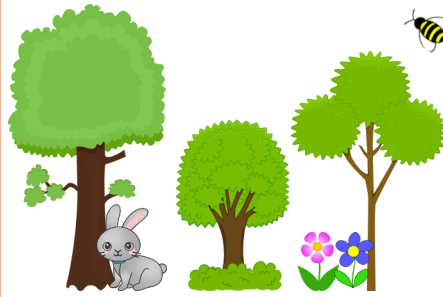


June 2023



SUMMER PROGRAMS ARE HERE!!!
FRN SUMMER FUN REGISTRATION BEGINS JUNE 12

SUMMER FUN

For families with children 0-6 (older siblings welcome) **2023!**

Free!

Registration Required by noon 1 week in advance

Times:
am = 10-11:30 am
pm = 1:30-3 pm

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

Messy Art

Prepare to get creative ...and messy!

- July 4 - Tuesday am - Andrew
- July 5 - Wednesday am - Lamont
- July 6 - Thursday am - Chipman
- July 11 - Tuesday am - Bruderheim
- July 12 - Wednesday am - Mundare

Science Fun

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

- July 18 - Tuesday am - Lamont
- July 19 - Wednesday am - Chipman
- July 20 - Thursday am - Andrew
- July 25 - Tuesday am - Mundare
- July 26 - Wednesday am - Bruderheim

Nature Nuts

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

- August 15 - Tuesday am - Chipman pm - Mundare
- August 16 - Wednesday am - Andrew
- August 17 - Thursday am - Lamont pm - Bruderheim

<https://signup.com/go/dmXWQKb>
 <https://signup.com/go/qjNVZy>
 <https://signup.com/go/xexLdgb>

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.



Ready when you are.

Rapid Access Counselling
Change. One conversation at a time.
Contact your local Family Resource Network (FRN) to book a session
Visit <https://rac.janeapp.com/> or call 1.877.244.2360

Wholesome Dad Jokes

1. What do sheep do on the weekend?
2. Why did the robot go on vacation?
3. What does the snowman plan to do this summer?

Answers: 1. Baa-baa-que. 2. To recharge his batteries. 3. Chill out.



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.b@lamontcounty.ca

Be sure to check out the FCSS Summer Programs for ages 7-11 and their Pre-school Camp that is offered the beginning of August! Also keep your eyes peeled for more to come from the Kalyna Family Resource Network Lamont County Region...we are working with youth at the high school to determine what they would like to see for ages 12-18 throughout the summer!

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.



What is an Ages & Stages Questionnaire?

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



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.

For more information:

Call: (780) 895-2233 ext. 244
Facebook: Family Resource Network Lamont County Region
Email: erin.t@lamontcounty.ca

<https://agesandstages.com/about-asq-for-parents>



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 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



How do I complete one?

Go to these links for more information on completing both screenings:
ASQ-3
<https://www.asqonline.com/family/70d5a8>

ASQ-SE
<https://asqonline.com/family/af517f>



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 Health Services (AHS)
- Early Childhood Coalitions of Alberta
- Various municipal governments
- Family Day Homes
- Various Seniors Centres
- CALC
- Family and Community Support Services (FCSS)
- Alberta Children's Services
- Primary Care Network
- Local Libraries
- Prairie Central FASD
- Local Community Clubs
- Local School Divisions
- Local Food Hampers
- WJS Canada

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 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.

FRN Programs & Information



Join us for

PARK PLAY & PARENTING

Dress for the weather and bring a chair & something to drink. We will talk parenting challenges and successes while the children spend time at play. 30 minutes will also focus on parent-child connection. *Kids in school but want to connect with other parents?*

Come on out!

10:00am to 11:30am

Wed., June 7 - Mundare Victory Park (54 Ave)
Wed., June 14 - Bruderheim Sunset Park (51 Street)
Wed., June 21 - Lamont Hillside Park (50 Street)

Please register at least ONE week in advance. Please register only if you will attend.

To register: <https://signup.com/go/KjcrRdA> or scan this code: 



Programs are weather dependent. If there is indoor space available then we will move indoors. The facilitator will message you if there is a change.



Connecting Generations

BUILDING BIRDHOUSES AND CONNECTIONS

Friday, June 16, 2023
10:00 - 11:30 am

Join us and learn how to build your own bird house while we craft, snack, and make connections with our friends at Beaverhill Pioneer Lodge in Lamont.

This program is FREE to families with children ages 0-6 and homeschool families but REGISTRATION IS REQUIRED. Please register by noon June 9, 2023.

Registration Link: <https://signup.com/go/yIcIbZN>
Please enter around the back at the main doors. We will be upstairs in the Activity Room beside the elevator.



Beaverhill Pioneer Lodge






GRACE IN PROGRESS



1-3PM | JUNE 27, 2023 | \$10
Covers cost of craft.

LAMONT HILLSIDE PARK SHELTER

A self-care program for parents of children ages 0-18. Join us as we explore self-care, gratitude and resilience.

Free onsite childcare is provided for ages 18m+
Weather permitting, children will play at the playground and spray park.
Online registration is required by noon June 20, 2023.
<https://signup.com/go/tmjW0F>

For more information, email: erin.b@lamontcounty.ca or call 1-877-895-2233 ext 244



Babysitter Safety Course







Ages 11 and Up
June 29, 2023
9:00 am - 4:00 pm
\$50/participant
Bruderheim Youth Centre (above arena)
Register by Thursday, June 22 at NOON.


Students must bring their own lunch, a doll suitable for diapering, and a pen and paper to the course.

This program is a partnership between Kalyna FRN Lamont County Region, FCSS Lamont County Region, Kidproof Canada & the Town of Bruderheim

Limited space!!!
For more info & to register email erin.b@lamontcounty.ca



Volunteer Opportunity for ages 12-18



Kalyna Family Resource Network (FRN) Lamont County Region
Program LEADER IN TRAINING (LIT) Opportunity

Kalyna FRN Lamont County Region is looking to fill five (5) Casual Summer Program LEADER IN TRAINING positions (for applicants 12-18 years old) for the FRN Summer Fun programs for families with children ages 0-6. Positions are held within Lamont County. We are looking to have a Leader in Training from each community (e.g., if you live in the Andrew area, you would be assigned position #1 in Andrew). This is an excellent opportunity to build your resume and gain experience.

What you need for the job:

- Responsibilities for Leader in Training include help the FRN Programmer to:
 - Participate in training day in Lamont prior to program start (June 30, 2023 from 9:30am sharp to 12:30pm).
 - Arrive at the program 30 minutes before it starts to help set up - you must have your own transportation.
 - Assist presenting program learning and development activities such as crafts, games, physical activities, etc.
 - Keep everyone to stay safe and enjoy the programs.
 - Clean up after the program.
 - Be a leader.

What we are looking for:

- Knowledge, experience and/or interest in working with children ages 0-6.
- Strong interpersonal and communication skills.
- Maturity, high energy levels and a positive attitude.
- Creativity, able to go with the flow, and good sense of humor.
- Able to teach others new skills and learn some new ones yourself.

Five Summer Program LIT positions are available. This flexible volunteer position allows you to work up to three shifts in your community in July and August 2023. You are required to attend the staff training day.

The volunteer position is approximately three hours per day, for three days over the summer. For each shift that you volunteer, you will receive an honorarium of \$25.

*If a position in a community is not filled by someone from that community, there may be opportunity to work in more than one position. In your application, please confirm your regional location, the days you are available, and if you are interested in other position locations.

Location	Position #1 Andrew	Position #2 Lamont	Position #3 Chipman	Position #4 Bruderheim	Position #5 Mundare
Shift:	July 4 - am	July 5 - am	July 6 - am	July 11 - am	July 12 - am
Am = 9:30 to noon	July 20 - am	July 18 - am	July 19 - am	July 26 - am	July 25 - am
Pm = 1:00 to 3:30	August 16 - am	August 17 - am	August 15 - am	August 17 - pm	August 15 - pm

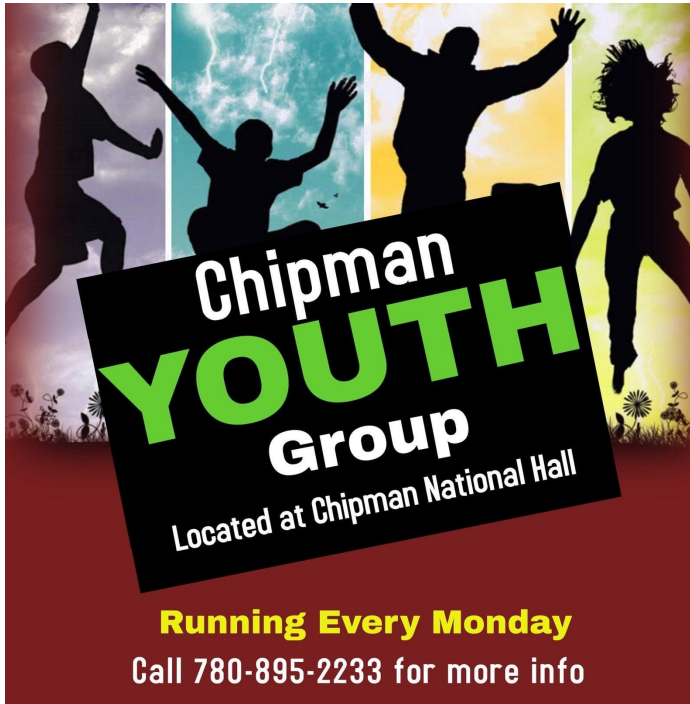
Apply as soon as possible. This position is open until June 20, 2023, at noon.

Please submit an online application or forward your resume:

Erin Ballance
Kalyna FRN Lamont County Region
5303-50th Ave. Administration Bldg.
Lamont, AB T0B 2R0
Phone: (780) 895-2233 ext 244
Email: erin.b@lamontcounty.ca

Kalyna FRN Lamont County Region thanks all applicants for their interest, however only those who have been selected for an interview will be contacted.



Community Programs & Information



**Chipman
YOUTH
Group**
Located at Chipman National Hall

Running Every Monday
Call 780-895-2233 for more info

**3:30 - 6:30pm All Children and Youth
Aged 7 and older**
Parents: Remember to fill out our one time permission form for the year!!


FCSS
Family and Community Support Services
Lamont County Region
1-8-11-8

Teaser Poster **Kids
Summer
Day-camps**

Registration Opens
June 1st

6-year olds are accepted as long as they were in Grades 1-6 this past year.

GIRLS ONLY SLEEPOVER (Grades 1-6)
July 11th-12th

BOYS ONLY SLEEPOVER (Grades 1-6)
July 13th-14th

DAY CAMPS - WEEK 1 & 2 (Grades 1-6)
Lamont/Mundare
July 17-21 & July 24-28

PRESCHOOL CAMP (age 4-6)
St. Michael
Aug 8-11

DAY CAMPS - WEEK 3 & 4 (Grades 1-6)
Bruderheim/Chipman
July 31-Aug 4 & Aug 14-18

KIDZ OVERNIGHT CAMP (Grades 1-6)
Pioneer Bible Camp
Aug 22-24

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

FIELD TRIPS (Tentative)
Swimming
Telus World of Science
Trampoline Park
Fort Edmonton Park

Contact us
780-895-2233 Ext 223

For More Info
michelle.a@lamontcounty.ca

Nutrition Services | Central Zone

FREE Online Nutrition Classes

Join Public Health Dietitians in family-centred classes to learn more about nutrition topics that matter to you! Classes include:



Scan here
or visit:
qrco.de/centralzonenutrition



Check out these pre-recorded videos:

**Feeding Babies:
Mini Series**



bit.ly/feedingbabiesvideos
Created by AHS
South Zone Public
Health Dietitians

**Tips for Success:
Mealtime Struggles**



bit.ly/peasTipsForSuccess
Created by AHS
Pediatric Eating and
Swallowing

Looking for more help?

Call your local **Community Health Centre** and ask to talk to your **Public Health Dietitian**.

You can also call **811** and ask to speak with a dietitian.

Nutrition Handouts: ahs.ca/NutritionHandouts



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

Community Programs & Information

Children's Rehabilitation Services



- Services for children and youth 0 to 18
- Covered under your child's Alberta Health Care plan
- Families are involved every step of the way
- Referrals can be made by families or health professionals

We can help with:

- concerns about your child's development
- speech, early language, hearing, interactions with others
- feeding, eating, dressing, toileting
- outings, play, and sleep
- walking, mobility, head shape



Call: 1-855-414-5272
Email: Childrens.RehabilitationReferrals@ahs.ca



Early Childhood Intervention Program

Children's Rehabilitation Services



- Services for infants and children 0 to 5 years old who live in Central Alberta
- Wondering if your child is meeting developmental milestones?
- Is your child experiencing or at increased risk for developmental delays?

ECIP offers:

- Information about development, behavior, play and parenting
- Connections to community resources and services
- Support to your family setting goals and planning for the future
- Collaboration with your child's health team
- Services that are provided in various ways; in your home, in the community, virtual appointments or phone consultations



Referrals can be made by families or health professionals
Phone: 1-855-414-5272
Email: Childrens.RehabilitationReferrals@ahs.ca



AHS Central Zone
Nutrition Services

Hearing screening for your baby

Alberta's Early Hearing Detection and Intervention (EHDI) Program is a province-wide service that identifies permanent hearing loss as early as possible in a baby's life.

Our services include:

- Screening babies for hearing loss by 1 month of age
- Diagnosing permanent hearing loss by 3 months of age
- Ensuring access to intervention by 6 months of age



Babies are never too young to have their hearing checked (screened)



Permanent hearing loss is one of the most common conditions in newborns. Even though a baby may respond to sounds, they may not hear well enough to develop speech and language.

Having your baby's hearing screened soon after they are born is the best way to find hearing loss early and get the support needed to help your baby build speech, language and learning skills.

How is hearing screening done?

While your baby is quiet or sleeping, soft sounds are played into your baby's ears and a computer measures how your baby is hearing sound.

Hearing screening is quick, safe and won't hurt your baby.

When is hearing screening done?

It's done soon after birth, either before your baby is discharged from the hospital or at a community screening site.

When will I get the results?

You will get the results as soon as the screening is done. The result of the test is pass or refer.

What does a pass result mean?

It means that your baby is hearing well on the day of the screening. It is a good idea to monitor your baby's hearing, even after a pass result, using the checklist on the back of this handout.

What happens if my baby doesn't pass the hearing screening (refer result)?

Your baby will need to go for a more specialized hearing test to confirm or rule out hearing loss. Most babies who need further testing are found to have normal hearing, but some are found to have hearing loss. This test is done by a pediatric audiologist (a health care provider who specializes in children's hearing).

Goodbye Mealtime Struggles



Join a registered dietitian and occupational therapist to:

- Explore the various reasons behind mealtime struggles.
- Leave with strategies to make mealtimes happy times!

This class is **FREE** and online*

for parents and caregivers of children 1-5 years

For more information and to register:

Visit Eventbrite at arco.de/centralzonenutrition

Or scan your phone here:



Classes are offered once per month either in the afternoon or evening. See Eventbrite for dates.

* In-person classes may be available in some communities. Visit Eventbrite for details.



Learn more at AHS.ca/ehdi or by calling Health Link at 811.

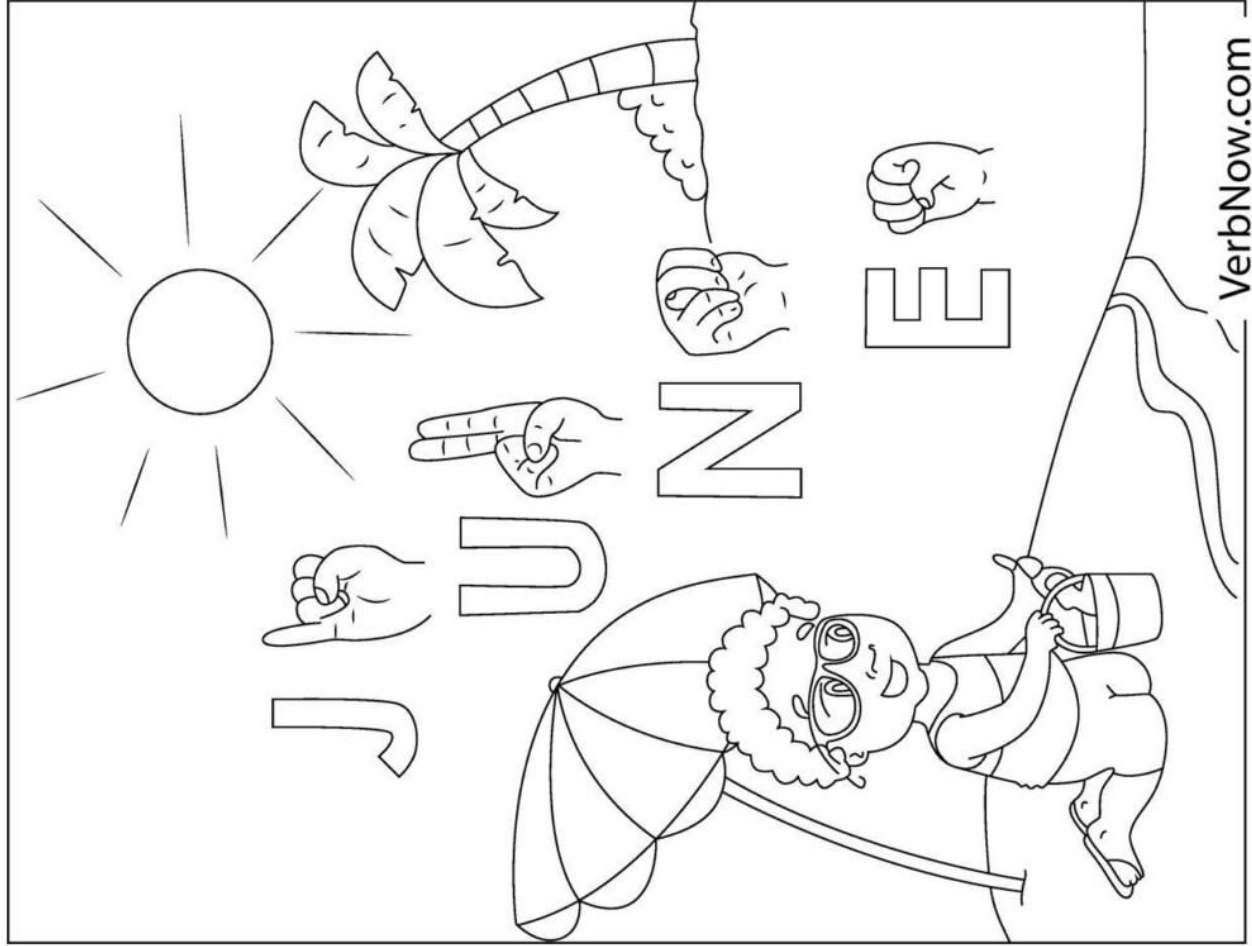
NOVEMBER 2016



Early Hearing Detection & Intervention Program



June Fun!



JUNE

WORD SEARCH

U	Y	D	P	S	R	N	J	U	N	E	Q
M	V	C	I	J	E	N	J	G	U	X	K
I	N	A	R	Q	M	O	Q	B	P	C	V
G	P	N	T	T	M	I	L	D	G	A	C
A	A	O	E	B	U	T	M	B	N	M	O
R	A	E	X	H	S	A	X	E	S	P	L
R	W	I	D	D	I	C	Y	A	O	I	L
K	L	N	N	A	S	A	T	C	S	N	E
X	P	G	E	L	Q	V	V	H	S	G	G
G	R	A	D	U	A	T	I	O	N	T	E
D	D	F	Z	D	K	X	C	Q	B	J	I
A	N	N	I	Z	S	S	C	H	O	O	L

Beach

Camping

Canoeing

College

Graduation

June

School

Summer

Trip

Vacation

June Fun!



SUMMERTIME FUN!

This summer I will:




My summer goals:

A drawing of my favorite summer activity:

My favorite summer treat:



June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 AHS Virtual Child Development Walk – in Clinic FCSS Summer Camp registrations open today! 	2	3
4	5 Chipman Youth Group	6 Bruderheim Youth Group	7 EIPS—Early Out Park Play & Parenting Mundare	8 Youth Soaring Project Lunch meeting #2	9	10
11	12 FRN Summer FUN registration begins today!  Chipman Youth Group	13 Bruderheim Youth Group	14 Park Play & Parenting Bruderheim	15	16 Connecting Generations 	17
18 Happy Father's Day!	19 KFRN Closed for Network Meeting Chipman Youth Group	20 Bruderheim Youth Group	21 First day of summer! Park Play & Parenting Lamont	22 Youth Soaring Project Lunch meeting #3	23	24
25	26 Chipman Youth Group	27 Bruderheim Youth Group Grace in Progress Lamont	28 EIPS Last Day of School	29 Babysitting Course	30 KRNFLIT Staff Training	