

Strathmore & Chestermere Family Resource Network Hub

FEBRUARY 2026 NEWSLETTER

Trellis Society is honoured to serve in the traditional territory of the Blackfoot Confederacy, home to the Siksika, the North and South Piikani, and the Kainai Nations. We also acknowledge the Tsuut'ina and Îyāhé Nakoda (the Chiniki, Bearspaw and Goodstoney Nations), the Métis Nation (Districts 4, 5 and 6) and all who make their home on Treaty 7 territory. We are all Treaty People.

Hub & Spoke Information

TRELLIS COMMONS HUB

Address: **419B 2nd Street, Strathmore, AB T1P 1B9**
Website: www.growwithtrellis.ca/families/resources
Email: strathmoreFRN@growwithtrellis.ca
Phone: **403.983.0076**



HEALTHY FAMILIES

Website: <https://asc-mva.ab.ca/family-support-services/healthy-families/>
Email: main@asc-mva.ab.ca
Phone: **403.586.0665**



PARENT CAREGIVER SUPPORT SERVICES

Address: **105 Marina Rd. Chestermere, AB, T1X 1V7**
Website: <https://www.chestermere.ca/PCSS>
Email: pcssinfo@chestermere.ca
Phone: **403.270.7050**
Facebook: [@ChestemereCommunityServices](https://www.facebook.com/ChestemereCommunityServices)



If you or someone you know is experiencing distress or in crisis, please contact one of the following numbers, or call 911 if you are in immediate danger.

ConneCTeen – 403.264.8336
Family Violence Hotline – 403.234.7233
Kids Help Phone – 1.800.668.6868

Distress Center – 403.266.4357
Indian Residential Schools Crisis Line – 1.866.925.4419
Togetherall – <https://togetherall.com/en-ca/>

Little Explorers: From creative arts to interactive games, each session targets key growth areas, making learning an exciting adventure every time you visit. Come explore and grow with us!

When: Mondays February 9th to March 30th from 10-12pm

Where: Chestermere Rec Centre, 201 W Chestermere Dr

Parent Cafe: Looking for a welcoming space to connect with other parents and families? The Parent Café is your opportunity to build relationships, share experiences, and gain valuable insights—all in a relaxed, supportive environment.

When: February 6th & 27th from 1:30-2:30pm

Where: Chestermere Public Library, 105B Marina Drive

WHERE CAN I
FIND PCSS?

EMAIL

PHONE

IN PERSON

CITY
HALL

Milestone Moments: Join us in learning how to track, support, and celebrate these important stages in your child's growth. Discover tips, resources, and fun ways to encourage healthy development.

When: Thursdays February 5th to 26th from 10:45-11:30am

Where: Chestermere Public Library, 105B Marina Drive

WHO IS PCSS?

Parent and Caregiver Support Services (PCSS), formerly known as Parent Link in Chestermere, is here to support you and your family in building meaningful connections. Join our **free programs** designed for parents and caregivers of children aged 0-13 years.



Breathe & Bloom: In collaboration with Harmony Health & Fitness, Together, we'll create personalized self-care resources and engage in meaningful conversations with fellow caregivers - building connection, resilience, and renewal. When you feel replenished, you can show up more fully for the ones you love. **Limited Spots!**

When: Fridays February 13th from 5-7pm

Where: Harmony Health & Fitness Studio, 555 Lakeside Greens Dr, Chestermere

CONTACT US

Facebook: @ChestermereCommunityServices

Phone number: 403-207-7050 ext. 7135

Email: pcssinfo@chestermere.ca

Healthy Families - February 2026

February can bring shorter days, cabin fever & sometimes big feelings. Whether you're trying to deal with a toddler meltdown or feeling overwhelmed yourself, you're not alone. This month we're focusing on managing those tough emotional moments and finding free, simple ways to celebrate LOVE with your littles.



What might happen at each age?

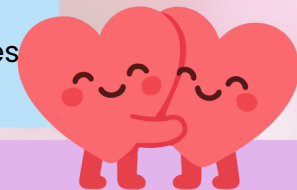
Newborns - 12 months: Crying is communication. They aren't manipulating you, they're telling you they need something, even when you can't figure out what.

1-3 years: Toddlers have huge emotions but not all the skills to handle them. Their brains can't calm down and often need your help to do so.

3-6 years: They're learning to have feelings but still needs lots of support to manage them.

What to do if you're at your limit:

It's okay to feel overwhelmed. Parenting is non-stop. If you feel like you might yell or just need a minute to step away, it's okay to put your child somewhere safe and step away for a moment. Splash water on your face, take deep breathes or text a friend.



After a tough moment:

We all lose it sometimes. What matters is what comes next. When everyone is calm, you can say something simple like "I'm sorry I yelled. I was feeling very frustrated. Let's try again." Kids are resilient and repair is POWERFUL. You don't have to be a perfect parent, just a good enough one that keeps trying.

Budget Friendly Valentine's Day FUN!

Homemade Valentines:

Cut a heart shape out of paper. Your child can decorate it with crayons. Trace your child's hand into a heart shape and add the words "I love you this much!"

Have a dance party featuring songs that everyone loves!

Use heart shaped cookie cutters for snacks & sandwiches

Make a list of things, people & places that your child loves.

TRELLIS SOCIETY

EARLY CHILDHOOD PROGRAMMING (0-6)

Tot Talk: For parents and caregivers with their little ones **ages 0-6**, a variety of topics, guests and activities take place each week. **Drop In**

When: Tuesdays from 10:00-11:30PM

Where: 419b 2nd St, Strathmore

Preschool Talk Time: Do you have questions or just want to learn more about what to expect regarding your child's development? Come & meet Registered Speech Language Pathologist, Holly Smart. **Drop In**

When: last Tuesday of each month 10:30-12:00pm

Where: 419b 2nd St, Strathmore

Mom & Mini: Mom and Mini invites moms and their children ages 0-6 to come together at the Langdon Library for crafts, activities, and songs. This program offers a welcoming space to connect, play and build community while supporting early learning through hands on experiences. **Drop in - see calendar for dates**

YOUTH PROGRAMMING (AGES 7-18)

Bright Minds: Create a colorful mosaic masterpiece while building creativity, focus and confidence.

Ages 7-10 Registered

When: February 18, 4:00-5:30PM **Where:** 419 2nd St, Strathmore

Babysitting Course: Learn how to become a successful babysitter
Care for children aged 3 months +; Basic first aid and prevention
Learn about common behaviors; Handling emergencies and much more.....

Ages 12+ Registered Limited Spots

When: February 18, 10AM-3PM **Where:** 419 2nd St, Strathmore

Teen Drop-In: Youth **Ages 13+** Come hang out & enjoy ping pong, video games & other activities. Join us every Tuesday.

A safe space for all youth! **Drop In**

When: Tuesday's 4:00-6:00PM **Where:** 419 2nd St, Strathmore

FAMILY PROGRAMMING (ALL AGES)

Coffee & Chat: Need a change of scenery? Join us in the Strathmore FRN Playroom for a cup of coffee and play time! **Drop In**

When: February 6th and 20th 10:00-11:30 AM **Where:** 419b 2nd St, Strathmore

Tea, Bannock & Crafts: Join us for some fresh Fried Bread, Mint Tea and Crafts. This is an opportunity to come and have some good food and conversations while learning a new craft. **Ages 12+ **Registered****

When: February 4th & 18th, 2026, 1:00-3:00PM **Where:** 419b 2nd St, Strathmore

Drop-in Play time: Need a new, exciting place to play? Join us in the Strathmore FRN Playroom for a drop in play time play time!

When: February 13th and 20th 1:00PM-2:30 PM **Where:** 419b 2nd St, Strathmore

Newcomer Family Hangout: Bring the family and enjoy meeting other newcomers to Canada. Have fun playing boardgames, VR, video games, air hockey & more. **Drop In**

When: Last Wednesday of each month. **4:00-6:00PM** **Where:** 419b 2nd St, Strathmore

Breakfast with Dudes in Langdon: A free breakfast for male caregivers and the children in their lives. ****Registered****

When: February 14th 10:00-12:00PM

Where: Fieldhouse, 344 Centre Street N, Langdon

Flawed & Fearless: ****Registered****

When: February 9th 8:30PM-10:00PM

Where: VIA Teams

Standard Family Winter Carnival: Come join Trellis for an fun-filled afternoon with activities for all ages. Enjoy food and refreshments while connecting with your community. **Drop In**

When: February 28th 1:00-4:00PM


Where: Standard Community Hall

All programs are free. To register for programs, please email strathmoreFRN@growwithtrellis.ca

FEB

2026

 ECD Programs

 Youth Programs

 Family Programs

 Chestermere


Upcoming:


**Nurturing Parenting
Lunch & Learn**


Babysitting Langdon




Please contact us for
information &
registration for our
programs

 403.983.0076

 strathmoreFRN@
growwithtrellis.ca

 419b 2nd Street,
Strathmore, AB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Little Explorers 10:00-12:00PM</p> <p>Mom and Mini 10:30-12:00PM Langdon</p>	<p>3</p> <p>Tot Talk 10:00-11:30AM</p> <p>Teen Drop-in 4:00-6:00PM</p>	<p>4</p> <p>Tea, Bannock, & Crafts 1:00-3:00PM</p>	<p>5</p> <p>Milestone Moments 10:45-11:30AM</p>	<p>6</p> <p>Coffee & Chat 10:00-11:30AM</p> <p>Parent Cafe 1:30-2:30PM</p>	<p>7</p>
<p>9</p> <p>Little Explorers 10:00-12:00PM</p> <p>Mom and Mini 10:30-12:00PM Langdon</p> <p>Flawed & Fearless 8:30PM-10:00PM</p>	<p>10</p> <p>Tot Talk 10:00-11:30AM</p> <p>Teen Drop-in 4:00-6:00PM</p>	<p>11</p>	<p>12</p> <p>Milestone Moments 10:45-11:30AM</p>	<p>13</p> <p>Home Alone 1:00-4:00 PM</p> <p>Drop in Play 1:00-2:30PM</p> <p>Breathe & Bloom 5:00-7:00PM</p>	<p>14</p> <p>Valentine's Day</p> <p>Breakfast with Dudes 10:00-12:00PM Langdon</p> 
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>Tot Talk 10:00-11:30AM</p> <p>Teen Drop-in 4:00-6:00PM</p>	<p>18</p> <p>Babysitting Course 10:00-3:00PM</p> <p>Tea, Bannock, & Crafts 1:00-3:00PM</p> <p>Brightminds 4:00-5:30PM</p>	<p>19</p> <p>Milestone Moments 10:45-11:30AM</p> <p>Blanket Exercise 5:00-9:00PM</p>	<p>20</p> <p>Coffee & Chat 10:00-11:30AM</p>	<p>21</p>
<p>23</p> <p>Little Explorers 10:00-12:00PM</p>	<p>24</p> <p>Tot Talk 10:00-11:30AM</p> <p>Preschool Talk Time 10:30-12:00PM</p> <p>Teen Drop-in 4:00-6:00PM</p>	<p>25</p> <p>Newcomer Family Hangout 4:00-6:00PM</p>	<p>26</p> <p>Milestone Moments 10:45-11:30AM</p>	<p>27</p> <p>Drop in Play 1:00-2:30PM</p> <p>Parent Cafe 1:30-2:30PM</p>	<p>28</p> <p>Standard Winter Carnival 1:00-4:00PM Standard Community Hall</p>