


May 2021

Dear Mills Haven Families,  
The following local programs and resources may be of interest to families.


Sincerely,  
Mills Haven Elementary



**Free**

**Mindful Kids**

**Children and parents/caregivers (Grade 1-3)**


 **OFFERED ONLINE**

Do you ever feel big emotions like anger, frustration or worry? Do you ever feel hyper or silly? We all do. Find out what's happening in our bodies when we feel these emotions and learn some fun techniques to calm your body and brain down. A storybook reading and craft will be included in each event.


Monday, May 3	5 p.m. to 5:30 p.m.	Sometimes I feel angry and frustrated
Monday, May 10	5 p.m. to 5:30 p.m.	Sometimes I feel worried and afraid
Monday, May 17	5 p.m. to 5:30 p.m.	Sometimes I feel hyper and silly


To register, visit: [sclibrary.ca/calendar](https://sclibrary.ca/calendar)

Participants will be informed by email regarding supply pick up at the library.

**Alberta Health Services**

Mental Health  
Capacity Building

**Strathcona County LIBRARY**

**STRATHCONA COUNTY**

Free



# Between the Lines Book Club

Taking time for yourself is not always easy, especially when caring for others. When we are at our best, we can give others the best version of ourselves. Join us to journey through the book "The Scaffold Effect" and come together with others to:

- find meaningful connections
- practice self-compassion
- reflect, learn, and share about the experience of caregiving

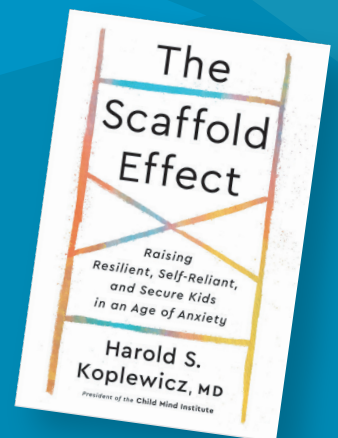
**FOR:** Anyone with children/youth in their lives

**WHEN:** May 19, 26, June 2, 9 • 6:30 p.m. to 7:30 p.m.

**WHERE:** Online

To register, visit: [strathcona.ca/adultlearning](https://strathcona.ca/adultlearning)

Registered participants will be notified by email the date and time they can pick up book.



# Strathcona County Family Resource Network

Parenting is a journey and everyone needs help sometimes. The Family Resource Network offers a range of **FREE** parenting supports and services including:

- Information on child and youth development
- Working through parenting challenges
- Supporting unique parenting plans
- Connecting to community resources
- In-home and virtual parenting support

For more information, call Family and Community Services at **780-464-4044** or email [familyresourcenetwork@strathcona.ca](mailto:familyresourcenetwork@strathcona.ca)

## Virtual Children and Youth Programs



### Confident Kids

#### Parent Orientation Session

Monday, May 10 • 7 p.m. to 7:30 p.m.

#### Grades 1 to 3

Tuesdays, May 11 to June 1 • 4 p.m. to 4:30 p.m.

#### Grades 4 to 6

Thursdays, May 13 to June 3 • 4 p.m. to 4:30 p.m.



### Nature Nuts

**Mondays, May 31 to June 21**

4:30 p.m. to 5 p.m.



### Confident On My Own

**Wednesday, June 2**

6 p.m. to 7:30 p.m.

To register, visit: [strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)

Follow us on Facebook:  
[facebook.com/strathcona.familyresourcenetwork](https://facebook.com/strathcona.familyresourcenetwork)

 **STRATHCONA  
COUNTY**



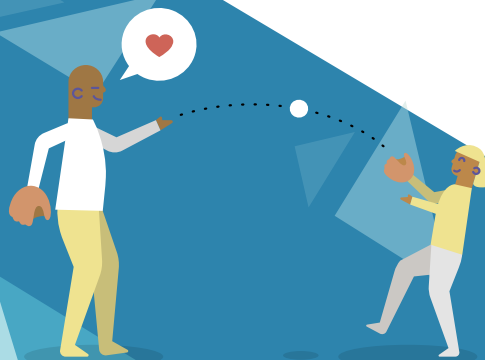


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## Virtual Parent Support Groups: For parents with school age children



### Between the Lines • Book Club

Wednesdays, May 19, 26, June 2, 9  
6:30 p.m. to 7:30 p.m.



### Keep Connected™

Thursdays\*, May 20, May 27, June 3  
6:30 p.m. to 8:30 p.m.  
\*must be able to attend all 3 sessions.



### Triple P Seminar: Power of Positive Parenting

Saturday, June 5  
10:30 a.m. to 12 p.m.



### Junior High Journey

Tuesday, June 15  
6 p.m. to 7:30 p.m.

To register, visit: [strathcona.ca/parentsupport](https://strathcona.ca/parentsupport)

Follow us on Facebook:  
[facebook.com/strathcona.familyresourcenetwork](https://facebook.com/strathcona.familyresourcenetwork)

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