

THE HUB

Grande Prairie and Area Family Resource Network



NCSA
Native Counselling Services of Alberta



YMCA of
Northern Alberta



Grande Prairie
Family
Education Society

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FACILITATOR!**

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LITERACY PROGRAMS

PARENT EDUCATION

SUPPORT GROUPS

**GRANDE PRAIRIE FRN
SPOKE AGENCIES**

GET CONNECTED!



RAINBOWS IS COMING TO GRANDE 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.

**IF YOU ARE INTERESTED
CONTACT THE CHILD & YOUTH
PROGRAM COORDINATOR:
CAYPROGRAMS@GPFES.COM**



United Way



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



Literacy:
Learning for Life.
L'alphabétisation,
Une leçon pour la vie.



**Grande Prairie and Area
Family Resource Network**



July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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
hubcoordinator@gpfes.com
 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

RURAL COMMUNITY DAYS

Grande Prairie and Area Family Resource Network

July 7th
Wembley - 9:30-11:30 am at Sunset Park

ASQ BLITZ!
 Developmental screening is the practice of looking for and monitoring signs that children are on track in all domains of development.

Developmental screening allows for improved outcomes for your children.

StoryWalk® - Follow the pages of the book and enjoy the story as you walk.
 A StoryWalk® is an innovative and exciting way for children and adults to enjoy reading and the outdoors at the same time.

Come grab a Summer Learning Package from Frontier College

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Storywalk® is a registered service mark owned by Ms. Ferguson.

Please call 780-830-0920 or email hubcoordinator@gpfes.com to register

Special Activity from the Library

Logos: Family Education Society, NCSA, YVCA of Northern Alberta, Grande Prairie and Area Family Resource Network, ASQ Ages & Stages Questionnaires, Frontier College, FCSS WeBuildAlbertans, Town of Wembley, Wembley Public Library.

RURAL COMMUNITY DAYS

Grande Prairie and Area Family Resource Network

July 14th
Beaverlodge - 9:30-11:30 am at Lion's (Pirate) Park
Hythe - 1:30-3:30 pm at Community Centre

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Logos: Family Education Society, NCSA, YVCA of Northern Alberta, Grande Prairie and Area Family Resource Network, ASQ Ages & Stages Questionnaires, Frontier College, FCSS WeBuildAlbertans, Town of Beaverlodge, County of Grande Prairie.

RURAL COMMUNITY DAYS

Grande Prairie and Area Family Resource Network

July 20th
Sexsmith - 9:30-11:30 am at Heritage Park
Clairmont - 1:30-3:30 pm at Wellington Resource Centre

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RURAL COMMUNITY DAYS

Grande Prairie and Area Family Resource Network

July 27th
Spirit River - 10:00-11:30 am at Centennial Park
Rycroft - 1:30-3:00 pm at Rycroft Hall

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COMMUNITY AGENCIES

2021 County of Grande Prairie

SUMMER YOUTH PROGRAMMING



Arts & Crafts, Interactive Games, Outdoor Activities & More!
Guaranteed summer fun for kids ages 6 to 12.



1

La Glace Community Library

July 6 - 8

2

Hythe Community Centre

July 13 - 15

3

Teepee Creek School

July 20 - 22

4

Dimsdale Hall

July 27 - 29

5

Wellington Resource Centre, Clairmont

August 3 - 5

6

Rio Grande Hall

August 10 - 12

7

Bezanson Memorial Hall

August 17 - 19

For more information and to register, visit
www.countygp.ab.ca/summerprograms



COMMUNITY AGENCIES

Babies' Best Start

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 eligible 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: \$ FREE
- 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



CPNP



CAPC

CLIENTS MAY BE ELIGIBLE FOR:

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



@bbsgpfriendship



Literacy Programs

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



FAMILIES LEARN & GROW



Families Learn & Grow is an in-home family literacy program that provides information and support to parents and caregivers to help promote the development of their foundational life skills. By doing so, parents and caregivers are better equipped to support their family's foundational life skills development.

This is a free, in-home literacy program. Each kit includes six, one-hour sessions of family activities, techniques and information based on individual need.

Topics include: Stress management, Anxiety, Anger Management (**Emotional Regulation**)

Listening, Empathy, I-Messages (**Communication**)

Hot Buttons, Conflict History, Negotiation Styles (**Conflict Management**)

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



SKILLS FOR LEARNING

Do you learn best in a group setting or one on one tutoring?

We can do both!

In this 10 week program you can expect skills like:

- Time Management
- Budgeting
- Goal Setting
- Problem Solving
- Relationship & Personal Boundaries
- Communication Skills
- And More-



To register

Email: LITERACY@GPFES.COM
Phone: 780-830-0920



1 IN 5 ALBERTANS FACE LOW LITERACY CHALLENGES

Reading, Writing, Document Use Program

What to expect;

Reading strategies, Writing practice, Sample document/forms.

8 week program
2 hour sessions
Fee's May Apply

Email: literacy@gpfes.com
Phone: 780-830-0920



Family Education Society
Do you want to further your education & employment?

Did you know???

Literacy Mentor on-site to help with:

- Providing information and programming for upgrading & post-secondary schooling or other learning opportunities.
- Assist with forms/and applications.
- provide access and support with basic technology.
- Provide referrals to services in the community such as; counselling, employment services, child-minding, transportation & more.

By appointment only.

Call the office 780-830-0920 or email: literacy@gpfes.com



Parent Education

Walk and Talk Thursdays

Join us on Thursdays for time to enjoy the outdoors and connect with other parents/caregivers

11:00-12:00 pm
Meet in front of the Family Education Society Office
9607 102 Street

Social Distancing Practices in effect and numbers are limited

To register email hubcoordinator@gpfes.com or call 780-830-0920

BOOK YOUR CHILD'S DEVELOPMENTAL SCREENING

Developmental screening is the practice of looking for and monitoring signs that children are on track in all domains of development

Developmental screening allows for improved outcomes for your children

email hubcoordinator@gpfes.com or call 780-830-0920 to book an appointment

Grande Prairie and Area Family Resource Network
NCSA
Alberta Provincial Family Resource Networks
Family Education Society



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 needs
- 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

Grandparents Raising Grandchildren Support Group



Support Group will provide:

- A safe place to share your stories*
- Learn new skills*
- Receive Support*
- Access Community Resources*

Group meets once a month via Zoom. Participants will need access to camera, microphone and wifi.

Next date:
Resuming in September 2021



Grande Prairie and Area Family Resource Network



To Register email hubcoordinator@gpfes.com or call 780-830-0920



Reach Out and Connect
Parents/Caregivers support Group

Are you feeling disconnected and overwhelmed parenting through out a pandemic?

Want to connect with other caregivers looking for parenting strategies ?

Join us for for a virtual connection with other caregivers experiencing some similar challenges.

Next Date:
Resuming September 2021

Group meets once a month via Zoom. Participants will need access to camera, microphone and wifi.
To register email hubcoordinator@gpfes.com or call 780-830-0920



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

DAD'S SUPPORT GROUP

Dads support one another and share their parenting experiences, successes and challenges.

Group offers information, referral & education.

To register email hubcoordinator@gpfes.com or call 780-830-0920

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 hubcoordinator@gpfes.com or call
780-830-0920 to get on the list for the next offering!

0-5 yrs

ACTIVE PARENTING First Five Years™

Building a Strong Foundation for Children from Birth to Age 5

Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®, Ruth Slocum, LCSW, IMH-E®, and Laura Hubbs-Tait, PhD

Your child's first few years are so important! Learn how to make the most of them with *Active Parenting: First Five Years*, a program for parents and other caregivers. Written by parenting expert (and dad) Dr. Michael Popkin, this course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline. Help your kids start strong—sign up today!

Here's what you'll learn:

- What a baby's cry means
- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Using mindfulness to keep your cool
- Effective discipline young children can understand
- Choices and consequences
- 6 ways to prepare your child for school success and much more!



For more information and sample videos, go to www.ActiveParenting.com/FFY-parents

Love and Logic Early Childhood

Parenting Made Fun!

Six sessions designed to help parents up the odds that the teenage years will be fun...instead of frantic

You Will Learn How To:

- Handle disruptions during meal times
- Get children to stay in their own bed
- Stop your child's whining and bickering
- End temper tantrums
- Discipline your toddler in public without creating a scene
- Get children up and about in the morning

...and many other helpful tools



This parenting program is designed to give you practical skills that can be used immediately

Facilitators of the Love and Logic curriculum are independent and are not employees of the Love and Logic Institute

6-12 yrs

Embrace the JOY of parenting.

An Active Parenting group is starting soon!

We are proud to bring the acclaimed **Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline that really works
- open up lines of communication—before they get clogged
- teach responsibility, courage, and other important character traits
- encourage school success in 7 steps
- prevent future problems with drugs, alcohol, and sex
- defuse power struggles with your children
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly.

But the heart of the matter is the increased JOY you will experience as a family. Since 1983 over three million parents have learned from this dynamic, entertaining, and fun-filled video and discussion program—and now, so can you!



A video & discussion program for parents of children ages 5 to 12

For more information and sample videos, go to www.ActiveParenting.com/AP4-parents.

Parenting the Love and Logic Way®

The Love and Logic® approach is easy to use, raises responsible kids and changes lives.



What will I learn?

Participants will learn how to put an end to arguing, back talk and begging. Love and Logic® teaches how to set limits without wagging war while avoiding power struggles along the way. Parents will also learn to teach responsibility without losing their child's love while guiding them to solve their own problems. Love and Logic® will also give you strategies to teach kids to complete chores without reminders and without pay.

To get more information or to be placed on the waitlist email hubcoordinator@gpfes.com or call 780-830-0920



Facilitators of the Parenting Love and Logic Way® curriculum are independent and are not employees of the Love and Logic® Institute

What parents Say:

"This program has changed my life! Who knew raising teens could actually be fun!"

"There is very little arguing in our home, mostly because I've learned to go brain dead and neutralize arguing"

"Learning about and how to use contributions to the family made the biggest difference"

"I thought there was something wrong with my child and was frustrated that he didn't behave. I realize now that I had been bossing him around instead of being a Love and Logic parent. Now I use empathy and let the consequences do the teaching"

This parenting program is designed to give you practical skills that can be used immediately!



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

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



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

YMCA of Northern Alberta creates life-enhancing opportunities for the growth and development of all people in spirit, mind and body.

For more information:
Grande Prairie Region YMCA
#200-10006 101 Ave
Grande Prairie, AB T8V 0Y1
Phone: 780-357-7444
infoFC@northernalberta.ymca.ca
northernalberta.ymca.ca



Provincial Family
Resource Networks

Wahkomiwew Program

SUPPORTING CONNECTION

Services open to ALL members of the community!

Native Counselling Services of Alberta is pleased to introduce the Wahkomiwew (wah ko mee wayo) Program. Wahkomiwew means "being connected to people" in Cree. Our Wahkomiwew navigators will support youth and their parents and caregivers to develop individualized Healing Plans that build on individual and family strengths to create positive change.

NAVIGATING HEALING

Wahkomiwew staff will support youth, parents and caregivers to:

- Navigate their healing journey
- Strengthen connection to family, community and culture
- Promote physical, emotion, mental and spiritual development of children ages 7-17
- Navigate income support, child care, housing, addictions, budgeting, etc.
- Learn about life skills through one to one mentoring (communication, relationships, self-worth, anger management, impacts of historic trauma)
- Participate in Circles of support for individual and family well-being
- Transition children and youth back from foster/kinship care
- Engage in ceremony and teachings with Elders

COVID-19

During the COVID-19 pandemic, our services follow the directives of the Chief Medical Health Officer of Alberta. This means we can offer:

- Telephone, social media, and curbside supports
- Limited in person contact with precautions (masks, physical distancing)
- Basic supplies to maintain health and wellbeing
- Child and youth necessities (games, puzzles, books, etc)
- Access to smudge kits and traditional medicines

Grande Prairie: 780-532-9359

Self-referrals welcome!

Proud member of the Grande Prairie and Area Family Resource Network

Grande Prairie and Area
Family Resource Network





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



When you don't know where to turn.

WHAT IS 211?

211 is an easy-to-remember, 3-digit, non-emergency number that connects Albertans to a full range of community, government, social and health services.

HOW CAN 211 HELP?

At 211, you'll reach a real person who knows it's not easy to ask for help - a trained community resource specialist who will listen carefully and ask questions to find services that match your needs.



Available province-wide in fall 2020!

211 Alberta

Supported by:

United Way of the Alberta Capital Region
United Way of Calgary and Area

City of Calgary FCSS
City of Edmonton - FCSS
Government of Alberta

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

Alberta  Provincial Family Resource Networks

What is The Family Resource Network?

Compiled 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 problem-solving 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).