



# ASPEN COMMONS



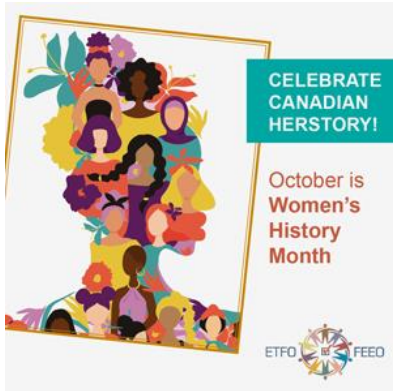
## CHESTERMERE/STRATHMORE FAMILY RESOURCE NETWORK NEWSLETTER

October 2020

Vol. 6

### THIS MONTH IS...

#### Women's History Month



#### World Mental Health Day October 10, 2020



#### Sisters in Spirit

Every October, communities across Canada come together to honour the Missing and Murdered Indigenous Women (MMIW) and to stand alongside their families to offer support, educate the public, and commemorate the lives of our Indigenous women and girls.



### TELEPHONE SUPPORT

**FOR PARENTS AND CAREGIVERS**  
FRN staff are available to connect with you for 1:1 support (no internet required).

Please contact an FRN team member at 403.983.0076.



### CRISIS PHONE NUMBERS

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.

- Distress Center – 403.266.4357
- Kids Help Phone – 1.800.668.6868
- Family Violence Hotline – 403.234.7233
- ConnecTeen – 403.264.8336

Aspen and Boys & Girls Clubs of Calgary's commitment to reconciliation starts with taking this opportunity to acknowledge our honour and privilege to live and work within the Treaty 7 territory. We acknowledge the traditional and ancestral territory and oral practices of the Blackfoot Confederacy, which includes the Siksika Nation, the North and South Piikani Nations and the Kainai Nation. We also acknowledge the other members of Treaty 7 First Nations, the Tsuut'ina and ȩyāñé Nakoda (Stoney Nakoda) which include Chiniki, Bearspaw and Wesley First Nations. In addition, the City of Calgary is home to the Métis Nation of Alberta (Region 3). Finally, we acknowledge all nations, genders and spirits who live, work and play in Moh'kinstsis, the Blackfoot name for Calgary, and Treaty 7 Region of Southern Alberta who help us steward this land, honour and celebrate this territory.



# FRN INFORMATION



**Address:** 419B 2<sup>nd</sup> Street, Strathmore, AB T1P 1B9

**Website:** <https://www.aspenfamily.org/programs/frnchestermere-strathmore>

**Email | Phone:** [Strathmore\\_FRN@aspenfamily.org](mailto:Strathmore_FRN@aspenfamily.org) | 403.983.0076

## HOURS OF OPERATION



MONDAY	8:30 AM – 12:00 PM
TUESDAY	8:30 AM – 4:30 PM
WEDNESDAY	8:30 AM – 6:00 PM
THURSDAY	8:30 AM – 8:00 PM
FRIDAY	8:30 AM – 4:30 PM
SATURDAY (17 <sup>th</sup> & 31 <sup>st</sup> )	10:00 AM – 3:00 PM

## COVID-19 UPDATES

The safety of our families and staff is our highest priority and, therefore, we are following public health guidelines to ensure we create a safe space which accommodates one family at a time.

**The required precautions for in-person programs are listed below.**

- All in-person programs and meetings at the FRN are by appointment or pre-registration **only**. Everyone will be **required** to wear masks while inside.
- ALL individuals attending programming will be asked to complete the AHS COVID-19 screening prior to entering the FRN and will be asked to wash their hands once inside
- Team members will be directing movement through the FRN, designating one doorway for entry and one doorway for exiting.
- Parents are kindly asked to ensure their children are following social distancing protocols.
- Two bathrooms (one on each floor) have been designated as “Public Use Only”.
- Participants are asked to bring gloves and masks if possible, but gloves, masks, and hand sanitizer will also be provided by the FRN.
- Participants that are experiencing any symptoms of sickness will be asked to not attend in-person programs and/or meetings.



# EARLY CHILDHOOD PROGRAMMING



Boys & Girls Clubs of Calgary

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## INTAKE AFTERNOON

- Book a 45-minute appointment to complete the FRN intake package. As our intake process has changed, completing the intake package ahead of time will simplify program attendance in the future.
- Tuesday, October 6, 2020 & Wednesday, October 21 & 28, 2020
  - 1:00 PM - 4:00 PM
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## COFFEE & CHAT

- For caregivers of children, ages 0-6.
- Meet other caregivers and FRN team members and discuss topics such as development, parenting joys/challenges, and resources.
- October 14, 2020 (2:00 - 3:00 PM) & October 26, 2020 (9:30 - 11:30 AM)
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## CARSELAND ROCKIN' RHYME TIME

- For caregivers and children, ages 0-6 (siblings welcome!)
- This story/song time is for kid and their caregivers. Join us to experience the fun and power of preschool songs and rhymes.
- Wednesdays - October 7 - 28, 2020
  - 10:00 - 11:00 AM
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## STROLLER WALK

- For caregivers of children, ages 0-6.
- Join us at the Kinsmen Spray Park Parking Lot for a casual and relaxing walk around the park. Make connections & conversation.
- Friday - October 8, 2020
  - 10:00 - 10:45 AM
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## PRESCHOOL TALK TIME

- For caregivers of children ages 0-6
- Come consult with a Registered Speech Language Pathologist informally in the playroom, while your child plays. Ask questions or just learn more about what to expect regarding your child's speech development.
- Tuesday, October 27, 2020
  - 10:00 - 11:30 AM
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## LET'S GROW TOGETHER - ROCKYFORD

- For caregivers and children, ages 0-6.
- Parents or caregivers participate with their child in rhymes, activities and stories. This program is FREE and siblings are welcome!
- Tuesdays - October 6 - 27, 2020
  - 10:00 - 11:30 AM
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)



# EARLY CHILDHOOD PROGRAMMING



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## FEEDING YOUR BABY

- For caregivers with babies, ages 0-12 months.
- Learn about how and when to start solids, textures, and more!
- Thursday – October 22, 2020 with Dabin Choi (in partnership with AHS)
  - 9:30 – 11:00 AM
- For other related classes, check [birtheadbabies.com](http://birtheadbabies.com)
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## TRIPLE P DISCUSSION GROUP - ROCKYFORD

- For caregivers of children ages 0-6.
- Come learn some strategies for one of parenting's greatest challenges – Topic To be Announced!
- Wednesday, November 4, 2020
  - 10:00 AM – 12:00 PM
- Held in conjunction with the Rockyford Playschool**
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## MEALTIME STRUGGLES TO MEALTIME SUCCESS

- For caregivers with babies, ages 1-6 years
- Learn how to create a positive mealtime environment, introduce new foods and how to cope with mealtime struggles.
- This is a partnership program with AHS and will be facilitated by Dabin Choi.
- Tuesday, November 10, 2020
  - 9:30 AM- 11:00 AM
- For other related classes, check [www.birtheadbabies.com](http://www.birtheadbabies.com)
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## SCIENCE IN SITU – CANDY CHEMISTRY

- For children ages 4-12.
- Discover the surprising science hiding in a bag of Skittles. This program is delivered online by a Science in Schools facilitator.
- Saturday, October 17, 2020
  - 10:30 – 11:30 AM
- Pre-registration is required as **this program is limited to 15 spots**. Details for picking up your kit will be given at the time of registration.
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)

## POST-PARTUM SUPPORT GROUP

- For all female caregivers of newborn babies.
- Being the caregiver to a newborn baby is both a rewarding but challenging experience. There is support and help for caregivers to manage and cope with this stressful time.
- Tuesdays – October 6, 2020 – December 1, 2020 (via Zoom)
  - 1:30 – 3:30 PM
- This program is offered by the Rural Calgary East Postpartum Support Group. Pre-registration is required.
- Register with Joanne Simpson (403.361.7277)



# YOUTH PROGRAMMING



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## INTAKE AFTERNOON

- Book a 45-minute appointment to complete the FRN intake package. As our intake process has changed, completing the intake package ahead of time will simplify program attendance in the future.
- Tuesday, October 6, 2020 & Wednesday, October 21 & 28, 2020
  - 1:00 PM – 4:00 PM
- Register with an FRN team member (403.983.0076)  
[Strathmore\\_frn@aspenfamily.org](mailto:Strathmore_frn@aspenfamily.org)

## KRAFTING WITH KEN

- For tweens ages 7-12.
- Join Ken for a fun fall-themed kraft. Registrants can pickup a craft kit from the Strathmore FRN and then join Ken via Zoom to put the kraft together!
- Thursday, October 29, 2020
  - 4:00 – 5:30 PM
- Register with Ken (403.390.2140) or [kturner@aspenfamily.org](mailto:kturner@aspenfamily.org)

## SAFE SPACE FOR TEENS

- For teens, ages 13-18.
- A safe space for teens to engage with each other and FRN team members to explore topics of interest.
- Saturdays, October 17, 2020
  - 12:00 – 2:00 PM
- Register with Amrit (403.619.5139) or [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org)

## HEALTHY RELATIONSHIPS

- For teens ages 13-18.
- Explore and discuss ways to promote healthy relationships and positive mental health within yourself and among your peers.
- Thursdays – October 8-22, 2020
  - 5:30 – 7:00 PM
- Register with Amrit (403.619.5139) or [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org)

## TEEN TRIPLE P

- For caregivers of teens, ages 13-18.
- The Teen Triple P program is an extension of the popular Positive Parenting Program. Work 1:1 with an FRN team member to learn parenting skills.  
**This program requires a 4-week commitment.**
- Register with Amrit (403.619.5139) or [amatharoo@aspenfamily.org](mailto:amatharoo@aspenfamily.org)

## SCIENCE IN SITU - CANDY CHEMISTRY

- For children ages 4-12.
- Discover the surprising science hiding in a bag of Skittles. Explore solubility, buoyancy, reactivity, and investigate the odds of finding your favourite colour. This program is delivered online by a Science in Schools facilitator.
- Saturday, October 17, 2020
  - 10:30 – 11:30 AM
- Pre-registration is required as **this program is limited to 15 spots**. Details for picking up your kit will be given at the time of registration.
- Register with an FRN team member (403.983.0076)  
[strathmore\\_frn@aspenfamily.org](mailto:strathmore_frn@aspenfamily.org)





# COMMUNITY PROGRAMMING



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## KAIROS BLANKET EXERCISE FOR PROFESSIONALS

- The KAIROS Blanket Exercise is a workshop that explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. Blankets are arranged on the floor to represent the land and participants are invited to step into the roles of First Nations, Inuit, and later Metis peoples.
- This is a **FREE** public education workshop for professionals in any industry or field.
- Thursday, October 22, 2020 at Camp Chestermere
  - 12:00 – 3:30 PM
- Please register with an FRN team member (403.983.0076).

**PLEASE NOTE: This event is limited to 15 participants to ensure social distancing.**

## HALLOWEEN WITH THE FRN

- For children, youth, and their families!
- Come celebrate Spooky Season with the Chestermere/Strathmore Family Resource Network.
- We know COVID-19 has resulted in changes to our everyday lives and how we celebrate special events together. You may not be able to Trick or Treating the same way this year, but join our team for spooks, tricks, and treats.
- Saturday, October 31, 2020
  - Ages 0-6 – 11:00 AM – 12:00 PM
  - Ages 7-12 – 1:30 – 2:30 PM
- Please register with an FRN team member (403.983.0076).

## GLEICHEN FAMILY BLOCK PARTY

- Join the Siksika and Strathmore Family Resource Network teams for a (socially distanced) family block party!
- We are excited to host this event to kickstart our fall programming and are inviting families to join us for an afternoon filled with food, fun, music, and art!
- Joining us will be a special guest – Tribe.1491 (Dwight Farhat)!

**Saturday, October 3, 2020**

**Gleichen & District Community Association (204 3<sup>rd</sup> Ave, Gleichen, AB).**

**12:00 PM – 4:00 PM**

- In order to ensure social distancing, we **REQUIRE** families to pre-register to accommodate numbers.
- Call for more information or to register (403.983.0076).



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Calendar Legend</b>                      Ages 0-6 Programs                      Ages 7-13 Programs                      Ages 14+ Programs                      Community Programs</p>	<p><b>aspen</b>                      Boys &amp; Girls Clubs                      of Calgary</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p><b>Gleichen Family Block Party</b>                      12:00 – 3:00 PM</p>
<p>5</p>	<p>6  <b>Rockyford Let's Grow Together</b>                      10:00 – 11:30 AM  <b>Intake Afternoon</b>                      1:00 – 4:00 PM</p>	<p>7  <b>Carseland Rockin' Rhyme Time</b>                      10:00 – 11:00 AM</p>	<p>8  <b>Stroller Walk</b>                      10:00 – 10:45 AM  <b>Healthy Relationships</b>                      5:30 – 7:00 PM</p>	<p>9</p>	<p>10</p>
<p>12  </p>	<p>13  <b>Rockyford Let's Grow Together</b>                      10:00 – 11:30 AM</p>	<p>14  <b>Carseland Rockin' Rhyme Time</b>                      10:00 – 11:00 AM  <b>Coffee &amp; Chat</b>                      2:00 – 3:00 PM</p>	<p>15  <b>Healthy Relationships</b>                      5:30 – 7:00 PM</p>	<p>16</p>	<p>17  <b>Science in Situ</b>                      10:30 – 11:30 AM  <b>Safe Space for Teens</b>                      12:00 – 2:00 PM</p>
<p>19</p>	<p>20  <b>Rockyford Let's Grow Together</b>                      10:00 – 11:30 AM</p>	<p>21  <b>Carseland Rockin' Rhyme Time</b>                      10:00 – 11:00 AM  <b>Intake Afternoon</b>                      1:00 – 4:00 PM</p>	<p>22  <b>Feeding Your Baby</b>                      9:30 – 11:00 AM  <b>KAIROS Blanket Exercise</b>                      12:00 – 3:30 PM  <b>Healthy Relationships</b>                      5:30 – 7:00 PM</p>	<p>23</p>	<p>24</p>
<p>26  <b>Coffee &amp; Chat</b>                      9:30 – 10:30 AM</p>	<p>27  <b>Rockyford Let's Grow Together</b>                      10:00 – 11:30 AM  <b>Preschool Talk Time</b>                      10:00 – 11:30 AM</p>	<p>28  <b>Carseland Rockin' Rhyme Time</b>                      10:00 – 11:00 AM  <b>Intake Afternoon</b>                      1:00 – 4:00 PM</p>	<p>29  <b>Krafting with Ken</b>                      4:00 – 5:30 PM</p>	<p>30</p>	<p>31  <b>Halloween with the FRN!</b>                      11:00 AM – 12:00 PM                      1:30 – 2:30 PM</p>