

FAMILY SCHOOL WELLNESS



SEPTEMBER NEWSLETTER 2022

**Wishing everyone a Happy Back to School month!**

Feel free to always check this newsletter for great websites for parent support on parenting, resources for children for a variety of topics/themes. Most of them are free!!

1. Caregiver Education - excellent online resources, tip sheets, videos, webinars and more! They update their calendar of events monthly:

<http://www.cyfcaregivereducation.ca/>

2. Community Education Service (AHS) - another excellent resource for free online education services for parents & caregivers. Do them when you have time and at your own speed:

<https://community.hmhc.ca/>

3. Institute of Child Psychology - a great resource from Leduc, Alberta that does require a membership, but then you have access to so many amazing courses and loads of free resources on any topic relating to parenting & any topics related to children!

<https://instituteofchildpsychology.com/>

#### LOCAL RESOURCES:

1. Mountain View Family Resource Network - local organization that can help assist families in a number of wonderful ways. They have events & classes each month and that is available on their calendar:

<https://www.mvfrn.ca/>

**2. Family Community Support Services (FCSS) – a fantastic community resource to help families & individuals in need for a variety of ways:**

**<https://www.carstairs.ca/p/carstairs-fcss-community-resources>**