APRIL - JUNE 2025

TRELLIS SOCIETY **SW CALGARY FAMILY** RESOURCE NETWORK



SPRING 2025 PROGRAMMING

CAREGIVER PROGRAMS

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.

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

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:

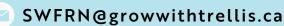
Kidz Go (Indoor Playground): Friday March 28th, 1-4pm Ages 0-12 with a caregiver(s). Family Bowling Night: Stay tuned for more details!

ALL PROGRAMS AT THE SWFRN REQUIRE REGISTRATION UNLESS OTHERWISE STATED





(403) 689-1403



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.

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 inperson graduation celebration.

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.

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.

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.

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.

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.



EVERYONE IS WELCOME AT THE FRN

UPCOMING EVENTS AND CELEBRATIONS

ABORIGINAL AWARENESS WEEK OF CALGARY (AAWOC)

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



(403) 689-1403



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

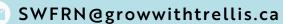
Saturday May 10th 9:00am - 11:30am In-person

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





(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

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!



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

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.



