Strathcona County Family Resource Network

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

- Information on child and youth development
- Working through parenting challenges
- Supporting unique parenting plans
- Connecting to community resources
- In-home and virtual parenting support

For more information, Family and Community Services at 780-464-4044 or email familyresourcenetwork@strathcona.ca



To register or for more information visit:
strathcona.ca/familyresourcenetwork

Virtual Parent Support Groups



Parenting Through Uncertainty

For: Parents and caregivers of children ages 0-18

Wednesdays, January 13 to February 17
10:15 to 11 a.m.

To register visit: strathcona.ca/parentsupport



Straight Talk About Teens

For: Parents and caregivers of youth ages 12-18

Thursday January 14
6:30 to 8 p.m.

To register visit: strathcona.ca/parentsupport



Triple P Discussion Group: Dealing with Disobedience

For: Parents and caregivers of children ages 2-12

Saturday January 23 1 to 3 p.m.

To register visit: strathcona.ca/parentsupport



Confident On My Own

For: Parents, caregivers and their children ages 10 or older

Saturday February 20 1:30 to 3 p.m.

To register visit: strathcona.ca/parentsupport

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STRATHCONA COUNTY