

Family Resource Network

Free Programs At-A-Glance • Summer 2023

Early Years (Parented)

Get out and Play - Drop In

FOR: Ages 3 to 5 years
WHEN: Mondays • July 10, 17, 24, 31, August 14, 21
9:30 a.m. to 11:30 p.m.
WHERE: Children and Youth Community Centre
(3 Spruce Ave, Sherwood Park)

Baby and Me - Drop In

FOR: Ages 0 to 18 month
WHEN: Tuesdays • July 11, 18, 25, August 1, 8, 15
1:30 p.m. to 2:30 p.m.
WHERE: Glen Allan Recreation Complex
(199 Georgian Way, Sherwood Park)

Slumberkins - Drop In

FOR: Ages 3 to 5 years
WHEN: Wednesday • July 19, 26, August 2, 9, 16
10 a.m. to 10:45 a.m.
WHERE: Community Centre-Rooms 3 & 4
(401 Festival Lane, Sherwood Park)

Slumberkins at the Lake - Drop In

FOR: Ages 0 to 6 years
WHEN: Thursday • July 20, 27, August 10, 17
10 a.m. to 11:30 a.m.
WHERE: South Cooking Lake Community Hall
(100, 22106 South Cooking Lake Road,
Strathcona County)

School Age (Unparented)

Regulation Station - Registered

FOR: Grades 1 to 3
WHEN: Tuesday to Friday • July 4, 5, 6, 7
9 a.m. to 12 noon
WHERE: Ardrossan Recreation Complex
(80 First Ave, Ardrossan)

Spark of Nature - Registered

FOR: Grades 1 to 3
WHEN: Monday to Thursday • July 17, 18, 19, 20
9 a.m. to 12 noon
WHERE: Glen Allan Recreation Complex
(199 Georgian Way, Sherwood Park)
South Cooking Lake Community Hall
(100, 22106 South Cooking Lake Road,
Strathcona County)

Explore Me - Registered

FOR: Grades 4 to 6
WHEN: Monday to Thursday • July 10, 11, 12, 13
9 a.m. to 12 noon
WHERE: Glen Allan Recreation Complex
(199 Georgian Way, Sherwood Park)

Creatology - Registered

FOR: Grades 4 to 6
WHEN: Monday to Thursday • July 24, 25, 26, 27
9 a.m. to 12 noon
WHERE: Ardrossan Recreation Complex
(80 First Ave, Ardrossan)

School Age (Unparented)

Everyday Heroes - Registered

THEME: [Week 1: Be True to You](#)
Explores individuality, self-expression and
our belief in our own abilities
FOR: Grades 1-2, 3-4, 5-6
WHEN: Grades 1-2, Tuesday • August 1
9:30 a.m. to 11:30 a.m.
Grades 3-4, Wednesday • August 2
9:30 a.m. to 11:30 a.m.
Grades 5-6, Thursday • August 3
9:30 a.m. to 11:30 a.m.
WHERE: Children and Youth Community Centre
(3 Spruce Ave, Sherwood Park)

THEME: [Week 2: Managing Moods](#)
Explores our emotions, self-awareness and
coping strategies for the tough stuff.
FOR: Grades 1-2, 3-4, 5-6
WHEN: Grades 1-2, Tuesday • August 8
9:30 a.m. to 11:30 a.m.
Grades 3-4, Wednesday • August 9
9:30 a.m. to 11:30 a.m.
Grades 5-6, Thursday • August 10
9:30 a.m. to 11:30 a.m.
WHERE: Ardrossan Recreation Complex
(80 First Ave, Ardrossan)

THEME: [Week 3: Better Together](#)
Explores the importance of being connected to
others, social cues and problem solving.
FOR: Grades 1-2, 3-4, 5-6
WHEN: Grades 1-2, Tuesday • August 15
9:30 a.m. to 11:30 a.m.
Grades 3-4, Wednesday • August 16
9:30 a.m. to 11:30 a.m.
Grades 5-6, Thursday • August 17
9:30 a.m. to 11:30 a.m.
WHERE: Children and Youth Community Centre
(3 Spruce Ave, Sherwood Park)

Youth 12+ years

Mindfitness - Drop In

FOR: Youth ages 12+ years and up
WHEN: Wednesday • July 5, 12, 19, 26
2 p.m. to 4 p.m.
WHERE: Community Centre-Rooms 3 & 4
(401 Festival Lane, Sherwood Park)

Back to School Bash - Registered

FOR: Youth ages 12+ years and up
WHEN: Saturday • August 26
6:30 p.m. to 10:30 p.m.
WHERE: Ardrossan Regional Park
(80 First Ave, Ardrossan)

Parent and Caregiver Education

Emotion Coaching*- Registered

FOR: Parents and caregivers
*Free child care available
WHEN: Thursday • July 13
9:30 a.m. to 11:30 a.m.
WHERE: Millennium Place
(2000 Premier Way, Sherwood Park)

Straight Talk about Teens - Registered

FOR: Parents and caregivers
WHEN: Wednesday • Aug. 2
6 p.m. to 7:30 p.m.
WHERE: Virtual - Online

Power of Positive Parenting - Registered

FOR: Parents and caregivers
WHEN: Wednesday • August 23
6 p.m. to 7:30 p.m.
WHERE: Virtual - Online

Parenting is a journey, and there's no clear road map. Everyone needs some help along the way!

The Strathcona County Family Resource Network can support families with:

- Programs to promote healthy child development, from pregnancy to youth
- Reliable parenting information and strategies
- Connection to community and local resources

Let's talk! Call 780-464-4044
strathcona.ca/families



CanTeen Summer at the Sherwood Park Mall!

The Youth Hub will be making its pop-up appearance once again at the Sherwood Park Mall. Come by for weekly themed activities including an end-of-summer contest to celebrate moving back to #123 2016 Sherwood Drive.

Check out scbgc.com or call 780-416-1500



We are looking for volunteers like you for our school and community programs!

BECOME A VOLUNTEER TODAY



JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Regulation Station	5 Regulation Station Mindfitness	6 Regulation Station	7 Regulation Station	8
9	10 Get out and Play Explore Me	11 Baby and Me Explore Me	12 Explore Me Mindfitness	13 Explore Me Emotion Coaching	14	15
16	17 Get out and Play Spark of Nature	18 Baby and Me Spark of Nature	19 Slumberkins Spark of Nature Mindfitness	20 Slumberkins at the Lake Spark of Nature	21	22
23	24 Get out and Play Creatology	25 Baby and Me Creatology	26 Slumberkins Creatology Mindfitness	27 Slumberkins at the Lake Creatology	28	29
30	31 Get out and Play					

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Baby and Me Everyday Heroes • Gr. 1-2	2 Slumberkins Everyday Heroes • Gr. 3-4 Straight Talk about Teens	3 Everyday Heroes • Gr. 5-6	4	5
6	7	8 Baby and Me Everyday Heroes • Gr. 1-2	9 Slumberkins Everyday Heroes • Gr. 3-4	10 Slumberkins at the Lake Everyday Heroes • Gr. 5-6	11	12
13	14 Get out and Play	15 Baby and Me Everyday Heroes • Gr. 1-2	16 Slumberkins Everyday Heroes • Gr. 3-4	17 Slumberkins at the Lake Everyday Heroes • Gr. 5-6	18	19
20	21 Get out and Play	22	23 Power of Positive Parenting	24	25	26 Back to School Bash
27	28	29	30	31		