

SEPTEMBER 2024

TRELLIS SOCIETY SW CALGARY FAMILY RESOURCE NETWORK



Who We Are

The Trellis Society SW Calgary Family Resource Network provides programming and services to families with children and youth ages 0-18 at no cost.

Our services include:

- Individualized supports for parents/caregivers
- Parenting classes including Circle of Security Parenting, Triple P Positive Parenting & Nurturing Parenting
- Indigenous parenting supports
- Information sessions and workshops including Financial Literacy and RentSmart
- Ages and Stages assessments
- Youth programming
- Play-based learning for children
- Information and referrals
- Opportunities for social connections

Stay Tuned for our Open House!

Join us at our new location on Fairmount Drive SW to meet the team and see our space! Enjoy some food, play some games and learn more about what we do!

Stay tuned for the date!

8330 Fairmount Drive S.E.



September Programming

PARENT CHILD MOTHER GOOSE

Starting Sept 18th
10:30am - 11:30am
8 weeks; In-person

Enjoy a relaxing and fun time with your 0-2yr old while learning songs & rhymes alongside other families.

LENA

Starting Sept 19th
10:30am - 12:00pm
10 weeks; Online

Learn how to build your baby's brain through talk.

TRIPLE P DISCUSSION GROUPS

Sept 11th, 18th and 25th
7:00pm - 8:30pm
Single sessions; Online

Topics: Managing Fighting & Aggression Hassle-free Shopping & Mealtimes





Office Hours:

Monday 8:30am-11:30am
Tuesday 8:30am-4:30pm
Wednesday 8:30am-6:30pm*
Thursday 8:30am - 4:30pm
Friday 8:30am-4:30pm
Saturday See newsletter

*programming until 8:00pm
on Wednesday evenings

Need some back to
school and work lunch
ideas?

Check out the Blue
Flame Kitchen for tips,
meal plans and recipes!

Blue Flame Kitchen

**STAY TUNED
FOR MORE
PROGRAMMING
STARTING IN
OCTOBER!**

WE'D LOVE TO HEAR FROM YOU!

Contact us with your thoughts on the programs and
services you would like to see offered in your community.

FOR REGISTRATION AND INQUIRIES, CONTACT US AT:



(403) 689-1403



MillriseFRN@growwithtrellis.ca



growwithtrellis.ca



8330 Fairmount Drive S.E.
Calgary, AB T2H 0Y8



FRN Spokes serving SW Calgary - We can refer you!



CIWA
Calgary Immigrant Women's Association

Home Visitation for
Families with Children
Ages 0-6

Calgary Immigrant
Women's Association

kindred

Rapid Access
Counselling
Rapid Access
Counselling



Big Brothers
Big Sisters
OF CALGARY AND AREA

Youth Mentorship
Big Brothers Big
Sisters

