



Scan the code
below to register.

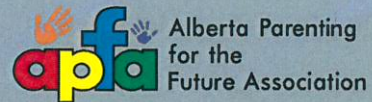


Fear-Less Triple P



A 6 week parenting program to help parents of children aged 6 - 14 to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a tool box of strategies and choose the most effective to respond to their child's anxiety.

- **September 14th - October 19th.**
- **9:30-11:30 am.**
- **Border Paving Athletic Centre.**
- **Childcare spaces available.**
- **Registration is required.**





**3 Part Series for \$30
(subsidy available)**

Collaborative Communication Series

Conflict is inevitable in our lives, but it doesn't always have to be stressful.

In this three- part series, you will learn how to collaboratively communicate through conflict to gain understanding of the other party and to share your perspective in a way they can hear you. You'll have a chance to try out the skills you learn in a supported environment lead by a Conflict Resolution Practitioner.

Session 1: Conflict & Conflict Styles

Session 2: Listening Skills (Listening to Understand)

Session 3: Speaking Skills (Assertive Communication)

November 15, 22, & 29, 2022

7:00 pm—9:00 pm

Online Via Zoom

Registration:

www.sprucegrove.org/fcssprograms



Booking Code:
20SpruceGrove22

Children, Teens, and Technology: Raising Kids in the Age of Screens

This three-hour session supports both caregivers and professionals in finding technology balance for children, youth, and themselves. Participants will be presented with perspectives from both sides of the debate, current research regarding children and youth's relationship with technology and media, and strategies for healthy technology use.

September 22, 2022
1:00 - 4:00 p.m.

Border Paving Athletic Centre
9 Tri Leisure Way
2nd Floor; Lodgepole/Pine Room

sprucegrove.org/fcssprograms



EDMONTON



Recovery
College



parkland
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Building Your Toolbelt: Caring for Others & Yourself

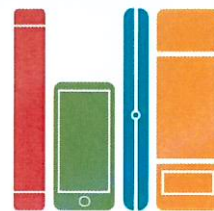
FREE COURSE

Learn to support and care for
yourself while caring for others

Saturdays: Nov. 19 - Dec. 3, 10 AM - Noon



SPRUCE GROVE
FCSS
Family and Community
Support Services
WeBuildAlbertans



Spruce
Grove
Public
Library



recoverycollegeedmonton.ca



EDMONTON
**Recovery
 College**



**parkland
 county**

ADULTING 101

FREE SESSIONS IN-PERSON

16-24 years, learn about relationships, money management, self-care and life balance in a safe and confidential space.

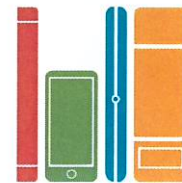


SPRUCE GROVE

FCSS

Family and Community
 Support Services

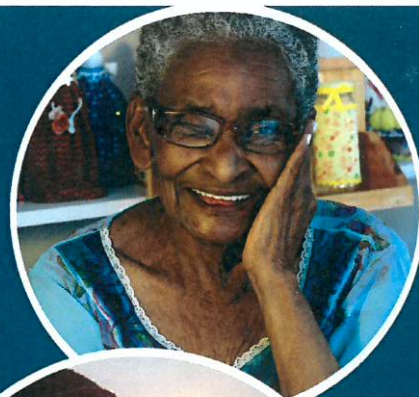
WeBuildAlbertans



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 Grove
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 Library



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FREE MENTAL HEALTH FIRST AID SUPPORTING OLDER ADULTS TRAINING

- ✓ Two full days of training
- ✓ Training will start at 8:30AM, with two coffee breaks and a lunch break
- ✓ Beverages and snacks will be provided
- ✓ Mental Health Commission of Canada will issue certificates through emails two weeks after completion of training

WHEN: SEP 19 - 20

WHERE: Great Horned Owl/Lodgepole
Room at Border Paving Athletic Centre
(9 Tri Leisure Way #100, Spruce Grove)
Registration password: 20SPFCSS22



To learn more or register for one of the training sessions, please scan the respective QR code and use the password provided!



WHEN: NOV 22 - 23

WHERE: Wabamun Jubilee Hall
(5132 53 Ave, Wabamun)
Registration password: 20WabPark22