & Chat 10-11:30am	19
21	22	23	24	25	26
28	29 Office Closed 	30	31	 	

PROGRAM DESCRIPTIONS

Early Years (0-6)

Drop-in Play	Coffee & Chat
Need a new, exciting place to play? Join us in the Strathmore FRN Playroom for a drop in play time play time!	Need a change of scenery? Join us in the Strathmore FRN Playroom for a cup of coffee and play time!

Youth (7+)

Bright Minds Please Register	Teen Drop In Drop In	Babysitting Please Register	GLOW Grls 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.	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!!!

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.

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

