

# FALL 2026

CALENDER | NEWSLETTER | PROGRAMS



We've put together our upcoming calendar with all our programs and events in one place.

Feel free to download the calendar for easy reference, or simply click the links in the image to explore details and sign up.

There's something for everyone - we'd love for you to join us!

Thank you

# STRATHMORE/CHESTERMERE FRN NEWSLETTER

Sept - Dec 2026

## Our Services Include:

- Parent and caregiver support
- Parenting programs and workshops
- Indigenous family supports
- Child development screening (ASQ)
- Youth programs and activities
- Play-based learning opportunities
- Community resources and referrals
- Family and social connection opportunities

## STAFF SPOTLIGHT

WHAT DO YOU ENJOY MOST ABOUT THE ROLE?



**Joey**

I enjoy working with the younger kiddo's and families and of course signing songs around the office!!



**Steffanie**

I enjoy working with the youth & helping families in home!



## Who We Are

The Strathmore/Chestermere Family Resource Network (FRN) provides programming and services to families with children and youth ages 0-24 at no cost.

# 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 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!



### WHERE CAN I FIND HEALTHY FAMILIES?

### PHONE

403-901-1951

### EMAIL

main@accreditedsupports.org

### WEBSITE

www.tinyurl.com/Healthy-Families-ASC



### 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.

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

## 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.



**Little Explorers:** From creative arts to interactive games, each session targets key growth areas, making learning an exciting adventure every time you visit. Come explore and grow with us!

**When:** Mondays September 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
from 10am–12pm

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

**Kimochis:** Join Kimochis®! This engaging 4-week program for children ages 0–6 uses stories, characters, and hands-on activities to help children understand emotions, build empathy, and strengthen communication skills.

**When:** Mondays September 14, 21, 28, October 5<sup>th</sup>  
from 2–3PM

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



## COMING NEXT MONTH

**Creative Connections:** Meet us at the library, try new things, and connect with others while we explore all things emotions and feelings! Registration required at [avandenbos@chestermere.ca](mailto:avandenbos@chestermere.ca)

**When:** Wednesday October 7<sup>th</sup> to  
December 2<sup>nd</sup> from 4:30–5:30PM

**Where:** Chestermere City Hall, 105 Marina  
Drive

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](mailto:pcssinfo@chestermere.ca)

# Healthy Families

## NEWSLETTER

Supporting healthy, connected families every step of the way.



### FALL ROUTINES FOR FAMILIES WITH YOUNG CHILDREN (UNDER 6)

Simple routines help little ones feel safe, secure and ready to learn and grow! ♥



#### MORNING ROUTINE

Start the day with connection. Cuddles, breakfast, and a calm start set the tone.



#### PLAY & EXPLORE

Offer lots of play, books, and outdoor time. Nature is a wonderful teacher!



#### MEAL & SNACK ROUTINE

Eat together when you can. Predictable meals and snacks support healthy growth.



#### EVENING ROUTINE

Bath, books, songs and snuggles help little ones wind down and sleep well.



Consistent routines build connection, confidence and cooperation.

### FALL ROUTINES FOR FAMILIES WITH SCHOOL-AGE CHILDREN

Back-to-school success starts with simple, predictable routines and lots of connection. ♥



#### BEFORE SCHOOL

Prepare the night before, eat a healthy breakfast and leave with extra time and calm.



#### AFTER SCHOOL

Greet your child with a smile. Offer a snack, time to unwind and check in without questions.



#### EVENING TIME

Create time for homework, reading together, play and family connection.



#### BEDTIME ROUTINE

A consistent routine helps kids rest well and feel ready for the next day.



Routines + connection = confidence, calm and success.

### HEALTHY KITCHEN CORNER

#### HEALTHY SNACK



- Apple slices
- Cheese cubes
- Cucumber rounds
- Whole grain crackers

#### RECIPE CORNER

#### CREAMY BUTTERNUT SQUASH SOUP

Ready in 35 minutes | Serves 4-6

##### YOU'LL NEED

- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups butternut squash, peeled & cubed
- 4 cups low-sodium vegetable or chicken broth
- ½ tsp cinnamon (optional)
- Salt & pepper to taste
- ¼ cup plain Greek yogurt (optional)



##### DIRECTIONS

- 1 Sauté onion and garlic for 3-4 minutes.
- 2 Add squash and broth. Simmer 20-25 minutes until squash is tender.
- 3 Blend until smooth.
- 4 Stir in yogurt (optional) and season to taste.
- 5 Serve warm with whole-grain bread or crackers.



##### LITTLE HELPER TIP

Let your child wash the squash (if whole), help measure ingredients, or stir once the soup has cooled slightly.

### BOOK OF THE MONTH



#### Because of an Acorn

by Lola M. Schaefer

A beautifully illustrated story that shows how small beginnings can lead to something wonderful—just like our children!



### FUN FALL CRAFT

#### NATURE COLLAGE

Take a walk and collect leaves, sticks, pinecones and other natural treasures.

Glue them onto cardstock to create your own fall masterpiece!



### FALL GAME IDEA

#### COLOUR HUNT

Go on a walk and see how many things you can find in each fall colour!

Can you find something red? Yellow? Orange? Brown? Green?

Great for language development and observation skills.



### HONOURING TRUTH, RECONCILIATION & COMMUNITY



September 30 is the National Day for Truth and Reconciliation. It is a day to honour the children who never came home, Survivors, their families and communities.



We can all take action by learning, listening, reflecting and showing respect for Indigenous cultures, histories and contributions—today and every day.

Here are some ways to take action as a family:

- Read books by Indigenous authors and learn together.
- Listen to Indigenous voices and stories.
- Teach kindness, respect and inclusion.
- Support Indigenous businesses and organizations.



Thank you for all the love, care and connection you bring to your little ones every day.  
*We're in this together!*



Looking for support or resources?  
We're here for you.  
Reach out anytime.





## BUILDING STRONGER FAMILIES BY SUPPORTING CAREGIVERS FIRST

### Triple P

Triple P is a supportive parenting program that helps caregivers build confidence, strengthen relationships, and navigate everyday parenting challenges with practical, positive strategies.

### Circle of Security

Circle of Security helps caregivers better understand their child's emotions, strengthen connection, and support healthy emotional development through secure relationships.

### ASQ

ASQ (Ages & Stages Questionnaires) is a simple developmental screening tool that helps caregivers understand and support their child's growth, skills, and milestones.



## Why trust in your local Family Resource Network

Family Resource Networks are built to support families through every stage of life. From parenting programs and youth supports to community connections and trusted resources, your local FRN offers free, accessible, and family-centred services designed with your community in mind. We're here to help families feel supported, connected, and empowered — because strong communities start with strong relationships.

Thank you