

JULY - AUGUST 2025

TRELLIS SOCIETY SW CALGARY FAMILY RESOURCE NETWORK

SUMMER 2025 PROGRAMMING

CAREGIVER PROGRAMS

Who We Are

The Trellis Society SW Calgary Family Resource Network (FRN) provides programming and services to families with children and youth ages 0-18 at no cost.

Our services include:

- Individualized supports for parents/caregivers
- Parenting classes including Circle of Security Parenting, Triple P Positive Parenting & Nurturing Parenting
- Indigenous parenting supports
- Information sessions and workshops including Financial Literacy and RentSmart
- Ages and Stages assessments
- Youth programming
- Play-based learning for children
- Information and referrals
- Opportunities for social connections

ONE-ON-ONE CAREGIVER SUPPORT

We offer one-on-one caregiver support. Meeting locations, time and format are flexible! Contact us for more information.

CIRCLE OF SECURITY PARENTING GROUP

July 8th - August 26th
1:00pm - 2:30pm

8 weeks; Tuesdays; Online

An 8-week program designed to enhance the parent-child relationship. Learn how to meet your child's emotional needs while letting go of the pressure to be the "perfect parent."

TRIPLE P DISCUSSION GROUPS

12:00pm - 1:00pm

4 weeks; Wednesdays; Online

July 17 - Hassle Free Mealtimes

July 31 - Managing Fighting and Aggression

Aug. 14 - Hassle Free Shopping with Children

Aug. 28 - Developing Good Bedtime Routines

UPCOMING SPECIAL EVENTS

Calgary Zoo: Tuesday July 22nd; Enter at 9:30am

Family Activity Day: August 9th; Stay tuned for more details!

Heritage Park: Monday August 18th; Enter at 10:00am

Please note, all events above are open to current clients attending programs within the last 3 months. Cost of parking is not included. Space limited.

**ALL PROGRAMS AT THE SWFRN REQUIRE
REGISTRATION UNLESS OTHERWISE STATED**

0-6 AGE PROGRAMS

LENA

July 2nd - August 27th
1:30pm - 3:00pm
Thursdays; Virtual

For caregivers with infants up to 3 years old. This 10-week program helps caregivers learn how to build a baby's brain through talk. This program is online with a special in-person graduation celebration.

WALK N' TALK

August 5th - August 26th
10:00am - 11:30am
Tuesdays; Fish Creek Park

Join us on Tuesday mornings from 10:00-11:30am at Fish Creek Park for a guided family walk and free play! For children 0-12 with a caregiver.

ICE CREAM AND PLAYTIME IN THE PARK

July 2nd - July 30th
6:30pm - 8:00pm
Wednesdays
416 83 Ave SE

Join us on Wednesday evenings from 6:30-8:00pm for activities, games, free play and ice cream at St. Matthew's School Park! For children aged 0-12 with a caregiver.

DROP-IN PLAY AT THE PARK

August 6th - 20th
10:00am - 11:00am
Wednesdays; In-person

Join us at St. Mathew's school park for drop-in play! For ages 0-12 with a caregiver.

FILL YOUR CUPS

July 7th - July 28th
10:30am - 11:30am
Mondays;
331 Heritage Drive SE (Acadia B)

Playtime and Stories in the Park at CUPS playground. Please park at the Shoppers Drugmart plaza in Acadia Shopping centre across from the FRN. There is a walkway beside the Polcan store and the playground is next to the apartment buildings.

FUN WITH CRAFTS!

July 10th, July 24th
August 7th & August 21st
10:00am - 11:30am
Thursdays; In-person

Join us in creating a series of ocean themed crafts! Ages 2-5 with a Caregiver (see information for older age group below).

DROP-IN & PLAY

Every Friday
(Cancelled Stat Holidays)
9:45am - 11:15am
In-person
No registration required.

Enjoy toys, stories and songs.
For children 0-6 with their caregivers.



EVERYONE IS WELCOME AT THE FRN

Giving Back to your Community: 8 Easy Ways to make it Happen

Did you know that when you give happiness, you get happiness back in return? Research shows that doing good deeds pays out in dividends, making the simple act of helping the community well worth the effort.

- Donate clothing or other unused items to a trusted organization.
- Bring your extra non-perishable foods to local food shelves.
- Help an Elderly Neighbor.
- Shop local when possible.
- Pick up trash around your neighborhood.
- Donate old blankets or unused pet food to a nearby animal shelter.
- Perform random acts of kindness when you can.
- Volunteer for a cause you care about.



SCHOOL-AGED & YOUTH PROGRAMS

BABYSITTING COURSE

Tuesday, July 15th
9:00am - 1:30pm
In-person

This course will prepare you to become a great babysitter! Keep kids safe by learning caregiving skills and basic first aid.
For ages 12+.

FUN WITH CRAFTS!

July 10th, July 24th
August 7th & August 21st
10:00am - 11:30am
Thursdays; In-person

Join us in creating a series of whimsical crafts. It will be playful, colourful and creative!

Ages 6-12 with a caregiver in space (see information for younger age group above).

D&D

July 18th - August 22nd
3:00pm - 5:00pm
Friday; In-person

Join us for a 6-week Dungeons & Dragons campaign filled with mystery, magic, and mayhem! Ages 13-17. Dice, character sheets, and imagination required.

WHAT TO EXPECT IN HIGH SCHOOL

Wednesday August 20th
11:00am - 12:00pm
In-person

Join us for a fun and helpful session where we'll break down What to Expect in Highschool. Things like classes, schedules, lockers, clubs and more. Walk in on day one with confidence! Caregivers welcome to attend.

LEVEL UP: LIFE SKILLS FOR TEENS AGES 13-17

July 23rd - August 13th
11:00am - 12:00pm
Wednesdays; In-person

Whether you're job hunting, future-planning, or just want to feel more in control, this fun, hands-on series has your back.

HOME ALONE

Saturday, August 23rd
9:00am - 11:30am
Single Session; In-person
Sessions run over school breaks

This program will provide children with the necessary skills and knowledge to be safe and responsible when home alone. This program is unparented, for ages 10+



RENTSMART & FINANCIAL LITERACY

Available upon request
In-person or virtual
One-on-one or small group

For ages 16+.
Single topic sessions: Renting rights and responsibilities, banking, credit, consumerism, assets and budgeting. Contact us for more information!

SPECIAL DATES

SADDLE UP!

Saturday July 12th
10:00am - 11:30am
In-person

Join us for stampede themed crafts, activities and treats! For caregivers and children 0-12. Space limited!

GLENMORE SPRAY PARK

Saturday July 26th
10:00am - 11:30am
In-person; 24 St SW & 90 Ave SW

Looking to have some fun while staying cool this summer? Come enjoy the spray park and a cool treat with us! All are welcome to attend.

*Weather permitting

BRAVE LIKE THE BUFFALO

Friday July 25th
10:00am - 11:30am
In-person

Join us at Drop-In for this special story reading by the author, craft, and Q&A with the author!

LITTLE RED READING VAN

Friday August 15th
9:45am - 11:15am
In-person

Join us for a special Drop-In with the Little Red Reading Van! Every child who attends can take home a book.

DID YOU KNOW?

At Trellis, we can connect you with Indigenous supports and Circle Keepers. Contact the Family Resource Network for more information and to be connected.



Office Hours:

Monday: 8:30am-11:30am
Tuesday: 8:30am-4:30pm
Wednesday: 8:30am-6:30pm*
Thursday: 8:30am - 4:30pm
Friday: 8:30am-4:30pm
Saturday: See newsletter

*programming until 8:00pm on Wednesday evenings

Looking for some fun family events this summer? Check out the City of Calgary website for free activities!

Free Summer Activities

WE WOULD LOVE TO HEAR FROM YOU!

Contact us with your thoughts on the programs and services you would like to see offered in your community.

FOR REGISTRATION AND INQUIRIES, CONTACT US AT:

 (403) 689-1403

 SWFRN@growwithtrellis.ca

 growwithtrellis.ca

 #202, 8330 Fairmount Drive S.E.
Calgary, AB T2H 0Y8



FRN Spokes serving SW Calgary - We can refer you!



CIWA
Calgary Immigrant Women's Association

Home Visitation for Families with Children
Ages 0-6
Calgary Immigrant Women's Association



Rapid Access Counselling
Rapid Access Counselling



Youth Mentorship
Big Brothers Big Sisters



Provincial Family Resource Networks