

# February 2022



## What is the Kalyna Family Resource Network?



### KALYNA FAMILY RESOURCE NETWORK LAMONT COUNTY REGION

#### WHO WE ARE?

Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Services are provided to all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies.

#### WHO CAN PARTICIPATE?

Family Resource Networks (FRNs) welcome anyone who is part of a child's life. This could be a parent, caregiver, grandparent, aunt/uncle, day home provider, nanny, the list goes on!

#### WHAT PROGRAMS DO WE OFFER?

Some of our programs include developmental screening (ASQ), Triple P Positive Parenting, Infant Massage, Kids Have Stress Too, summer programming for families, child and youth development programming including National Child Day and Welcome to Kindergarten.

#### WHAT WE DO?

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.



### UMBRELLA OF SUPPORT PROVIDED BY PROVINCIAL FRN:

Child Development  
& Well-being Support

Caregiver Capacity  
Building Support

Social Connections  
& Support

#### OUR FRN NETWORK:

Vegreville & Area  
Lamont County Region  
Mannville/Minburn/Innisfree  
Two Hills & Area  
WJS Canada

**Parent Education & Caregiver Capacity Programs** are available even if they are not on the monthly calendar.

Contact Erin for more information.



BRAIN ARCHITECTURE



THE BRAIN STORY

Liddlekidz.com  
Nurturing Touch for the Growing Child



ASQ  
Ages & Stages  
Questionnaires

Make The Connection 0-3



**Follow us on Facebook for the most up-to-date information:**  
Kalyna Family Resource Network  
Lamont County Region

For more information please call:  
Erin @ 780-895-2233 ext 244  
Toll Free 877-895-2233 ext 244  
or email at: erin.t@lamontcounty.ca

## Some of Our Caregiver Capacity Programming At a Glance:

### Developmental Screening - Ages & Stages Questionnaire

If you are curious to see where your child is developmentally (physically and/or social-emotionally), this questionnaire can help you. All the questions are designed for you to do on your own. If you prefer one of our staff to assist you, we can make an appointment for us to help you. We have questionnaires for as young as 2 months up to 56 months of age. Call PLC Lamont County Region at 780-895-2233 ext 244 or toll free at 1-877-895-2233 ext 244 to make an appointment.

### Triple P Positive Parenting

These parenting programs allow the parent/caregiver to choose techniques that work best for your family. Triple P is an evidenced based parenting program that provides simple and practical strategies to:

- Understanding the causes of behaviour
- Encourage behaviours that you like
- Learn strategies for dealing with misbehaviour
- Personalize parenting plans unique to your individual family.

Triple P Positive Parenting is currently offered in two formats at Lamont County PLC:

- **Primary Care** - This program is offered via four private sessions (available by request)
- **Group** - This program is offered in a group setting and consists of four 2-hour sessions, followed by three telephone check-in, and a final in class session to wrap up.
- **Group Discussions** - This four part series focuses on 1) Dealing with disobedience, 2) Developing good bedtime routines, 3) Managing fighting and aggression, 4) Hassle-free shopping with children

### Kids Have Stress Too

Stress can affect children's physical, emotional, social, and intellectual well-being. Children experience everyday stress in a different way than adults. KHST teaches parents/caregivers how to recognize stress in children and identify how they can help children learn to manage their stress.

### Infant Massage—Liddle Kidz

Infant massage assists in the growth and development of baby's body, mind and spirit. In addition, it can bring relief to complaints of colic, constipation, respiratory disorders and sleeping difficulties. Many of the parents who have participated in our infant massage classes report that their child has experienced more restful sleep, longer napping periods and better digestion. This class is taught by an internationally recognized Certified Infant Massage Teacher and consists of three to four sessions.

### Community Partners We Have Loved Working With

We want to bring you the best services possible. To do that, we will often partner with some of the amazing service providers that we have in the Lamont County Region and surrounding areas. Some of our partners are:

Alberta Human Services  
Alberta Children's Services  
Alberta Health Services (AHS)  
Early Childhood Coalitions of Alberta  
Various municipal governments  
Family Day Homes  
Various Seniors Centres  
Local Food Hampers  
CALC

Family and Community Support Services (FCSS)  
Primary Care Network  
Local School Divisions  
Local Libraries  
Prairie Central FASD  
Local Community Clubs

# Kalyna FRN Programs & Info



## Connection Cafe

TODAY I NOTICED...  
30 DAY CHALLENGE

When we are actively practicing noticing, it helps us be present, increases mindfulness in ourselves and our children, and it strengthens positive relationships.

Register before February 15, 2022 for an "I noticed kit" and share with your child or teen daily, for 30 consecutive days, what you appreciate about them.

Kits will be available for pick up in your nearest community in the Lamont County Region beginning February 1, 2022.

Email: [erin.t@lamontcounty.ca](mailto:erin.t@lamontcounty.ca)  
Info needed: Your name, phone #,  
# of children, nearest community



HELP US SAY

## HAPPY VALENTINE'S DAY

TO OUR FRIENDS AT THE LOCAL SENIOR'S LODGES



Let's continue to connect, build positive relationships, and learn. We have had so much fun with our friends at Beaverhill Pioneer Lodge that we want to keep that connection going strong.

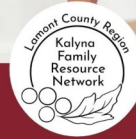
Let's make some Valentine's cards.  
Be as creative as you like!

### 2 EASY STEPS:

1. Make cards. Do not address your card to anyone specifically. Sign your name if you like.
2. Drop your cards off at one of the following places by February 9th at noon:  
Andrew: Village Office Front Desk/Mail Slot  
Bruderheim: Town Office Drop Box  
Chipman: Village Office Front Desk/ Mail Slot  
Lamont: County Office Mail Slot (Loading Dock)  
Mundare: Town Office Front Desk

Our goal is to have enough to give to all the senior lodges in the County!

For more information, please contact Erin at [erin.t@lamontcounty.ca](mailto:erin.t@lamontcounty.ca)



## STAY, PLAY & LEARN

Small group play sessions that focus on child development & caregiver capacity.  
For families of children, ages 0-6

We will talk parenting challenges and successes while the children spend time at play. 30 minutes will also focus on parent-child connection. Play locations in Bruderheim & Mundare.

Please register each family individually and at least ONE week in advance.  
Max 3 families or 8 people, whichever is fewer people.

Go to <https://signup.com/go/PeMKogH> or scan QR to view/register for time slots

\*The locations that we are using are following the REP program. All caregivers require proof of immunization or valid negative rapid Covid test.

For more information:  
[erin.t@lamontcounty.ca](mailto:erin.t@lamontcounty.ca)

## MOVE YOUR MOOD FEBRUARY 2022 FAMILY CHALLENGE



FREE family challenge - open to all families and all ages living in the Lamont County Region.

Sign up by January 31, 2022 at noon and in February you will receive emails that include different ways to connect as a family. You will do this by: practicing mindfulness, moving your bodies, fuelling your bodies, expanding your minds, and building healthy relationships.

Complete the family challenges to be entered for a chance to win weekly prizes as well as an end of the month grand prize!

Two ways to register:

1) Follow this link: <https://signup.com/go/MExGyFY> or QR code:



2) Email Darlene at [darlene.o@lamontcounty.ca](mailto:darlene.o@lamontcounty.ca)

Please tell us your name, email address, phone number, and # of family members participating.



# Community Family Programs & Info



**Alberta Health Services**

**Virtual Child Development Walk-in Clinic**

**Birth to Five Years**

Do you have questions or do you want to learn more about...

**How your child:**

- Speaks
- Hears
- Colours
- Moves
- Plays
- Follows Directions
- Sleeps
- Eats

**Sensitivity to:**

- Noise
- Clothing
- Food Textures
- Messy Play

**Your child's:**

- Routines (bedtime, toileting)
- Emotions
- Growth
- Development

**Call us at our Virtual Walk-in Clinic!**  
~ 780-895-5817 ~

**FREE** The first **THURSDAY** of every month  
Community Rehabilitation Program – Pediatrics  
**9:00 a.m. – 11:30 a.m.**


**Virtual services that may be accessed include:**

Occupational Therapy	Physical Therapy
Early Intervention Support (birth-31/2 yrs)	Speech-Language Pathology
	Social Worker

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Feb 21st



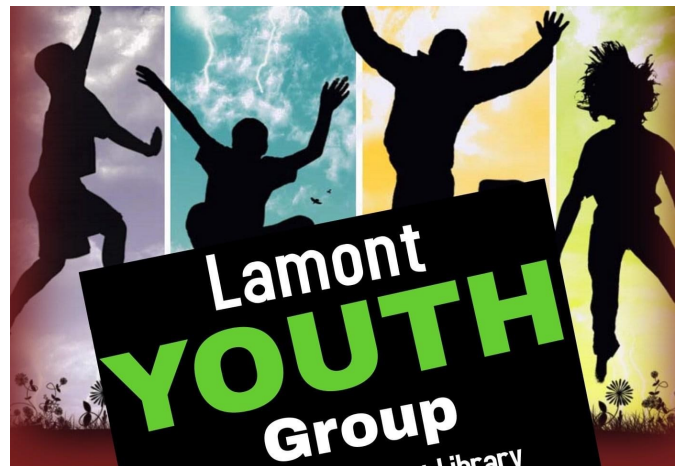
Don't forget to check out the various Family Day activities being offered by some of our AMAZING local communities! Check their Facebook pages for all the latest info.



**Bruderheim**  
**YOUTH**  
**Centre**  
Located upstairs of Arena

**Starting Wednesday November 10th, 2021**  
**Running Every Wednesday**  
Call 780-895-2233 for more info



**3:30 - 6:00pm All Children and Youth**  
**6:00 - 8:00pm Junior & Senior High Only**  
**Parents: Remember to fill out our one time permission form for the year!!**  
**Those attending to watch only will need to follow AB Gov't REP guidelines.**

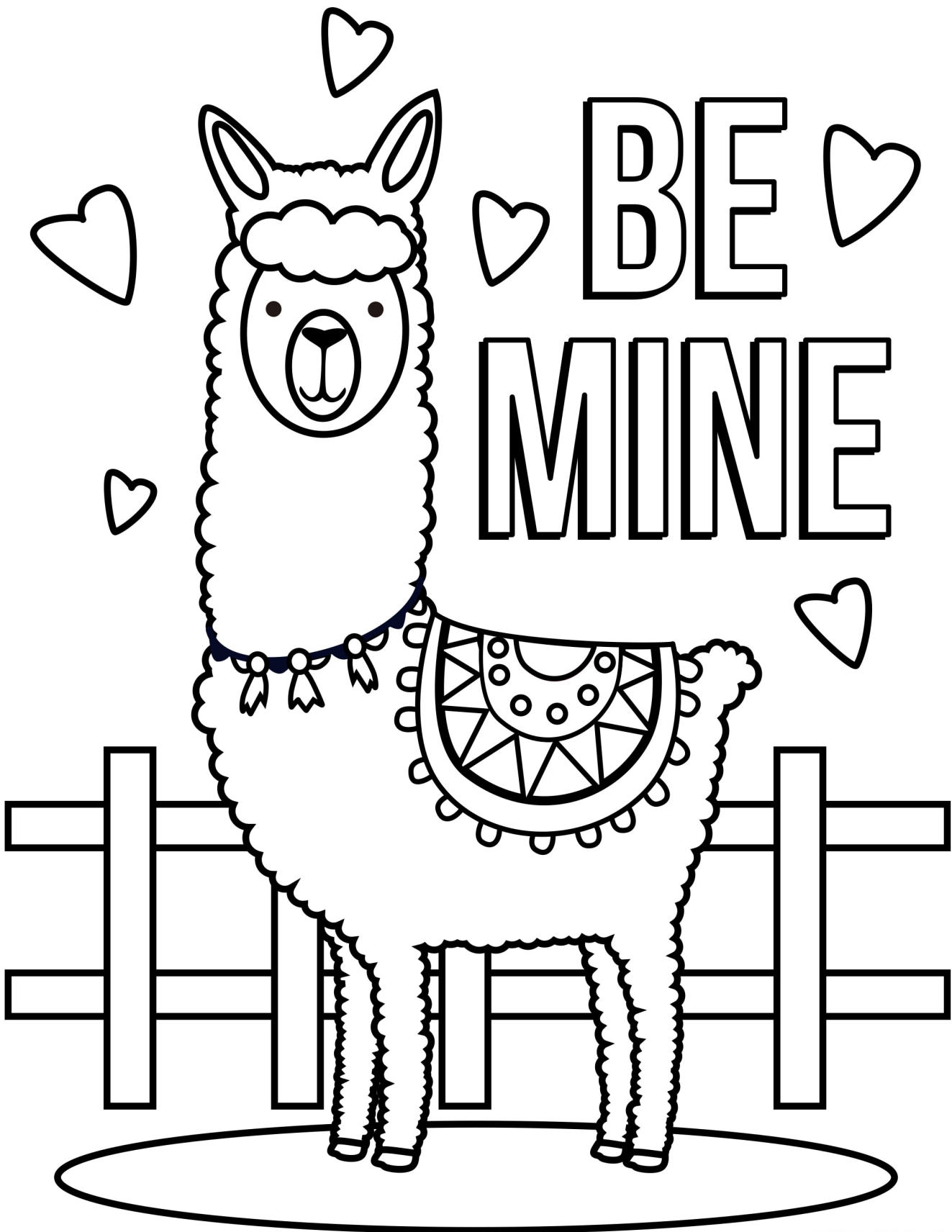




**Lamont**  
**YOUTH**  
**Group**  
Located at Lamont Library

**Starting Thursday November 18th, 2021**  
**Running Every Thursday**  
Call 780-895-2233 for more info

**5:00 - 6:30pm All Children and Youth**  
**6:30 - 8:00pm Junior & Senior High**  
**Parents: Remember to fill out our one time permission form for the year!!**



# February 2022



SUN	MON	TUE	WED	THU	FRI	SAT
	MYM week 1	1 Connection Café Kits Available  Ready to Rock Lamont	2 Stay, Play & Learn Bruderheim	3	4	5
6 Literacy week #4 submissions due @5pm	7 MYM week 2	8 Ready to Rock Lamont	9 Stay, Play & Learn Mundare Valentine Cards for Sr's deadline at noon	10 FRN closed for training	11	12
13	14 Happy Valentine's Day MYM week 3	15 Ready to Rock Lamont	16 Stay, Play & Learn Bruderheim	17	18	19
20	21 Family Day Office Closed MYM week 4	22 Ready to Rock Lamont	23 Stay, Play & Learn Mundare	24	25	26
27	28 MYM submission deadline					