

# Summer 2022



## Summer Tips from Kalyna FRN

The time of year we all wait for is finally here... SUMMER! Kalyna FRN is so excited for the warm weather, summer programming, and all the fun that comes with the long-awaited season. To keep us all safe and healthy, here are some summertime tips:

- 1) **Drink lots of water!** When you are outside on a hot day, you should be drinking 8oz of water every 15-20 minutes to prevent heat exhaustion.
- 2) **Eat snacks with a high water content**—like watermelon and cucumbers to up your water intake.
- 3) **Wear (and REAPPLY) sunscreen!** Apply sunscreen generously and evenly, at least 15 minutes before you go out in the sun and reapply at least every 2 hours during expo-sure. You may need to reapply it more often if you are sweating, swimming, or towelling off. To get the full benefit from your sunscreen, it is important to use the recommended amount. For example, an adult should use about 7 teaspoons (35mL) of sunscreen to cover all areas of ex-posed skin: 1 teaspoon for each arm, 1 teaspoon for each leg, 1 teaspoon for your front, 1 teaspoon for your back, and 1 teaspoon for your face and neck. (Canada.ca)
- 4) **Wear protective sun-gear!** Ensure you are wearing, hats, sunglasses, and protective clothing when you are in the sun.
- 5) **Use bug spray! (or bug deterrent alternatives)** To reduce the amount of itchy bug bites, wear bug spray if you notice a lot of bugs.
- 6) **Avoid peak sun times on the hottest days!** In between 11am-2pm the sun is at it's hottest. Seek shade or play indoors at these times.



**FRN Summer Programs**  
At a glance...see website & FB for more details

**Summer FUN Ages 0-6** Free programs for families with children 0-6. Registration required at least one week in advance. Parents must attend with children. (siblings welcome)

<b>Messy Art</b> Dates & registration here: [QR Code]	<b>Science Fun</b> Dates & registration here: [QR Code]	<b>Nature Nuts</b> Dates & registration here: [QR Code]
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**Summer Freedom Grades 7-12** Programs for youth entering grades 7-12. Registration & payment required at least one week in advance.

<b>Overnight Summer Kick-off</b> \$25/youth July 14-15 St. Micheal Hall:	<b>Let's Get... Creative!</b> \$10/youth/class July 21 - Lamont Aug 18 - Andrew	<b>Let's Get... Cooking!</b> \$10/youth/class Aug 11 - Mundare Aug 25 - Bruderheim
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For more info & to print **TEEN PROGRAM** reg form: [QR Code]

For more info: email [erin.b@lamontcounty.ca](mailto:erin.b@lamontcounty.ca)  
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See page 3 for more details on  
Kalyna FRN Lamont County Region  
Summer Programs



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](mailto:erin.t@lamontcounty.ca)

# 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.



**INTRODUCING Alberta Indigenous Virtual Care Clinic**

Receiving healthcare from doctors who understand Métis culture is essential to the overall health and wellness of our community.

The Alberta Indigenous Virtual Care Clinic (AIVCC) virtually connects Métis Albertans with family doctors who are experienced in providing Indigenous and culturally-safe healthcare.

All appointments happen by telephone or by video using your device. The choice is yours.

Call 1-888-342-4822 to book your appointment or visit [aivcc.ca](http://aivcc.ca) for more information.

Hours: Mon – Fri 8:30am – 4:30pm, Sat – Sun 12:30pm – 4:30pm.

Please Note: Clinic is not an emergency care service. If you have an emergency, please call 911.

## 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

## SUMMER FUN

For families with children 0-6 (older siblings welcome)

**Free!**

Time: 10:00 - 11:30am

Registration Required 1 week in advance

Space is limited Please sign up only if you plan to attend.

### Messy Art

Prepare to get creative ...and messy!

- July 5 - Tuesday Lamont
- July 6 - Wednesday Andrew
- July 7 - Thursday Chipman
- July 12 - Tuesday Bruderheim
- July 13 - Wednesday Mundare

### Science Fun

Investigating and experimenting ...all in a day's play!

- July 19 - Tuesday Andrew
- July 20 - Wednesday Chipman
- July 21 - Thursday Lamont
- August 9 - Tuesday Mundare
- August 10 - Wednesday Bruderheim

### Nature Nuts

Exploring the world around us and all it's exciting wonder!

- August 16 - Tuesday Chipman
- August 17 - Wednesday Lamont
- August 18 - Thursday Andrew
- August 23 - Tuesday Bruderheim
- August 24 - Wednesday Mundare

Program Locations:  
 Andrew - School Playground  
 Bruderheim - School Playground  
 Chipman - Ag Grounds Shelter  
 Lamont - Hillside Park Shelter  
 Mundare - Victory Park

To register, use link or QR Code. Please note - Parent/Caregiver 18+ must attend with child(ren)

Please do not attend if you or your child(ren) are feeling ill. Please notify Erin ASAP if you are not able to attend.

https://signup.com/go/sQTKrR https://signup.com/go/UF8ozB https://signup.com/go/wVhQkyC

Lamont County Region  
Kalyna Family Resource Network

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## SUMMER FREEDOM

PROGRAMS FOR GRADES 7-12

### OVERNIGHT SUMMER KICK-OFF

July 14-15, 2022  
 3pm - 11am  
 St. Micheal Hall  
 Cost: \$25 / Youth  
 Register & payment due by:  
 July 5 at noon

Giant Slip & Slide, Games, Movie, camp fire, food & Snacks

Pack: Sleeping Bag, Pillow, Toiletries & Clothing

### LET'S GET...CREATIVE!

Spend the afternoon getting creative and learning new art techniques!  
 Cost: \$10 /youth/program - 1:30-4:00PM

Register & payment due minimum 1 week before class.  
 July 21 - Lamont Hillside park  
 August 18 - Andrew Mallard Park

### LET'S GET...COOKING!

Spend the afternoon learning about kitchen & food safety while preparing an entree to take home!  
 Cost: \$10 /youth/program - 1:30-4:00PM

Register & payment due minimum 1 week before class.  
 August 11 - Mundare Senior centre  
 August 25 - Bruderheim Comm Hall

Registration & Payment can be made in person at the Lamont County Admin Building in Lamont. Forms of payment accepted: Cash, cheque (payable to FGSS Lamont County Region) or credit card. Sorry, no e-transfer.

Please do not attend if you are feeling ill. Please notify Erin ASAP if you are unable to attend.

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## What is an Ages & Stages Questionnaire?

The ASQ & ASQ-SE are designed to show caregivers how the child is developing from birth to 5 years of age. They are simple and easy questionnaires that are filled out by the caregiver.

### The Ages & Stages Questionnaire (ASQ) checks 5 developmental areas.

1. Communication skills
2. Gross motor skills
3. Fine motor skills
4. Problem solving skills
5. Personal-social skills



### The ASQ-SE checks 7 social-emotional areas:

1. Self-regulation
2. Compliance (trust & respect)
3. Communication
4. Adaptive functioning
5. Autonomy (ability to function independently)
6. Emotional responses
7. Interaction with people



### Why complete an ASQ and ASQ-SE?

The great thing about ASQ is that it's strengths-focused - the emphasis is really on what your child can do. It's the perfect way to keep track of milestones and celebrate them as your child grows and develops.

### How do I complete one?

Go to these links (we recommend completing both screenings):  
 ASQ-3 <https://www.asqonline.com/family/70d5a8>  
 ASQ-SE <https://asqonline.com/family/af517f>

### For more information:

Call: (780) 895-2233 ext 244  
 Facebook: Family Resource Network Lamont County Region  
 Email: [erin.t@lamontcounty.ca](mailto:erin.t@lamontcounty.ca)  
<https://agesandstages.com/about-asq-for-parents>





\*Come find Kalyna FRN at these community events this Summer!

Lamont:  
 \*10am Parade (9th)  
 Rodeo Events  
 \*Family Fun Zone  
 Entertainment





Mundare:  
 \*Parade  
 \*Family Fun Zone  
 Entertainment

Lamont:  
 Learn about  
 Ukrainian Traditions  
 Great Food  
 \*Family Fun Zone  
 Zabava



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# Community Family Programs & Info

## Public Health Nutrition – Central Zone Online Classes and Resources

### FREE Online Classes – join by phone or zoom!

See class details below! To register, call your local [Community Health Centre](#). You will receive an email with the Zoom link (or dial in number) one day prior to the class

No email? No problem! We can provide registration details by phone ☺



### Infant Nutrition Class

#### FREE online class:

Join a Registered Dietitian to learn about:

- Starting solid foods
- Helping baby accept new foods
- Making healthy baby food
- Hot topics like baby-led weaning

Class includes food demo & handouts.

**Class Time:**  
10:00 - 11:30 a.m.

Select one 2022 upcoming date:

- January 12<sup>th</sup> or 26<sup>th</sup>
- February 9<sup>th</sup> or 23<sup>rd</sup>
- March 9<sup>th</sup> or 23<sup>rd</sup>
- April 13<sup>th</sup> or 27<sup>th</sup>
- May 11<sup>th</sup> or 25<sup>th</sup>
- June 8<sup>th</sup> or 22<sup>nd</sup>
- July 13<sup>th</sup> or 27<sup>th</sup>



### Goodbye Mealtime Struggles

#### FREE online introductory workshop:

For parents of children one to five years of age\*  
Join an interactive discussion with other parents, a pediatric Occupational Therapist (OT) and a Registered Dietitian (RD)

- Explore the various reasons behind mealtime struggles
- Leave with strategies that best fit your child and family to help make mealtimes happy times

- Jan 19, 2022 from 6 p.m. to 8 p.m.
- Feb 17, 2022 from 1 p.m. to 3 p.m.
- Mar 17, 2022 from 1 p.m. to 3 p.m.
- Apr 20, 2022 from 6 p.m. to 8 p.m.
- May 19, 2022 from 1 p.m. to 3 p.m.
- June 16, 2022 from 1 p.m. to 3 p.m.



### What to eat during pregnancy

#### FREE online class:

Are you pregnant or trying to get pregnant?

Join a Registered Dietitian to learn about:

- Meal and snack ideas
- Nutrients you need in pregnancy
- Choosing a multivitamin supplement
- Tips for managing pregnancy discomforts
- Safe foods to eat during pregnancy



SCAN ME

For more information and to register visit Eventbrite at:  
[qrco.de/centralzonenutrition](http://qrco.de/centralzonenutrition)

Use the camera on your phone to scan and register for this class!

### Highlights - Community Resources & Information!

#### How to Market Healthy Food and Drinks



#### Support Positive Mealtimes



#### Newcomer Nutrition Education Toolkit



For more community nutrition resources, visit: [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)

#### Healthy Eating Starts Here

Starting where you live, work, learn and play



Communities ChooseWell: Healthy Eating in Recreation Settings eCourse



## 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  
Early Intervention Support (birth-31/2 yrs)

Physical Therapy  
Speech-Language Pathology  
Social Worker

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

# Kids Summer Day-camps

Registration Opens June 1st

**GIRLS ONLY SLEEPOVER (age 7-12)**  
July 12th

**BOYS ONLY SLEEPOVER (age 7-12)**  
July 13th

**DAY CAMPS – WEEK 1 & 2 (age 7-12)**  
Lamont/Mundare  
July 18-22 & July 25-29

**PRESCHOOL CAMP (age 4-6)**  
St. Michael  
Aug 2-5

**DAY CAMPS – WEEK 3 & 4 (age 7-12)**  
Bruderheim/Chipman  
Aug 8-12 & Aug 15-19

**KIDZ OVERNIGHT CAMP (age 7-12)**  
Pioneer Bible Camp  
Aug 22-24

**ACTIVITIES**

- Interactive Games
- Crafts
- Scavenger Hunts
- Water Fights
- Capture the Flag
- Art & Painting
- AND MORE!

**FIELD TRIPS**

- Swimming
- Telus World of Science
- Valley Zoo
- Fort Edmonton Park

(Preschoolers can join on field trip days!)

Contact us  
780-895-2233 Ext 223

For More Info  
[michelle.a@lamontcounty.ca](mailto:michelle.a@lamontcounty.ca)

# Summer Fun

A gift for you from [twincitiesfrugalmom.com](http://twincitiesfrugalmom.com)



Fun things I want to do this summer:

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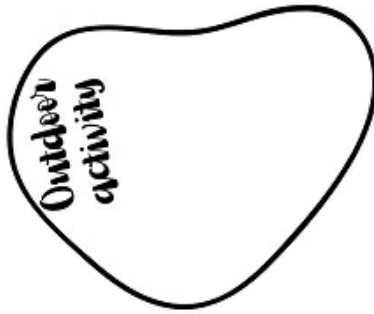
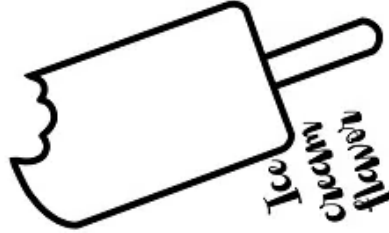


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My favorite:



Fun outdoor activities:

- Go bird watching
- Go on a bike ride
- Fly a kite
- Blow bubbles
- Go swimming
- Catch fireflies
- Jump rope
- Plant seeds
- Paint rocks

Let's go on a scavenger hunt!

Can you find them all?




- Popsicle
- Beach ball
- Sprinkler
- Spider web
- Ice cream
- Ball
- Beach towel
- Flip flops
- Butterfly
- Sunglasses
- Ice cubes
- Bubbles
- Watermelon
- Sand castle
- Sun hat
- Lemonade



twincitiesfrugalmom.com




# July 2022



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Happy  Canada Day! FRN Closed	2
3	4	5 Am - Messy Art Lamont	6 Am - Messy Art Andrew	7 Am - Messy Art Chipman	8	9 Lamont Summer Sizzler 
10 Lamont Summer Sizzler	11	12 Am - Messy Art Bruderheim	13 Am - Messy Art Mundare	14 Teen Overnight Summer Kick- off St. Micheal	15	16
17	18 	19 Am - Science Fun Andrew	20 Am - Science Fun Chipman	21 Am - Science Fun Lamont Pm—Let's Get Creative	22	23
24	25	26	27	28	29	30
31						



# August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9 Am - Science Fun Mundare	10 Am - Science Fun Bruderheim	11 Pm—Let's Get Cooking Mundare	12	13
14	15	16 Am - Nature Nuts Chipman	17 Am - Nature Nuts Lamont	18 Am - Nature Nuts Andrew Pm—Let's Get Creative Andrew	19	20 Mundare Agri-Days 
21	22	23 Am - Nature Nuts Bruderheim	24 Am - Nature Nuts Mundare	25 Pm—Let's Get Cooking Bruderheim	26 Babas & Borshch Festival Lamont 	27 Babas & Borshch Festival Lamont 
28 Babas & Borshch Festival	29	30 EIPS FIRST DAY OF CLASSES	31			