THE HUB

Grande Prairie and Area Family Resource Network



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GRANDE PRAIRIE FRN SPOKE AGENCIES

GET CONNECTED!



PRAIRIE

We are looking for community members who have a passion for working with children that would be interested in becoming facilitators of a 12 week Grief and Loss program.



RAINBOWS

★What is Rainbows?

The curriculum consists of journals, activities, games, and stories that are designed to help participants express their feelings and move through grief within all stages of life. (Preschool-Parenthood)

★Who can facilitate?

Rainbows is volunteer-based, meaning anyone who has a passion working with children in the community can join this training. This could be Parents, Teachers, Daycares, Community Mentors, Coaches, or Nurses

- ★Where can Rainbows be instructed? Rainbows programs and curriculum are implemented in schools, places of worship, hospitals, daycare centers, and within social services agencies.
- ★How is Rainbows instructed?
 12 week series of 1.5 hour workshops

Are you interested in becoming a facilitator? Do you have any questions?



CONTACT THE CHILD & YOUTH PROGRAM COORDINATOR:



CAYPROGRAMS @ GPFES.COM



Summer Learning Packages

Frontier College is excited to provide free Summer Learning Packages to children ages 5-12 in the Grande Prairie and surrounding communities.

Each envelope contains a Summer Learning Book of Activities and a book.

Many of the activities can be done independently and only require a pen, pencil, or crayons.

Great for rainy days at home or quiet time at the campsite!

Learners who share their completed work will be entered to win a prize! Each page completed will count as an entry.

Email photos to mannecole@frontiercollege.ca.

The draw will take place on August 20, 2021.

Please call Family Education Society at 780-830-0920 to arrange pick up









July **2021**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Canada Day Office Closed	2	3
4	5	6	7 Community days in Wembley 9:30-11:30 am Sunset Park	8 Walk and Talk 11:00 – 12:00 pm	9	10
11	12	13	14 Community days in Beaverlodge 9:30-11:30 am Lion's (Pirate) Park Community days in Hythe 1:30-3:30 pm Community Centre	15 Walk and Talk 11:00 – 12:00 pm	16	17
18	19	20 Community days in Sexsmith 9:30-11:30 am Heritage Park Community days in Clairmont 1:30-3:30 pm Wellington Resource Centre	21	22 Walk and Talk 11:00 – 12:00 pm	23	24
25	26	27 Community days in Spirit River 10:00-11:30 am Centennial Hall Community Days in Rycroft 1:30-3:00 pm Rycroft Hall	28	29 Walk and Talk 11:00 – 12:00 pm	30	31

FOR ADDITIONAL INFORMATION or TO REGISTER contact <u>hubcoordinator@gpfes.com</u> 780.830.0920

Follow us on Facebook and Instagram or check our website at

https://www.familyeducationsociety.org/

Check out the posters for more details on the Rural Community Days

RURAL COMMUNITY DAYS



Public Library







COMMUNITY AGENCIES



COMMUNITY AGENCIES



Summer has come, it is time to get outside and enjoy the fresh air!
We have groups running very Monday at 10am and Wednesday at 1pm
online with every week being a new topic. Check out our calendar on
Facebook or call us and we can email you.

We are running our Fresh Food Bag program through the summer! The bags, filled with in season vegetables and fruits, are an inexpensive way to get fresh produce for your family. These are available at the beginning of each month for \$10, call us to find out if you are eligible.

A big thank you to our generous community members that donate to our clothing closet which has clothing ranging in size newborn to 5 years and is blooming with summer attire. Pick up times are Tuesday and Thursday from 1pm to 4pm.

In the CPNP part of our program we continue to provide prenatal vitamins, vitamin D drops and milk coupons to elidable expecting and nursing mothers. We also have diapers and wipes on hand if anyone is in need of them. The Babies' Best Staff are trained and available anytime for breastfeeding needs, please drop in or give us a call! Having good support will help you succeed.

We are also very excited to have 2 cultural programs coming up this summer! We will be making medicine bags and medicine boxes.

Everything you need will be provided for you and the cost is FREE!

Upcoming Events

- July 5- Baby Food making Group with kits provided Cost: \$ ERFF
- August 23- Growing your own food in the winter months! Very special kits provided Cost: \$ FREE
- July 14 -Composting with the City of Grande Prairie- Everything you need to start composting kits will be provided Cost: \$ FREE
- August 18- Healthy Schools Snacks and how to start a nutritious year at school your child will love. Food kits will be provided.
 Cost: \$ FREE



10507- 98 Ave Grande Prairie



780-532-5722 ext. 201



- · DIAPERS & BABY WIPES
- HILK COUPONS
- FRESH FOOD BAG
- VITAMIN D
- · PRENATAL VITAMINS
- BABY/CHILD & MATERNITY CLOTHES
- . ANY OTHER DONATIONS WE RECEIVE











Literacy Programs

Email literacy@gpfes.com to register for any of these programs



Management (Emotional Regulation)

Listening, Empathy, I-Messages (Communication)

Hot Buttons, Conflict History, Negotiation Styles (Conflict

Managment)

EMAIL: LITERACY@GPFES.COM PHONE: 780-830-0920

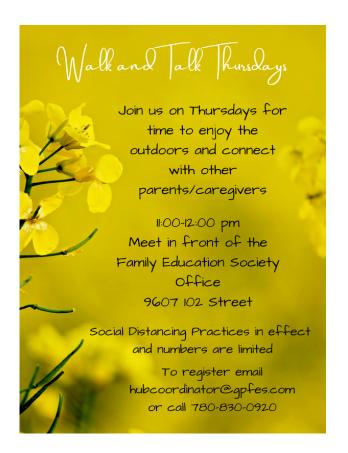








Parent Education





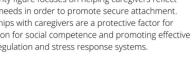


At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- · Understand your child's emotional world by learning to read the emotional
- · Support your child's ability to successfully manage emotions
- · Enhance the development of your child's self esteem
- · Honor your innate wisdom and desire for your child to be

Circle of Security is designed to help caregivers connect with the children in their lives. The Circle of Security figure focuses on helping caregivers reflect upon Children's attachment needs in order to promote secure attachment. Secure attachment relationships with caregivers are a protective factor for children, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems.



Don't see the **Parent Education** programming you are looking for?

 Call us at 780-830-0920 to inquire if we can add it to our programming.

We can also help you find what programs you need in the community!



Support Groups







GP ADHD
Support and Education Group

We offer support, education and empowerment for parents with children who have ADHD/ADD, online and through group meetings. In-person and virtual support meetings coming soon! See our facebook page for upcoming dates and times!

https://www.facebook.com/ADHDsupportandeducationGP/

Mental Wellness Matters Society
Grande Prairie ADHD Support and Education Group



Caregiver Capacity Building

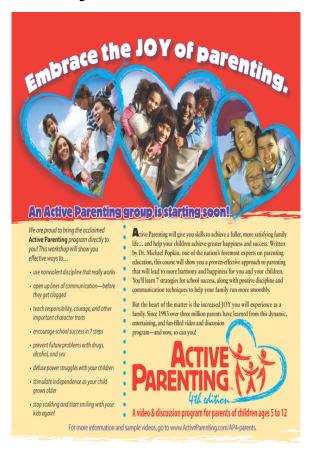
Are you looking for parenting programs but are not sure what is right for you? Check out our programs below and contact hubcoordinatoregpfes.com or call 780-830-0920 to get on the list for the next offering!

0-5 yrs





6-12 yrs







Spoke Agencies:





Our Home Visitation Workers can come to you in the comfort of your own home!

- Support to anyone under the age of 20 in Grande Prairie and area who may become pregnant, are pregnant, or are parenting.
- Promote a healthy pregnancy
- Facilitate healthy decision making regarding pregnancy and parenting
- Maximize opportunities for education and/or training
- Gain knowledge of and access to community resources
- Promote and strengthen healthy family connections
- Foster the development of individual strengths and independence

Contact Centre for Young Parents at 780-538-3854 for more information



To access the Family Connect

Call 780 357-7444 to set up an appointment.

Diversity Statement

The YMCA is an inclusive, charitable organization that values diversity.

YMCA Family Violence Statement

The YMCA believes that violence in any relationship is unacceptable and that everyone exposed to family violence is impacted including unborn babies, children, youth and adults. We also believe that everyone has the capacity for change and growth and we will support anyone in an abusive relationship to get the help they are looking for.

Family Connect

Child, Youth and Family Support

Program Details

Family Connect is a voluntary, early intervention program that provides support to families with children 7-17 years old to strengthen family functioning. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves and their children, build new social connections, and learn about positive parenting and child development. Families can participate in the program for up to three years.

Free Services

All services offered as part of the Family Connect are completely free.

- Supportive counselling and goal setting
- In-home support
- Parent education
- Family interactive programming and activities
- Personal and family advocacy
- Information and referrals to additional resources





For more information: Grande Prairie Region YMCA #200-10006 101 Ave Grande Prairie, AB T8V 0Y1

Phone: 780-357-7444

northernalberta.ymca.ca





Provincial Family
Resource Networks

The Healthy Families Program is a voluntary home visitation program offered to parents of children aged 0-6, at no cost. Weekly visits are offered in the family home to provide families with information and support:

- Referrals to community resources
- Positive parenting strategies
- Promoting positive parent/child interactions
- Activities that promote attachment and bonding between parent and child
- Child development information
- Brain development information















130K+ Help Services & Resources At Your Fingertips. The HelpSeeker app is a free network of location-based services, resources, and support you need to help your clients and the community. HelpSeeker allows you to privately browse thousands of community, provincial and federal health and social services, programs, resources, helplines and benefits for mental health, counseling, parenting, education and training, addictions, domestic violence, affordable housing, shelters, food support services, recreation, and more. Visit https://helpseeker.org/ to download the app



LOCAL COMMUNITIES SUPPORTED:

- Beaverlodge
- Grande Prairie
- County of Grande Prairie
 No. 1
- Hythe
- Rycroft
- Saddle Hills County
- Sexsmith
- Spirit River
- Spirit River No. 133
- Birch Hills County
- Wembley



What is The Family Resource Network?

Complied from The Provincial Government of Alberta

Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problemsolving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being. Through a 'hub and spoke' model of service delivery, Networks (hubs) will coordinate the prevention and early intervention services in all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies or providers (spokes).