

FCS has a variety of new online programs and events starting soon for parents and caregivers

Please find attached posters for upcoming Family and Community Services **Online** Parent Skill Builders

<https://www.strathcona.ca/community-families/parents-children-families/parentsupport/>

- **Connecting with Your Kids:** Tuesday June 16, 2020 6:30 p.m. to 7:30 p.m.
- **Connect Parent 9 week Program:** Tuesdays and Thursdays July 7 to August 4, 2020
- **Parenting Through Uncertainty:** Wednesday June 2, 2020 7:15 p.m. to 8:00 p.m.
- **Kids Have Stress Too:** Thursday June 14 12:15 p.m. to 1:00 p.m.

Strathcona County Virtual Community Event:

Seniors Week: Let's Celebrate June 1 to 7, 2020 Share a Sidewalk Chalk Message to Celebrate Seniors

Strathcona County offering virtual counselling

Family and Community Services (FCS) is now offering virtual counselling in its efforts to help residents feel safe, supported and connected. At this time, residents are invited to phone FCS to access supports, including phone or virtual counselling.

We are all impacted by COVID-19. Many of us are experiencing the impacts of financial stress, job loss, domestic violence, restrictions on seeing loved ones and friends or major changes to daily routines. People may feel uncertain, anxious, isolated, irritable, lonely or even have a sense of grief and loss.

Counselling is available seven days a week, at 780-464-4044.

The call line hours on Fridays, Saturdays, Sundays and Mondays are 8:30 a.m. to 4:30 p.m. and Tuesdays, Wednesdays and Thursdays from 8:30 a.m. to 8 p.m.

No appointment is needed. Call and you will be connected to the next available counsellor.

May-June online guided

<https://www.strathcona.ca/files/files/fcs-programguide2020-mayjune-opt.pdf>