

Family and Community Services

# PROGRAM GUIDE

JANUARY TO MARCH 2022



## WE'RE UPGRADING!

Watch for more information on a **new guide format** and our **online program calendar** coming soon!

Let's take care of  
each other

Page 5

Winter Safety Tips for  
Senior Adults

Page 8

Parent to Parent  
program

Page 29



# FAMILY AND COMMUNITY SERVICES

**For all ages and all stages of life.**

We offer free and low-cost programs and services for seniors, youth, families and individuals, whether or not you have children.

Our programs and partnerships build a **safe, supported** and **connected** community for all.

**Family and Community Services will be closed:  
January 3 and February 21**

If you require immediate assistance during this time, please call the Distress Line at 1-800-232-7288 or in the case of an emergency, please call 9-1-1.



**WE ARE HERE FOR YOU**

Visit: [strathcona.ca/fcs](https://strathcona.ca/fcs) or call **780-464-4044**

# IT'S NOT A FOOD BANK, IT'S FOOD IN THE BANK!

**Meat order \$20. Produce order \$15.**

May be purchased in combination or separately. Multiple orders are also welcome. Participants are encouraged to try out the program; no membership fees apply for the first order. Annual membership fee is due upon second order.

**Annual memberships \$5.**

## Food pick up and payment

For in-person payment options: contact **780-464-4044**  
or [familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)

For online payment, visit: [wecanfood.com](http://wecanfood.com)

## WECAN FOOD BASKET



## 2022 Food Basket Dates

**PAYMENT DUE:**    **PICK UP:**  
(no later than)

January 7	January 20
February 4	February 17
March 4	March 17
April 8	April 21
May 6	May 19
June 3	June 16
July 8	July 21
August 5	August 18
September 9	September 22
October 7	October 20
November 4	November 17
December 2	December 15

**wecanfood.com**



## WE'RE UPGRADING!

Watch for more information on a **new guide format**  
and our **online program calendar** coming soon!



**Through all  
the challenges,  
we're still a  
community.**

**Let's take care  
of each other.**

**Whether you're a senior or a teenager, a parent or a student, the pandemic has changed your life.**

**The way it's affected you is unique, and yet the overall experience of uncertainty is shared.**

As we make our way through these winter days, it's valuable to remember we are part of a community of friends, family and neighbours who are weathering this too. Here's a few things you can do to take care of yourself and your community this season:

**Be patient:**

We're not all at our best these days. If you're feeling extra irritable, anxious or sad, be patient with yourself and practice daily routines like walks or journaling to help you recharge. Then, extend that same patience and care to those around you.

**Be proactive:**

Make a goal of getting to know your community — shovel your neighbor's driveway, strike up a conversation at the rec centre or ask to pet that puppy you keep crossing paths with. These small actions can go a long way in helping us feel safe and connected to one another.

**Be willing to ask for help:**

Sometimes it's easier to offer help than ask for it. When you're feeling overwhelmed, be open with people you trust. The County's social support team is also available to offer counselling and other services when you call 780-464-4044.

**Want to learn more about how we can recover from the pandemic as a community?**

**Visit [strathcona.ca/resilience](https://strathcona.ca/resilience)**



THROUGHOUT  
FEBRUARY,  
**CHOOSE  
KIND.**

We can all make  
the choice to be kind  
to ourselves and  
to others in our  
everyday lives



**For Choose Kind ideas visit:**  
**[strathcona.ca/choosekind](http://strathcona.ca/choosekind)**

**#SCchoosekind**



# Seniors' Coffee and Chat

An opportunity for seniors to enjoy time with each other. Bring your favourite tea or coffee and join in for some cheerful conversation and learn something new. New topics and conversation every time.

Strathcona County has many different opportunities for older adults. To find out more go to **strathcona.ca/seniors**



## FOR

Seniors

## COST

Free

## WHEN

**Mondays**

TBD  
10 a.m. to 11:30 a.m.

## WHERE

Glen Allan Recreation Complex



## REGISTRATION IS REQUIRED

Go to **strathcona.ca/adultlearning** or  
call **780-464-4044**



## WE'RE UPGRADING!

Watch for more information on a **new guide format**  
and our **online program calendar** coming soon!

# Winter Safety Tips for Senior Adults

As beautiful as winter can be, it can prove especially dangerous for senior adults. Iced over sidewalks can lead to falls and seasonal ailments like colds and the flu will make their rounds. Due to drops in temperatures and icy conditions, many will retreat and stay indoors. This can limit social interaction and depression may brew.

**Here are some tips to help our senior adults enjoy the colder months.**



### **Stay warm indoors.**

A comfortable thermostat setting in winter is 20° to 22° C. Turning the thermostats to higher temperatures promotes drying of the skin and dry nasal passages. Feeling chilled? Consider wearing thicker socks, slippers and layered clothing. Put a sweater on...where have we heard that before?

### **Beware of icy conditions.**

Intemperate weather can create a buildup of snow, ice, slush and mud on sidewalks and driveways. Fall prevention for outdoors offers these tips: wear non-skid boots, get help with snow shoveling, use ice melt or sand for traction and keep a look out for black ice.

### **Wear appropriate clothing outdoors.**

When venturing out in the cold to prevent a loss of body heat or hypothermia, wear light, layered, loose-fitting clothing under an insulated, waterproof winter coat. Choose outerwear with a fleece lining and windproof. As much as 50% of body heat is lost through the head, so wear a hat or hood to keep it covered. Keep hands and fingers protected with lined gloves or mittens that still allow for flexibility.

### **Stay current on immunizations.**

Senior adults with a weakened immune system are at higher risk for contracting colds, influenza and more severe illnesses including pneumonia. Consult a doctor about seasonal and year-round immunizations that are best for their individual overall health.

### **Consume a balanced diet.**

Seniors adults who remain indoors more during the cold months may find it tempting to eat starchy convenience foods. Adding vegetables to soups and fruits to smoothies is an easy way to add vitamin-enriched foods to a senior adult's diet. Winter months have less natural sunlight and skin is covered to protect it from the elements. Therefore, senior adults may want to help boost their vitamin D intake by eating vitamin-D fortified foods including grains, milk and seafood.

### **Keep well-hydrated.**

Although you may not feel as thirsty in cooler weather, drinking six to eight glasses of liquid a day is still advised. Not a fan of water? Hot tea, apple cider and cocoa are fun additions to a wintertime beverage list.

### **Ward off isolation and depression.**

Cold, snow and ice make getting out to socialize less inviting. This can really have a negative effect on mental health. To prevent loneliness and isolation for senior adults, encourage scheduled regular outings, personal visits, phone calls and social networking. By staying connected with others, it helps trigger the body's natural mood lifters of dopamine, serotonin and endorphins.

### **Be prepared for power outages and other emergencies.**

Every home needs an emergency preparedness kit that includes a flashlight, batteries and first aid supplies. As well there should be enough non perishable food and water to last 72 hours. Food reserve should be 2000 calories a day per person and water reserves should be 4 L of water a day per person.

### **Don't forget the car.**

For safe wintertime driving, good wipers and tires with plenty of snow-gripping tread are essential. Always keep the gas tank near full and carry an ice scraper, windshield washer fluid and a safety kit. Before getting on the road, it is smart for senior adults to share their travel routes and expected arrival times with family or friends. Travel with a charged cellphone and a car charger. Family, friends and neighbours are encouraged to check in daily with senior adults who are living alone throughout the winter.

## Counselling

**Life is complicated and everyone has difficulties from time to time. People access counselling for a wide range of reasons.**

Counselling is an opportunity to make positive changes in your life. Strathcona County Family and Community Services offers counselling services by phone, online, and in-person.

### FOR

Anyone

### COST

Pay what you can afford, starting from \$0 to 90\$

### WHEN

Monday to Friday, including some evenings.

Please call or visit our website for current hours.

### WHERE

Phone, online or walk in services are available



### FOR MORE INFORMATION

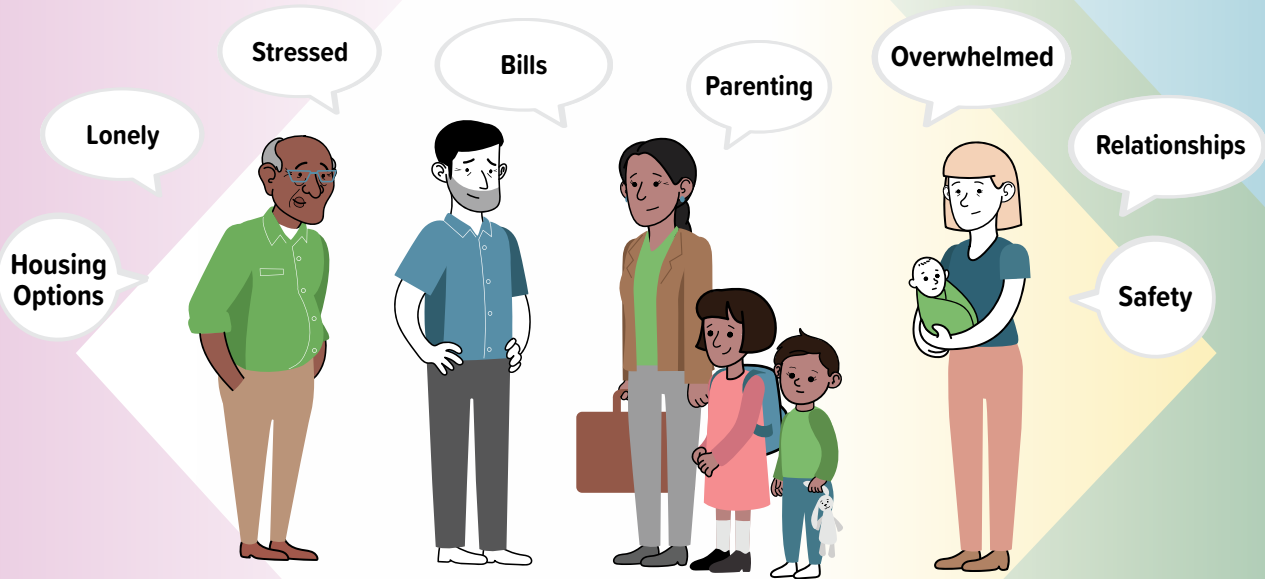
Visit: [strathcona.ca/counselling](https://strathcona.ca/counselling)  
or call 464-4044

Counselling services available by phone, online or in-person



## WE'RE UPGRADING!

Watch for more information on a **new guide format** and our **online program calendar** coming soon!



## Life can be challenging, stressful and tough to navigate.

**We are here for you. We listen and work with you to create a plan that supports what you need most today. Connect with the people, programs and community resources best suited for you.**

**Phone or walk in services are available Monday to Friday, including some evenings. Please visit our website at [strathcona.ca/wellbeing](https://strathcona.ca/wellbeing) or call **780-464-4044** for current hours.**

Helping you work through life's challenges • Counselling • Family and parenting supports • Financial supports

# Strathcona County Family Resource Network

The Family Resource Network provides a range of programs and services that focus on building well-being and resiliency. Free supports are available to children and youth ages 0-18 and their parents and caregivers.

## Parenting Support

Parenting is a journey and everyone needs help along the way. We work with parents and caregivers to:

- Identify parenting goals and address challenges
- Encourage positive child and youth development
- Strengthen parent-child relationships

## Social Connections

Being connected to others means you don't have to travel alone. Together we can help you and your children build:

- Networks of support
- Awareness of resources, programs and services
- Community connection

## Child and Youth Development

Each pathway towards healthy growth and development is unique. We have programs and information to:

- Promote communication and problem solving skills
- Enhance relationships
- Increase positive behaviour
- Explore the stages of development

## Parenting Support

Parenting is a journey and everyone needs help sometimes. The **Family Resource Network** offers a range of FREE parenting supports and services including:

- workshops to learn new skills and address common parenting challenges
- information and resources to promote child and youth development
- 1:1 parent led coaching to enhance parenting skills and family well-being
- options for in-person, virtual, or phone support



### FOR MORE INFORMATION

780-464-4044

[familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)  
[strathcona.ca/familyresourcenetwork](http://strathcona.ca/familyresourcenetwork)

## Home Visitation

The **Home Visitation program** provides weekly in-home support for parents in raising healthy, safe and secure children. It is a free and voluntary program for pregnant parents and parents/caregivers of children ages 0 to 6 years.

Home Visitation will help you:

- Focus on family strengths and needs
- Address your pregnancy concerns and provide prenatal support
- Learn more about child development
- Develop and foster positive parent-child interactions
- Reach personal and family goals
- Access community resources
- Build your support networks



## Child Development

Learn what you can expect at various ages and stages of your child's development with an easy to use questionnaire. The results provide insight into your child's expected developmental milestones. A member of our team will be in touch to discuss the results, celebrate achievements, and provide resources to continue supporting your child's growth. This developmental check-in tool is available for children ages 2 months to 5 years.



### TO COMPLETE AN AGES AND STAGES QUESTIONNAIRE

Visit: [strathcona.ca/agesandstages](http://strathcona.ca/agesandstages)



### FOLLOW US ON FACEBOOK

[facebook.com/strathcona.familyresourcenetwork](https://facebook.com/strathcona.familyresourcenetwork)

# Strathcona County Family Resource Network

Check out what our partners are up to!



## Boys & Girls Club of Strathcona County



**Location: Main Office and CanTeen Youth Hub**  
**#123, 2016 Sherwood Drive**  
**Phone: 780-416-1500**

Check out our website for information on all our programs: [www.scbgc.com](http://www.scbgc.com)

### Program Opportunities

#### ReWild Your Child Nature Program

- Includes weekday sessions for children ages 3 to 6 and weekend options for school-aged children.

#### Stay tuned for the Nature Program Open House

#### Before and After School Care

- Serving over 15 schools in 6 locations! BGC is here to support children and families with opportunities for community connection while having tons of fun.

#### Free Drop-in at the CanTeen Youth Hub

- Open from 11 a.m. to 9 p.m. Monday to Friday for ages 12 to 24. Includes a fully functioning workout space, Learning Lounge computer lab, and spaces to hang out with friends!

**Respect 2 Connect** is an opportunity for youth to learn about creating positive connections.

 @canteen.youth  [facebook.com/scbgc2001](https://facebook.com/scbgc2001)

 @strathcona.bgc

## Big Brothers Big Sisters of Strathcona County

# MORE THAN EVER!

Our community Big Brothers Big Sisters program matches one mentor (Big) and one mentee (little) together to spend time and build a friendship based on trust, support, common interests, and fun! Volunteers spend one hour a week during the day or on evenings with local youth in a one-to-one relationship.

Want to volunteer? [bbbsstrathcona.ca](http://bbbsstrathcona.ca)

### Program Opportunities

#### Community Based Mentoring

- Matches between volunteer mentors and children or youth spend 1:1 time together in the community to achieve social emotional growth through increased exposure to positive relationships and new experiences. Options to meet virtually as well.

#### Virtual Opportunities

- Reading Mentorship: For children Grades 1 to 3, weekly online connection with a mentor to build confidence in their reading abilities.
- Tutoring Mentorship: For youth Grades 4 to 12, weekly online connection with a mentor to receive academic support in various subject areas.

#### Youth Application:

[bbbsstrathcona.ca/programs-for-kids](http://bbbsstrathcona.ca/programs-for-kids)

# Baby and Me

Baby and Me provides opportunities to connect with other parents and explore how to support your baby's development. The parenting journey can be a challenge but being connected means you don't have to travel alone. Join us online and in-person to keep connected and learn together!

## FOR

Parents, caregivers and their infants ages 0 to 18 months

## COST

Free



To register, visit:  
[strathcona.ca/familyresourcenetwork](http://strathcona.ca/familyresourcenetwork)

## Online

### WHEN

Tuesdays January 11, 25, February 8, 22 or March 8, 22  
1 p.m. to 1:45 p.m.

### WHERE

Online

## In-person

### WHEN

Tuesdays January 18, February 1, 15 or March 1, 15  
1 p.m. to 2 p.m.

### WHERE

Glen Allan Recreation Centre



Limited spaces available for in-person programs.  
**Registration required.**





Limited spaces available for in-person programs.  
**Registration required.**

## Play with Me!

Did you know that play is the best way for children to learn about themselves, others and the world around them? Playing with your child helps build their thinking, social and emotional skills.

Join us to connect with others and to explore fun, open-ended play experiences designed to enhance the parent-child relationship!

### FOR

Parents, caregivers and their children ages 0 to 6

### COST

Free

### WHEN

Thursdays      January 20 to March 10  
10 a.m. to 11:30 a.m.

### WHERE

Ardrossan Recreation Centre



To register, visit:  
[strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)


# Nature Nuts: Polar Edition

Are you looking for ways to explore the wonders of nature as a family? Enjoying the great outdoors promotes a connection to nature that provides endless opportunities to develop new skills and enhance development. Join us for an interactive outdoor experience filled with family fun!



For more information, visit:  
[strathcona.ca/familyresourcenetwork](http://strathcona.ca/familyresourcenetwork)

FOR	Families of children aged 0 to 6 years
COST	Free
WHEN	Mondays* January 24 to March 21 *No program February 21 10:30 a.m. to 11:30 a.m.
WHERE	Strathcona Natural Area



Limited spaces available for in-person programs.  
**Registration required.**



**WE'RE UPGRADING!**  
Watch for more information on a **new guide format**  
and our **online program calendar** coming soon!



# Mindful Kids

When children experience big emotions like anger or silliness, it can be challenging to manage those feelings with appropriate behaviours. Join us to learn more about what happens in our bodies when we have big feelings and practice some fun techniques to help calm our bodies and brains.

Topics include “Sometimes I feel...”

- **angry and frustrated** - Feb. 8
- **worried and afraid** - Feb. 15
- **hyper and silly** - Feb. 22

## FOR

Children grades 1 to 3

## COST

Free

## WHEN

Tuesday February 8, 15 and 22  
5 p.m. to 5:30 p.m.

## WHERE

Online



To register, visit:  
[sclibrary.ca/calendar](https://sclibrary.ca/calendar)



Mental Health  
Capacity Building





Limited spaces available for in-person programs.  
**Registration required.**

## Confident Kids

For children to develop confidence and strong social-emotional skills, they need opportunities to experience peer interactions in a safe and encouraging environment. This interactive program will create space for your young person to connect with others and learn new skills in a fun way!

Parents will also receive some tools and information to continue fostering confidence and social skills at home.

### COST

Free

### Parent Orientation Session

#### FOR

Parents and caregivers of children attending **Confident Kids**

#### WHEN

Monday January 24  
7 p.m. to 7:45 p.m.

#### WHERE

Online

### Choose the date for your child's grade group:

#### Children • Grades 1 to 3

##### WHEN

Wednesdays January 26 to February 16  
5 p.m. to 6 p.m.

##### WHERE

BGC Youth CanTeen

#### Children • Grades 4 to 6

##### WHEN

Wednesdays January 26 to February 16  
6 p.m. to 7 p.m.

##### WHERE

BGC Youth CanTeen



To register, visit:

[strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)

# Creative Outlet

## Plug into your creativity!

Creativity helps us express ourselves and improves our mental health. Join with a friend and try something new.

Topics will include:

- **Make a mess**
- **Expressive Art**
- **Reduce, Reuse and Recycle**

Sign up for three fun days during spring break.



For more information, visit:  
[strathcona.ca/familyresourcenetwork](http://strathcona.ca/familyresourcenetwork)

### FOR

Children grades 4 to 6

### COST

Free

### Ardrossan Recreation Centre

### WHEN

Tuesday to Thursday      March 29 to March 31  
9 a.m. to noon

### Strathcona County Community Centre

### WHEN

Tuesday to Thursday      March 29 to March 31  
1 p.m. to 4 p.m.



**Alberta Health  
Services**

Mental Health  
Capacity Building



Limited spaces available for in-person programs.  
**Registration required.**





Limited spaces available for in-person programs.  
**Registration required.**

## Snow Much Fun!

Join us at the Strathcona Wilderness Centre for an outdoor winter event that will provide fathers and male caregivers a chance to connect with their children in a fun and unique way. We will try new activities, enjoy nature, and connect around the fire.

### FOR

Father figures and their children of all ages

### COST

Free

### WHEN

Sunday

February 13

11:30 a.m. to 1:30 p.m.

### WHERE

Strathcona Wilderness Centre



To register, visit:

**[strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)**



## **Mental health is more than meets the eye.**

From seniors to teenagers, 20-somethings to toddlers, we can all learn to better understand our mental health. It starts with checking in on ourselves — and learning how to check in on our friends, family and neighbours too.

Learn more at [strathcona.ca/mentalhealth](https://strathcona.ca/mentalhealth)

# Inclusive Parenting

Not sure where to begin in promoting inclusion in your home? Join us to learn tips and ways your family can adopt new practices, foster community inclusion, and explore age-appropriate conversations. Participants will be encouraged to be vulnerable, ask questions, and learn something new! .

### FOR

Anyone with children or youth in their lives - parents, caregivers, or service providers

### COST

Free

## Children’s Mental Health

### WHEN

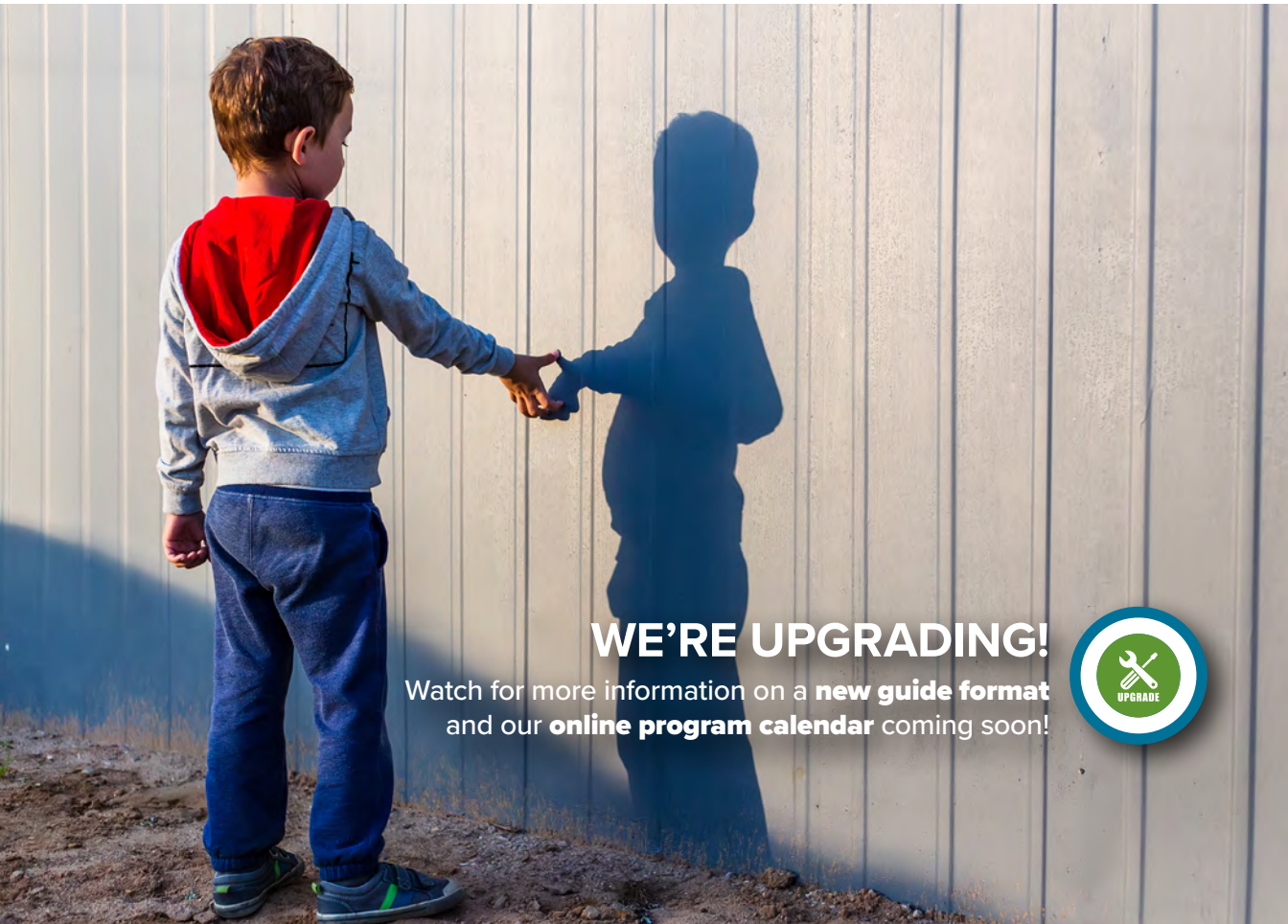
Wednesday February 16  
6 p.m. to 7:30 p.m.

### WHERE

Online



To register, visit:  
[strathcona.ca/parentsupport](https://strathcona.ca/parentsupport)



## WE’RE UPGRADING!

Watch for more information on a **new guide format**  
and our **online program calendar** coming soon!





# Emotion Coaching

Our emotions are with us wherever we go and impact all that we do in life. Learning how to recognize, understand and manage our feelings is an important life skill. Join us online to learn some helpful tips for coaching children and youth of all ages to build their emotional competence.

We will explore the basics of Emotion Coaching together and then split into age-specific groups to discuss developmentally appropriate ways to use Emotion Coaching.



To register, visit:  
[strathcona.ca/parentsupport](https://strathcona.ca/parentsupport)

FOR	
Parents and caregivers of children ages 0 to 18 years	
COST	
Free	
WHEN	
Wednesday	January 19
	6 p.m. to 7:30 p.m.
WHERE	
Online	

# Are you new to Canada and Strathcona County?

Do you want to connect with other newcomers and learn how to access supports and resources in your community?

**Join us for free, in person event Saturday, January 29, 2022**



To register, visit: [strathcona.ca/newcomer](https://strathcona.ca/newcomer)  
or call 780-464-4044





## WE'RE UPGRADING!

Watch for more information on a **new guide format** and our **online program calendar** coming soon!

### Triple P Parenting Group

Struggling with your child's behaviour? Learn how to turn challenges into opportunities for success.

This course is designed to address specific behaviour by developing a parenting plan for children 2 to 12 years.

#### FOR

Parents, caregivers of children ages 2 to 12 years

#### COST

Free

#### WHEN

Saturdays\*

February 12, 26 and March 12

*\*Must attend all three sessions*

9 a.m. to 12 noon

#### WHERE

Millennium Place



For more information, visit:

[strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)

# Keep Connected™

The pre-teen and teen years are a time of big change for kids and their families. It's easy for families to get disconnected as kids grow and other demands pull families apart. Parents play an important role to help children cope through this stage.

Join us for an interactive, research-based workshop series designed to:

- strengthen family engagement
- increase positive family interactions
- promote connection with kids as they get older

Keep Connected™ recognizes each family's unique qualities, builds on existing strengths and creates opportunities for families to share and learn together.



## FOR

Parents and caregivers of children Grades 5-9

## COST

Free

## WHEN

Thursdays\* February 3, 10 and 17  
*\*Must attend all three sessions*  
6 p.m. to 8 p.m.

## WHERE

Online



For more information, visit:  
[strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)



# Straight Talk About Teens

Crossing the bridge from childhood to adulthood can be exciting and challenging for both teens and their caregivers. Join us for this online session based on Healthy Minds Healthy Kids Psychology Canada’s publication “Straight Talk About Teens”. Together, we will explore topics including:

- Adolescent Development
- The Teenage Brain
- Effective Communication
- Fair Discipline
- Managing Risky Behaviors

**FOR**

Parents and caregivers of youth ages 12 to 18

**COST**

Free

**WHEN**

Wednesday      March 9  
6 p.m. to 7:30 p.m.

**WHERE**

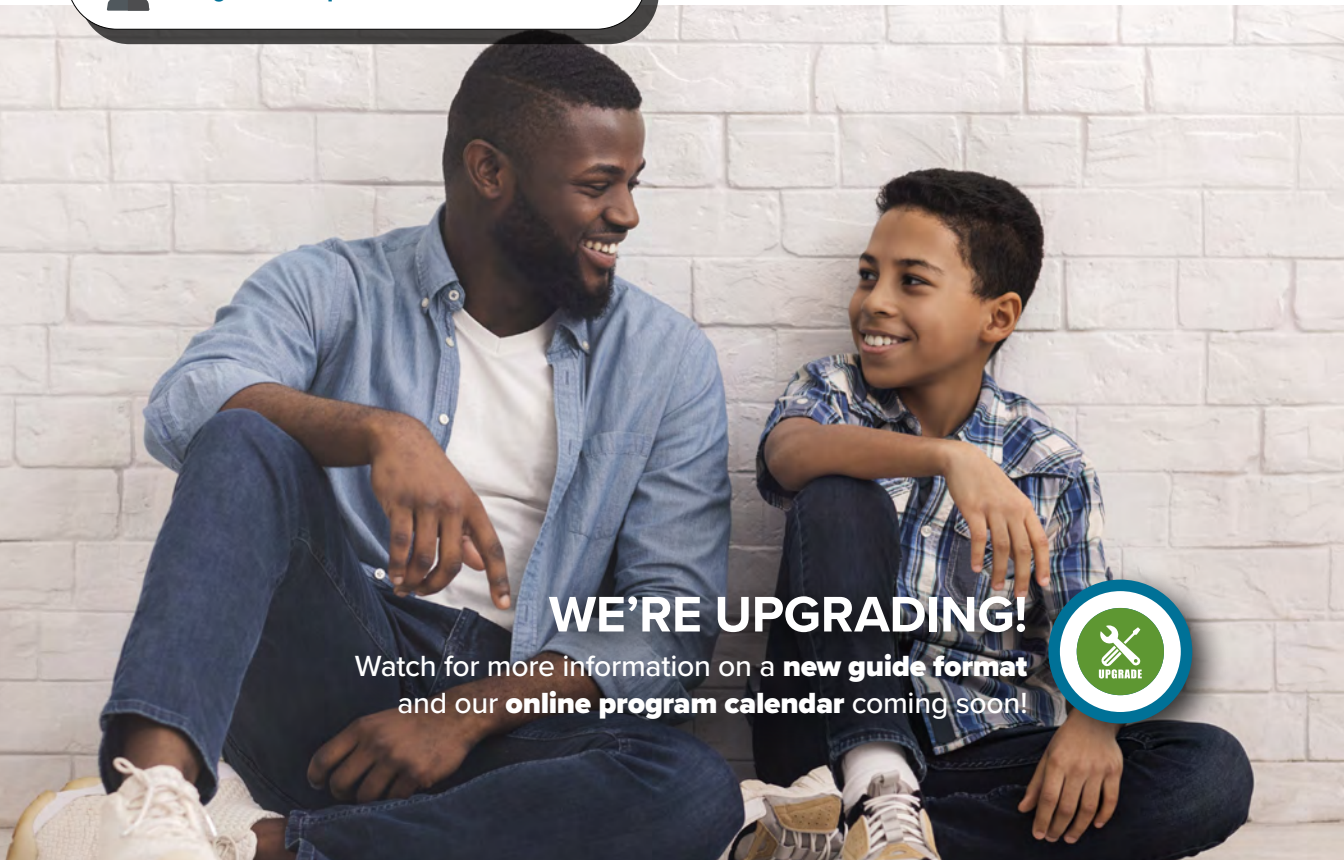
Online



To register, visit:  
[strathcona.ca/parentsupport](https://strathcona.ca/parentsupport)



Limited spaces available for in-person programs.  
**Registration required.**



## WE'RE UPGRADING!

Watch for more information on a **new guide format**  
and our **online program calendar** coming soon!





# Parent to Parent Programs

Many things have changed over the past year, but it has not stopped children from learning and developing. Join us to explore some common trends and challenges parents and caregivers encounter as their children grow. We will learn together and then have an opportunity to connect with others, parent to parent.

## Managing Stress

Parenting can be overwhelming and stressful. Join us for an evening to unwind, connect with other parents, and learn all about how to take care of yourself while you take care of your children. Come prepared to share tips of what works for you, and leave with a toolbelt of new ideas!

**FOR**  
Parents and caregivers

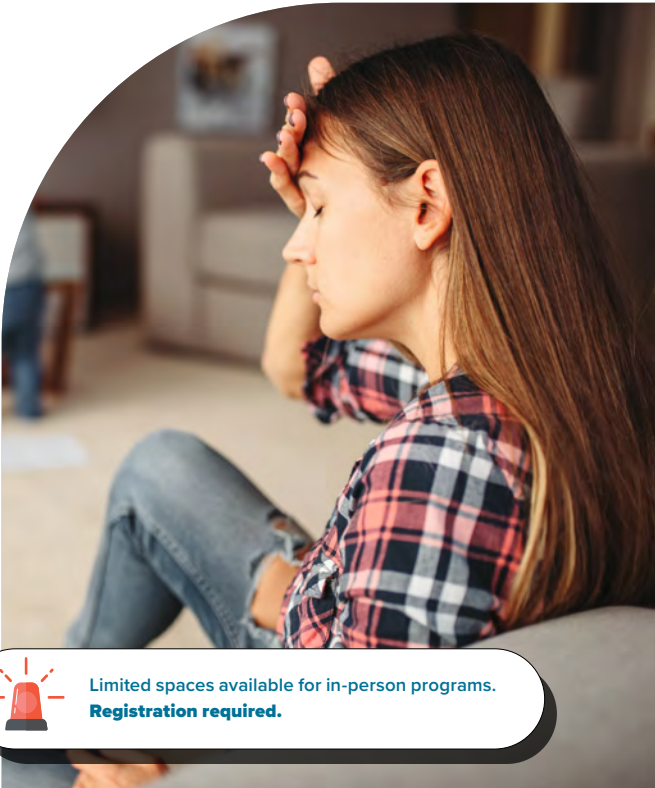
**COST**  
Free

**WHEN**  
Wednesday      January 26  
6 p.m. to 8 p.m.

**WHERE**  
Millennium Place



To register, visit:  
[strathcona.ca/parentsupport](https://strathcona.ca/parentsupport)



Limited spaces available for in-person programs.  
**Registration required.**

# Foundations of Connection

Join us to learn about elements of healthy relationships including boundaries and consent. We will explore the language we can use and how to develop healthy habits with your children. We will also discuss how to teach children about consent, conflict, and how to recognize healthy or unhealthy behaviours in others.



To register, visit:  
[strathcona.ca/parentsupport](http://strathcona.ca/parentsupport)

## FOR

Parents and caregivers

## COST

Free

## WHEN

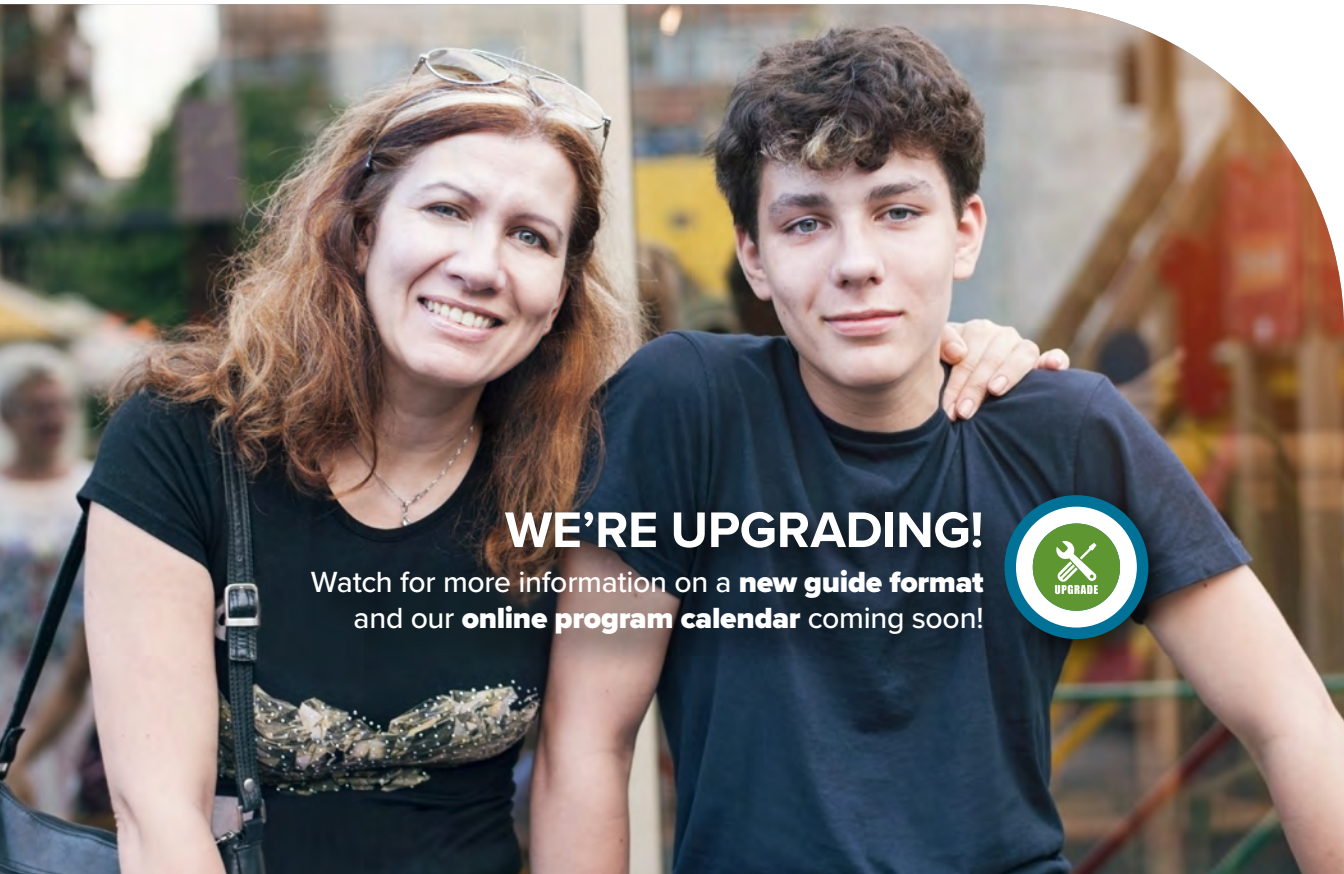
Wednesday      March 23  
6 p.m. to 8 p.m.

## WHERE

Millennium Place

A red alarm bell icon with sound waves, indicating a warning or important notice.

Limited spaces available for in-person programs.  
**Registration required.**



## WE'RE UPGRADING!

Watch for more information on a **new guide format**  
and our **online program calendar** coming soon!



# Strathcona County NEXT GEN

Strathcona County Next Gen is a community network where youth and young adults can make an impact, lead and have a voice, explore passions, share ideas and test solutions to realize change in our community

Learn more about current leadership opportunities and how to **get involved at [strathconanextgen.ca](https://strathconanextgen.ca) or follow us on Instagram @strathconextgen.**



# Crowded Nest

Facilitators will share components of how past experiences may influence current relationships. Tools and strategies to improve communication skills for agreeable solutions and improved relationships will be shared.

Sessions are for both the adults and adult children living in same home.

**FOR**  
Adults with adult children living in same home

**COST**  
Free



To register, visit:  
[strathcona.ca/adultlearning](http://strathcona.ca/adultlearning)

## Attend one or both dates:

### Exploration

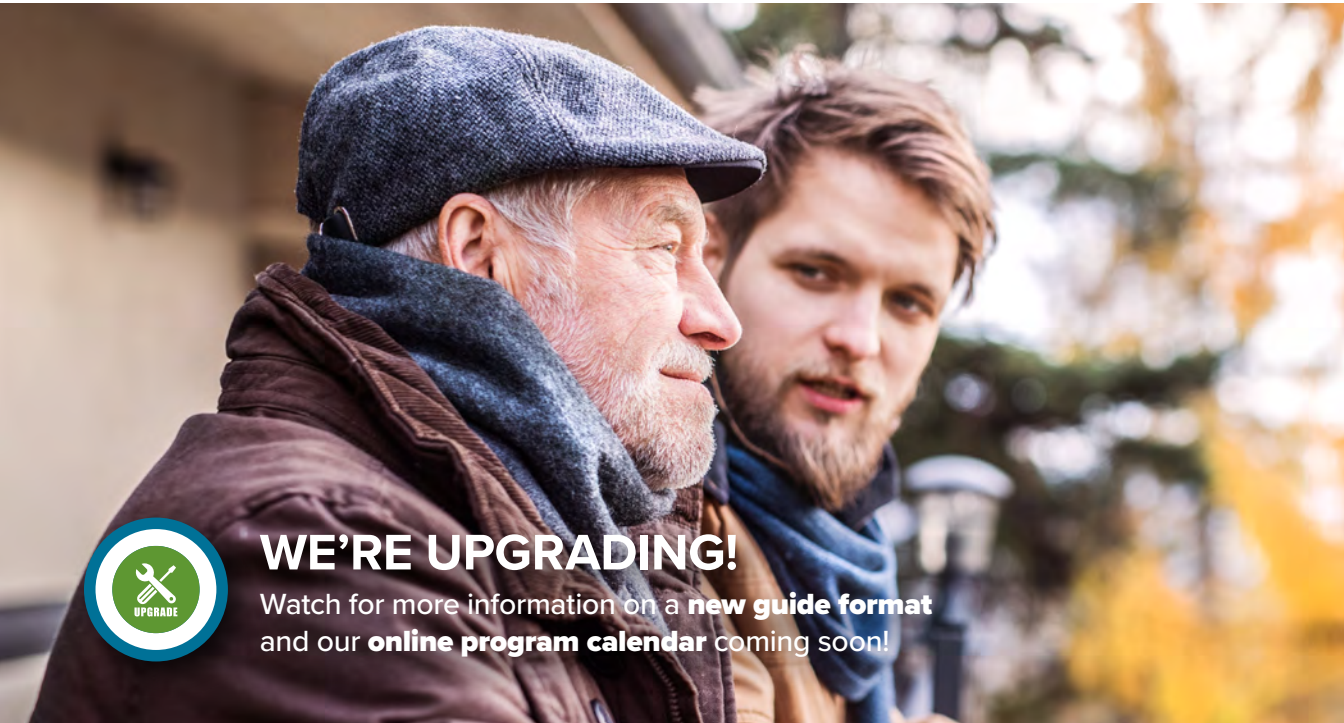
**WHEN**  
Tuesday January 18  
6 p.m. to 7:30 p.m.

**WHERE**  
Online

### Strategies

**WHEN**  
Tuesday January 25  
6 p.m. to 7:30 p.m.

**WHERE**  
Participants can choose between **in-person** and **virtual** sessions



## WE'RE UPGRADING!

Watch for more information on a **new guide format** and our **online program calendar** coming soon!

# SOCIAL ACTION

Check out the blog for the latest stories of connection, community and resilience.

If you know about somebody who is doing something special in the community, visit [strathcona.ca/socialaction](https://strathcona.ca/socialaction) and connect with us.

## JOIN THE COVERSATION



@scSocialAction



#scSocialAction



@scSocialAction



[social.action@strathcona.ca](mailto:social.action@strathcona.ca)

S H E R W O O D P A R K | S T R A T H C O N A C O U N T Y



Find your adventure for a lifetime of living. [strathcona.ca/YouCanLive](https://strathcona.ca/YouCanLive)





# Community Grants

**Knowledge and passion are the foundation of positive community change.**

Community Connection and Community Change Grants provide funding for creative, innovative, non-traditional ideas and opportunities that inspire new ways to support neighbours, create new relationships and become civically engaged.

If you have your own idea on how to make a positive impact in Strathcona County, check out **[strathcona.ca/communitygrants](https://strathcona.ca/communitygrants)**.



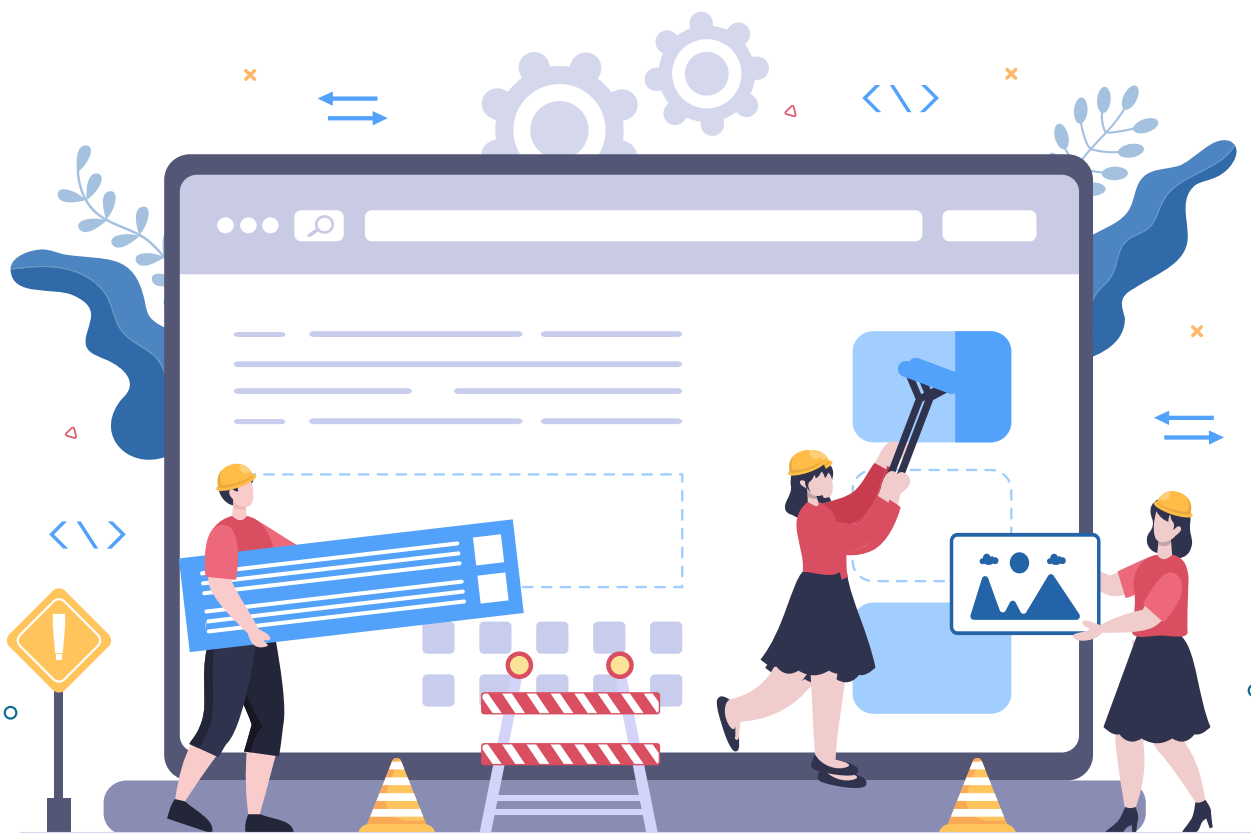
**FOR MORE INFORMATION**

Visit **[strathcona.ca/communitygrants](https://strathcona.ca/communitygrants)**



## WE'RE UPGRADING!

Watch for more information on a **new guide format** and our **online program calendar** coming soon!





**Family and Community Services will be closed:  
January 3 and February 21**

If you require immediate assistance during this time, please call the Distress Line at 1-800-232-7288 or in the case of an emergency, please call 9-1-1.



**Family and Community Services is here to support you remotely.**

Phone or walk in services are available **Monday to Friday**, including some evenings. Please call or visit our website for current hours.

**CONTACT US:**

Phone: **780-464-4044**

Email: [familyandcommunity@strathcona.ca](mailto:familyandcommunity@strathcona.ca)

Web: [strathcona.ca/fcs](http://strathcona.ca/fcs)

 **STRATHCONA  
COUNTY**