

# Strathcona County Family Resource Network

The Family Resource Network provides a range of programs and services for families with children and youth ages 0-18 years that focus on fostering well-being and resiliency.

## Parenting Support

Parenting is a journey and everyone needs help along the way. We work with parents and caregivers to:

- Identify parenting goals and address challenges
- Encourage positive child and youth development
- Strengthen parent-child interactions

## Social Connections

Navigating the parenting journey can be challenging. Together we can help you build:

- Networks of support
- Awareness of resources, programs and services
- Community connectedness

## Child and Youth Development

Guiding children's development depends on responsive caregiving relationships and each pathway is unique. Together we can explore:

- Healthy brain development
- Positive relationships
- Developmental milestones

