

MOUNTAIN VIEW FAMILY RESOURCE NETWORK

JUNE 2021 INFORMATION GUIDE

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GET SOCIAL WITH US!

@MVFRN



FACEBOOK

@MVFAMILYRESOURCENETWORK



INSTAGRAM

MVFRN.CA



WEB PAGE

MOUNTAIN VIEW

Family Resource Network

Alberta Provincial Family
Resource Networks



MVFRN

WHAT IS THE MOUNTAIN VIEW FAMILY RESOURCE NETWORK?

ABOUT US

WHAT IS A FAMILY RESOURCE NETWORK?

Funded by the Government of Alberta, Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18.

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.



WHO CAN ACCESS THE MVFRN'S SERVICES?

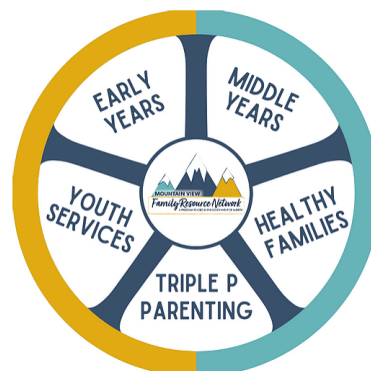
The Mountain View Family Resource Network serves families of children and youth under the age of 18, residing in Mountain View County.

COMMUNITIES

CARSTAIRS
CREMONA
DIDSBURY
SUNDRE
OLDS
SURROUNDING AREAS

PROGRAMS + SERVICES

INDIVIDUALIZED
FAMILY SUPPORT
TRIPLE P PARENTING
DEVELOPMENTAL
SCREENING
HEALTHY FAMILIES
HOME VISITATION
EARLY YEARS
MIDDLE YEARS
YOUTH SERVICES



THE HUB AND SPOKE SERVICE MODEL

The MVFRN HUB coordinates information and referrals; supporting families to navigate services and help identify and access the services and resources available in each participating community.

Our goal is to build family resiliency with programs and services for children, youth, and their families.

The "SPOKES" will provide the direct supports and services which include Early Years, Middle Years, Youth, and their families! We also hold a formal partnership with Accredited Supports to the Community to provide the Healthy Families Home Visitation and In-Home Triple P Parenting Programs.

CONTACTS



1-877-761-0033



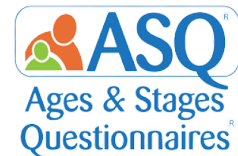
info@mvfrn.ca



1606 14th Street
Didsbury, AB



Open Monday - Friday
8:30 am - 4:30 pm



Healthy Families is an in-home service that helps families build trusting relationships, and support healthy child growth and development. This service is for families with children under the age of 6.

Triple P (Positive Parenting Program) is available to families with children 0-17 years. Triple P is an internationally recognized, evidence-based program that gives parents the skills they need to build strong relationships, manage misbehaviour, and prevent problems from happening. Support is individualized to each family and is offered in the community or as an in-home service.

Developmental Screening is an opportunity for parents to monitor and support the crucial development of their children ages 0-5 years.

Individualized Family Support is for parents wishing to meet with our Family Resource Specialist "one on one" to provide support, information, and help to address parenting challenges and trying life transitions.

Early Years offers programs and services to children and their families/caregivers beginning when parents are expecting, right up until children are 6 years of age. **Services include:** individualized family support, parent education, social connection opportunities, developmental screening, and pre/post-natal supports.

Middle Years offers programs and services to children and their families /caregivers that range in age from 7 to 12 years of age. **Services include:** individualized family support, parent education, and social opportunities for the children.

Youth Services offers programs and services to youth and their families /caregivers that range from 13 to 18 years of age.

Services include: individualized youth support, individualized family support, parent education, social connection, and skill development.



FEATURED EVENTS

POST PANDEMIC LIFE WEBINAR WITH MELISSA KROKER

POST PANDEMIC LIFE WEBINAR

MAKING SENSE OF WHERE WE'VE
BEEN & WHERE TO GO NEXT

Join Melissa Kroker, MA, Registered Provisional Psychologist as she talks about post-pandemic experiences and offers some concrete strategies for ourselves and our families.

MK
PSYCHOTHERAPY

This presentation has been created for the Mountain View Family Resource Network and offers local resources.



REGISTER: visit www.mvfrn.ca or email info@mvfrn.ca



Online via Zoom
August 4th 2:00 pm
August 4th 7:00 pm
August 16th 10:00 am
August 16th 7:00 pm



PROGRAMS & EVENTS

Early Years 0-6

Early Years

Early childhood is a time of great growth and brain development. Building a strong foundation in the early years will support future learning. Early relationships, attachment, and family environments are all very influential on building a strong foundation for future growth and development.

Teddy Bear Picnic!

**Bring your teddy bear and a blanket
and join us for a picnic!**
Ages 6 and under

10AM - 11AM

Email info@mvfrn.ca or
visit www.mvfrn.ca to
register!



July 6th in Sundre
July 12th in Olds
August 10th in Didsbury
August 19th in Carstairs
August 25th in Cremona

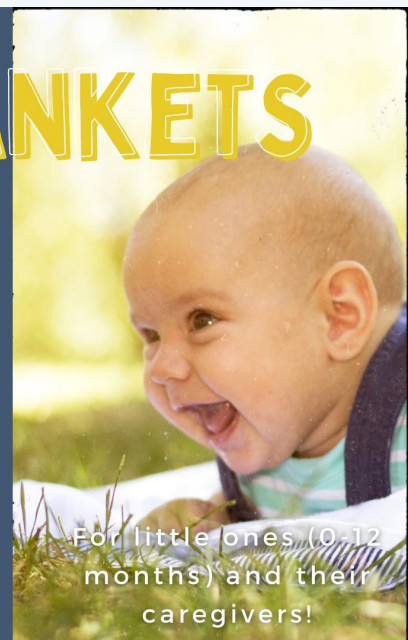
BABIES & BLANKETS

DATES AND LOCATIONS

July 7th in Didsbury
July 13th & September 1st in Carstairs
August 11th in Cremona
August 17th in Sundre
September 2nd in Olds

10AM - 11AM

Email info@mvfrn.ca or visit
www.mvfrn.ca to register!



For little ones (0-12
months) and their
caregivers!



PROGRAMS & EVENTS

Early Years 0-6

Early Years

Early childhood is a time of great growth and brain development. Building a strong foundation in the early years will support future learning. Early relationships, attachment, and family environments are all very influential on building a strong foundation for future growth and development.

BABY TALK



**A GREAT PLACE TO
LEARN MORE ABOUT
YOUR AMAZING
BABY AND MEET
OTHER NEW
PARENTS**

DATES

SEPTEMBER 9TH, 16TH, 23RD, 30TH
OCTOBER 7TH

TIME

10:30AM - 12:30PM

LOCATION

DIDSBURY NEIGHBORHOOD PLACE
1606 14TH STREET, DIDSBURY

HIGHLIGHTS

- ✓ Infant sleep
- ✓ Infant temperament
- ✓ Brain development
- ✓ Starting solids & making baby food
- ✓ Infant massage
- ✓ Parent survival & adjustment and more...



REGISTER

EMAIL: info@mvfrn.ca
VISIT: www.mvfrn.ca

**BABIES IN ARMS
WELCOME!**

POP UP PLAY IN THE PARK

Ages 6 & under

REGISTER
visit www.mvfrn.ca
email info@mvfrn.ca



Dates & Locations

AUGUST 5TH IN CARSTAIRS
AUGUST 6TH IN SUNDRE
AUGUST 18TH IN OLDS
AUGUST 24TH IN DIDSBURY
AUGUST 31ST IN CREMONA

10:00 AM - 11:00 AM



PROGRAMS & EVENTS

Middle Years 7-12

Middle Years

Middle Years is a time of transition between childhood and youth. Children develop foundational skills for building healthy social relationships and learn roles that will prepare them for adolescence and adulthood!

Mountain View County

SCAVENGER HUNT

Submit your completed hunt to info@mvfrn.ca and be entered to win a PRIZE!

WHAT	Use clues to navigate a county-wide scavenger hunt with your family!
WHERE	Carstairs, Cremona, Didsbury, Olds, and Sundre
WHEN	JULY 5TH TO AUGUST 26TH

REGISTER FOR THE HUNT

Visit www.mvfrn.ca or email info@mvfrn.ca to receive a copy

SCIENCE

IN THE PARK

Ages 7 - 12

UPCOMING DATES

July 8th - Carstairs
July 14th - Cremona
August 12th - Olds
1:00 - 2:00 PM

REGISTER

Email info@mvfrn.ca
or visit www.mvfrn.ca



PROGRAMS & EVENTS

Youth Services 13-18

Youth Services

These years are a time of transition from adolescence to adulthood. It is influenced by growing independence and decision making, responsibility, and new opportunities.

AROUND THE CAMPFIRE

Join us for a hot dog roast, soap carving, & campfire building!

AUGUST 7TH - DIDSBURY 11AM-1PM
AUGUST 26TH - SUNDRE 6PM TO 8PM

Ages 7-18 + parents & caregivers

REGISTER
visit www.mvfrn.ca
email info@mvfrn.ca

MOUNTAIN VIEW
Family Resource Network
Alberta

OLD'S BOWLING ALLEY
BOWLING GAMES PIZZA

Teen DROP IN NIGHT 13+

5327 50th Ave, Olds

TUESDAY, AUGUST 17TH 7PM - 9PM

REGISTER: VISIT WWW.MVFRN.CA OR EMAIL INFO@MVFRN.CA

MOUNTAIN VIEW
Family Resource Network
Alberta



SUPPORT GROUPS

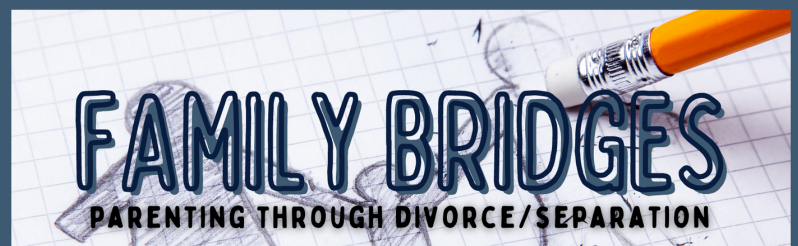
Monthly

Family Bridges is a group for parents who are experiencing the end of a relationship. Meetings are held monthly, online via Zoom. Let's talk about hard things, build a support system, share resources and learn valuable skills to navigate through this life transition.

Second Time Around is a group for grandparents who find themselves raising their grandchildren. Meetings are held monthly, online via Zoom. Connect with others as we explore topics such as relationship changes, boundaries, grief/loss, and self-care.

The Village is a group for parents who are experiencing the ups and downs of raising teens! Meetings are held monthly, online via Zoom. Connect with others and develop skills as we explore topics such as relationship changes, boundaries, parenting role challenges, self-care, and youth development.

Juice Box Parenting is a group for parents raising children between the age of 0-7 years. Meetings are held monthly, online via Zoom.



REGISTRATION IS REQUIRED VISIT WWW.MVFRN.CA EMAIL INFO@MVFRN.CA



LEARNING OPPORTUNITIES

Learn With Us

Triple P Parenting Program

When you are a parent, everyone has advice. But with so many conflicting opinions around, how do you know what's best and what works? Triple P - Positive Parenting Program is a world acclaimed parenting program that gives you the skills to manage misbehavior and prevent problems from happening in the first place.

From toddler tantrums to teenager's defiance, from bedtime drama to outright disobedience, Triple P helps you work through the issues that affect families everywhere. Triple P also has support for families whose children struggle with anxiety.

Triple P services may include brief tipsheets sessions on specific problems, seminars, discussion groups, four week one on one sessions and eight to the week groups sessions. Services are offered by an accredited practitioner onsite, online or in-home.

For more information on Triple P contact the MVFRN.

Are you concerned about your child/teen experiencing anxiety?



FEAR-LESS

Triple P Seminars

Offered in-person & online via Zoom

Being a parent to a child or teen who is experiencing anxiety can be tough. Anxiety can affect day-to-day functioning and family, school, and social life. This session will support you in helping your children learn to manage anxiety. You will be introduced to great information about anxiety and provided with positive parenting strategies that support the development and behavior of your children and their anxieties.

Fear-Less Triple P is for parents/caregivers of children 6 - 14 years.

August 18th from 1:00pm - 3:00pm - Didsbury Neighborhood Place
OR
August 18th from 6:00pm - 8:00pm - Online via Zoom

REGISTER Email info@mvfrn.ca Call 1-877-761-0033 Visit www.mvfrn.ca




FEAR - LESS GROUP TRIPLE P PROGRAM

Anxiety can affect day-to-day functioning and family, school, and social life. Fear-Less Group is a 6 session workshop that helps parents and caregivers understand anxiety and offers specific strategies that will support you and your child. This group is for parents/caregivers of children who struggle with anxiety between the ages of 6-14 years.



THURSDAY'S
September 2nd to October 7th
Time TBD



Register online by visiting mvfrn.ca or by email at info@mvfrn.ca

CONTACT US

1-877-761-0033



PHONE

INFO@MVFRN.CA



EMAIL

QR CODE



WEBSITE

ONLINE EVENTS & PROGRAMS CALENDAR

Have you checked out the events and programs calendar on the Mountain View Family Resource Network's website? Families can now view a variety of local programs and activities taking place for children, youth and families in Mountain View County.

SEND US YOUR AGENCY'S EVENTS & PROGRAMS

EMAIL INFO@MVFRN.CA**Include the following:**

Program name/date/time

Brief description

Demographics

Registration information

Graphics/logos

MOUNTAIN VIEW

Family Resource Network

A PROGRAM FUNDED BY THE GOVERNMENT OF ALBERTA

Alberta Provincial Family
Resource Networks