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



(403) 689-1403





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

Home Visitation for Families with Children Ages 0-6 Calgary Immigrant Women's Assocation

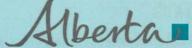
kindred

Rapid Access Counselling Rapid Access Counselling



Youth Mentorship Big Brothers Big Sisters





Aberta Provincial Family
Resource Networks

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