

5 Ways to Wellbeing

Family and community services has an online program called 5 ways to wellbeing. If you are looking for ways to include wellness as part of your daily home routine or have a bored youth at home. This is for you. It is designed to provide online videos and activities for youth but parents can also do it along side their children.

Link : <https://www.strathcona.ca/community-families/youth/5-ways-well-being/>

New hours for FCS

Family and Community Services are available by phone to connect you to support.

780-464-4044

Call-in hours:

Monday: 8:30 a.m. – 4:30 p.m.

Tuesday, Wednesday, Thursday: 8:30 a.m. – 8 p.m.

Friday: 8:30 a.m. – 4:30 p.m.

Saturday, Sunday: 8:30 a.m. – 4:30 p.m. (**extended hours**)

StoryMaking

For: Parents and caregivers and their children ages 3-12 years

Wondering why conventional toys often fail to keep children interested and engaged and what to do when your children say, “I’m bored”? Join us and others in the StoryMaking Movement to help your children learn to use everyday materials and tools to become creative makers, storytellers, artists, and writers. StoryMaking integrates many areas of learning (science, technology, engineering, arts, mathematics, and literacy). There is no need to buy extra stuff! Children will be inspired to use observation, creativity, problem-solving, and perseverance to *imagine, play, make, and share* their own stories using what is available.

Thursdays, May 21 – June 25 *2:00 - 3:00 p.m.*

To register, email: FamilyResourceNetwork@strathcona.ca

Baby and Me

For: caregivers and infants ages 0-12 months

Baby and Me provides opportunities to connect with other parents and explore how to support your baby’s development. Join us online! For a schedule of topics, visit: strathcona.ca/???

Tuesdays, May 5 - June 23 *1:00 - 2:00 p.m.*

To register, email: FamilyResourceNetwork@strathcona.ca

Free Virtual summer camp

Each half-day summer camp will be one week long, with enrichment-based classes in subjects like foreign languages, chess, theater, coding, Minecraft, how to be a detective, photography, and more. We already have 200 camps available for registration. These live, interactive classes will be taught by expert instructors vetted through Varsity Tutors' platform.

Link: <https://www.varsitytutors.com/virtual-summer-camps>

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
- Kids Have Stress Too: Thursday June 14 12:15 p.m. to 1:00 p.m.

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>