

APRIL - JUNE 2025

TRELLIS SOCIETY SW CALGARY FAMILY RESOURCE NETWORK

SPRING 2025 PROGRAMMING

CAREGIVER PROGRAMS

Who We Are

The Trellis Society SW Calgary Family Resource Network (FRN) 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

ONE-ON-ONE CAREGIVER SUPPORT

We offer one-on-one caregiver support. Meeting locations, time and format are flexible! Contact us for more information.

CIRCLE OF SECURITY PARENTING GROUP

April 1st - May 20th

1:30pm - 3:00pm

8 weeks; Tuesdays; Online

An 8-week program designed to enhance the parent-child relationship. Learn how to meet your child's emotional needs while letting go of the pressure to be the "perfect parent."

0-12 TRIPLE P PARENTING GROUP

May 14 - June 25

6:45pm - 8:45pm

8 weeks; Wednesdays; Online

For caregivers of children, 0-12, who want to improve their parenting skills. This course includes group and individual sessions with your facilitator.

UPCOMING SPECIAL FAMILY EVENTS

Family Activity Day:

Wednesday March 26 & April 23, 10-11:30am

Fun and games for ages 0-12 with a caregiver(s)

FOR CURRENT CLIENTS ONLY:

Kidz Go (Indoor Playground): Friday March 28th, 1-4pm

Ages 0-12 with a caregiver(s).

Family Bowling Night: Stay tuned for more details!

**ALL PROGRAMS AT THE SWFRN REQUIRE
REGISTRATION UNLESS OTHERWISE STATED**



0-6 AGE PROGRAMS

GYM AND SING

April 1st - June 30th

10:30am - 11:30am

Tuesdays; Fish Creek United Church

77 Deerpoint Road SE

For children ages 2-5 and their caregivers. Active play and music and movement circle time.

SENSORY EXPLORERS!

April 2nd - April 30th

10:30am - 11:30am

Wednesdays; In-person

Join us for sensory activities for 3-5-year-olds with a caregiver. Facilitated by the Further Education Society of Alberta.

INFANT MASSAGE

April 3rd - May 1st

1:30pm - 3:30pm

Thursdays; In-person

Build connection, bonding, and attachment with your infant through infant massage techniques. For caregivers of children aged 0- 12 months.

LENA

April 24th - June 26th

10:30am - 12:00pm

Thursdays; Virtual

For caregivers with infants up to 3 years old. This 10-week program helps caregivers learn how to build a baby's brain through talk. This program is online with a special in-person graduation celebration.

CAREGIVER COFFEE BREAK

May 8th - June 26th

1:30pm - 3:00pm

Thursdays; In-person

Join us with your baby or toddler, for light refreshments and to learn about various child development topics! For caregivers of babies aged 0-2.

PARENT CHILD MOTHER GOOSE

May 7th - June 25th

10:30am - 11:30am

Wednesdays; In-person

Join us for songs and rhymes for 3-5-year-olds with a caregiver. Facilitated by the Further Education Society of Alberta.

DROP-IN & PLAY

Every Friday

(Cancelled Stat Holidays)

9:45am - 11:15am

In-person

No registration required.

Enjoy toys, stories and songs. For children 0-6 with their caregivers.



EVERYONE IS WELCOME AT THE FRN

UPCOMING EVENTS AND CELEBRATIONS

ABORIGINAL AWARENESS WEEK OF CALGARY (AAWOC)

AAWOC was founded in the early 1990's to raise cultural awareness in the City of Calgary and celebrate contemporary achievements of Indigenous People in Canada. The Opening Ceremonies are on June 16th, 2025. See the AAWOC and City of Calgary websites for more information.

NATIONAL INDIGENOUS PEOPLE'S DAY - JUNE 21, 2025



SCHOOL-AGED & YOUTH PROGRAMS

GLOW GIRL: AUTHENTIC ME

April 4th - May 30th
3:00pm - 5:00pm
Fridays; In-person

Come connect with other girls ages 9-14 and learn what it means to be "Authentically Me!"

COOL CRAFTS

April 26th; 10:00am - 12:00pm
*Special Event, limited Space

June 21st; 10:00am - 12:00pm
In-person

Bond over making a beautiful take-home craft for you and your child. No crafting experience required!
For ages 7-12.

YOUTH HANGOUT

June 6th - June 27th
3:00pm - 5:00pm
Fridays; In-person

Come play games, have snacks and make connections.
Ages 13-17.

HOME ALONE

Wednesday March 26th OR
Wednesday, April 23rd
1:30pm - 4:00pm
Single Session; In-person
Sessions run over school breaks

This program will provide children with the necessary skills and knowledge to be safe and responsible when home alone. This program is unparented, for ages 10+

YOUTH GAME CLUB

Starts April 8th
3:30pm - 5:00pm
Every Tuesday; In-person

Come join us for games of all kinds. Each week a new theme. For ages 6-9. Caregivers need to stay in space. Snacks provided.

BABYSITTING COURSE

Saturday May 10th
9:00am - 11:30am
In-person

This course will prepare you to become a great babysitter! Keep kids safe by learning caregiving skills and basic first aid.
For ages 12+.

RENTSMART & FINANCIAL LITERACY

Available upon request
In-person or virtual
One-on-one or small group

For ages 16+.
Single topic sessions: Renting rights and responsibilities, banking, credit, consumerism, assets and budgeting. Contact us for more information!





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

Check out the many
beautiful parks in
your community and
across Calgary with
your family!

City of Calgary Parks

WE WOULD 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



SWFRN@growwithtrellis.ca



growwithtrellis.ca



#202, 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



Rapid Access
Counselling
Rapid Access
Counselling



Youth Mentorship
Big Brothers Big
Sisters

SPECIAL EVENTS

FAMILY PLAY & STAY

Saturday April 12
10:00am - 11:30am
Fish Creek United Church
77 Deerpoint Road SE

Join us for whole-family fun!
Games and activities for
families with children aged
0-12, with a caregiver.

MOTHER'S DAY TEA

Saturday May 24th
10:00am - 11:30am
In-person

Bring the kids for a special craft
while you enjoy tea and
refreshments. For children ages
0-12, with a female caregiver.

DAD'S PLAY TIME AT THE PARK

Saturday June 7
10:00am - 11:30am
St. Matthew's School; 416 83rd
Avenue SE

Join us at the playground for
fun and games! For children of
all ages, with a male caregiver.

GRANDPARENTS DROP-IN AND PLAY

June 27th
9:45am - 11:15am
In-person
No registration required.

Bring your grandparents for a
special time of playing,
stories and songs together!
For ages 0-6.

DID YOU KNOW?

At Trellis, we can connect you
with Indigenous supports and
Circle Keepers. Contact the
Family Resource Network for
more information and to be
connected.