

## Chinook Park School

### 2022 Parent Health Fair Exhibitor Information and Resources

The following is a list of all exhibitors that participated in the 2022 Chinook Park School Parent Health Fair. There is a wealth of information included here and is intended to be shared widely for families that may be interested in the various programs, services or products that support parent, family and children's' health and wellbeing.

Organization Name	Description & contact information
<b>Healthy Food and Eating</b>	
NuLeaf Farms	<p><a href="https://nuleaffarms.ca/">https://nuleaffarms.ca/</a></p> <p><i>“From our vertical farm facility in Calgary, Alberta, we offer a range of all-in-one hydroponic indoor farms to help growers of any size. So if you’re looking to grow your produce from home, or an organization needing to reduce your environmental impact while simplifying your supply chain, NuLeaf Farms has a solution for you to help create a sustainable food future.”</i></p> <p>Click here to order or start growing your own plants at home: <a href="https://nuleaffarms.ca/shop/">https://nuleaffarms.ca/shop/</a></p>
Gilded Spoon	<p><a href="https://gildedspoon.com/">https://gildedspoon.com/</a></p> <p>Healthy meal kits ~ <i>“Chef Melissa has worked among several award-winning chefs at Michelin star restaurants and developed recipes for major food magazines. Inspired by her experience, along with the desire to make incredible, high-quality dishes for all, Gilded Spoon was established to bring amazing multiple course meal kits to the home cook and their most discerning dinner guests”</i></p>
The Casual Gourmet E-Cookbook	<p><a href="https://www.nataliescoreyoga.com/the-casual-gourmet-ecookbook">https://www.nataliescoreyoga.com/the-casual-gourmet-ecookbook</a></p> <p>The Casual Gourmet – A cookbook for the fancy, but not so fancy home cook. To order the cookbook (\$25): <a href="https://www.nataliescoreyoga.com/contact">https://www.nataliescoreyoga.com/contact</a></p>
<b>Yoga</b>	
Natalie’s Core Yoga	<p><a href="https://www.nataliescoreyoga.com/">https://www.nataliescoreyoga.com/</a></p> <p><i>Yoga, pilates and functional movement</i> - In person and online zoom classes.</p>
<b>Music and Singing</b>	
Calgary Children’s Choir	<p><a href="https://calgarychildrenschoir.com/">https://calgarychildrenschoir.com/</a></p> <p><i>“Established in 1987, The Calgary Children’s Choir has built an international reputation of excellence and fostered a life long love of music in hundreds of young people. Members receive outstanding training in choral technique and musical theory, perform several times a year, and build lasting relationships. The Calgary Children’s Choir promotes an environment of family and community through our mentoring programs, allowing each child to shine and grow vocally in a safe, supportive environment.”</i></p>
<b>Counselling and Therapy</b>	
Resilient You Art Therapy	<p><a href="https://www.resilientyouarttherapy.com/">https://www.resilientyouarttherapy.com/</a></p> <p><i>“Art Therapy offers an effective way to find your path forward, heal, reach your goals and thrive”...” Go from struggling with stress, anxiety, depression, grief or uncertainty to feeling supported, finding clarity, and having energy for your next steps”</i></p>

	<p><i>Suzanne Styles is a certified Professional Art Therapist registered with the Canadian Art Therapy Association.</i></p>
Great Heights, Calm Minds	<p><a href="https://greateheightscalmminds.com/">https://greateheightscalmminds.com/</a></p> <p><i>Carley Hyder is a clinical Psychologist. She specializes in Child Counselling, Teen Counselling and Assessments and is a Registered Psychologist with the College of Alberta Psychologists.</i></p>
Carya	<p><a href="https://caryacalgary.ca/">https://caryacalgary.ca/</a></p> <p><i>“carya is a social profit agency in Calgary dedicated to creating strong families and communities for generations. We're here for all Calgarians seeking support with mental, physical, emotional and financial wellbeing”</i></p> <p>Parenting Groups, Support, and Family Counselling in Calgary:  <a href="http://caryacalgary.ca/our-programs/family-support/">http://caryacalgary.ca/our-programs/family-support/</a></p>
Cornerstone of Hope	<p>Support for children and parents through separation, divorce or death  <a href="https://www.cornerstoneofhope.ca/">https://www.cornerstoneofhope.ca/</a></p> <p><i>“CORNERSTONE OF HOPE is a Calgary based, not-for-profit organization that helps families live through loss and thrive in the face of adversity. Our programs for children and adults assist the participants to deal with the emotions around divorce, separation, or death and help restore emotional wholeness. Each program is a 12-week, small peer-support group that meets to share with each other and gain the emotional strength needed to be able to deal with what life has dealt to them. There are groups for all ages.”</i></p>
Mental Health Literacy	<p>Mental health resources for parents: <a href="https://mentalhealthliteracy.org/parents/">https://mentalhealthliteracy.org/parents/</a></p> <p><i>“Our team is committed to creating and delivering the highest quality mental health literacy information, research, education and resources. Our materials are provided in a variety of mediums that include videos, animations, brochures, e-books, face-to-face training programs, and online training programs. Our materials are specifically designed to meet the needs of children, youth, young adults, families, educators, community agencies and health care providers.”</i></p>
Wood’s Homes	<p>Children’s Mental Health Centre: <a href="https://www.woodshomes.ca/">https://www.woodshomes.ca/</a></p> <p><i>“We are a children’s mental health centre that provides treatment and support for children, youth and families with mental health needs. More than 600 staff and 100 volunteers work in Calgary, Lethbridge, Strathmore and Fort McMurray.</i></p> <p><i>Our services range from the least intrusive to live-in treatment services. Our 40+ programs fall under six pillars, including Crisis &amp; Counselling, Short-Term Stays, Services for Parents and Families, Live-in Treatment, Specialized Learning Centres and Opportunities for Youth.</i></p> <p><i>Our continuum of services includes specialized treatment, assessments, leading-edge counselling services and education. Services are focused on early intervention and prevention, immediacy of response and family-centred, trauma-informed care. Consideration of cultural backgrounds is a key component of our treatment.”</i></p>

<p>Closer to Home Community Services</p>	<p><a href="https://closetohome.com/">https://closetohome.com/</a></p> <p><i>“Closer to Home Community Services (CTH) is a charitable organization located in Calgary, AB since 1995. CTH provides wide range of services designed to meet the unique needs of children, youth and families.” ...” programs and services incorporate treatment strategies that respect and affirm culture, traditions, and beliefs. We encourage individual independence and self-determination. Closer to Home Community Services works in collaboration with other resource providers to support children and families within their own communities.”</i></p>
<p>Trellis Society</p>	<p><a href="https://www.growwithtrellis.ca/">https://www.growwithtrellis.ca/</a></p> <p><i>“At Trellis we work with children, youth and families to unearth their potential and support their growth. Our programs focus on improving access to resources, developing family and community supports and building people’s capacity to deal with life’s challenges.”</i></p> <p>Family Resource Network Hubs: <a href="https://www.growwithtrellis.ca/families/resources">https://www.growwithtrellis.ca/families/resources</a></p> <p><i>“Trellis Commons are part of Alberta’s Family Resource Network and provide a wide range of prevention to intensive services for families with children ages 0 to 18, at no cost.”</i></p>
<p><b>Life skill building; coping skills and mental health strengthening</b></p>	
<p>YW Calgary: Mindful Moments</p>	<p>Mindfulness skill building for children ages 8 to 12</p> <p><a href="https://www.ywcalgary.ca/programs/mindful-moments/">https://www.ywcalgary.ca/programs/mindful-moments/</a></p> <p><i>“This free, eight-week program teaches parents and kids (ages 8 to 12) how and when to use mindfulness skills to cope when challenging situations arise. By learning strategies to manage stressful situations more effectively, participants build stronger family relationships. Participants are provided with new strategies each week and are encouraged to engage in mindfulness practice between sessions.”</i></p>
<p>YW Calgary: Strengthening Families</p>	<p><a href="https://www.ywcalgary.ca/programs/strengthening-families/">https://www.ywcalgary.ca/programs/strengthening-families/</a></p> <p><i>“Our Strengthening Families for the Future workshops will help you gain the knowledge and build the skills to support your children and enhance overall family well-being while going through your difficult family transition. All workshops are currently virtual and can be accessed from the comfort of our home”. (No cost)</i></p>
<p>YW Calgary: Family Resource Network</p>	<p><a href="https://www.ywcalgary.ca/programs/family-resource-network/">https://www.ywcalgary.ca/programs/family-resource-network/</a></p> <p><i>“Family Resource Network programs focus on supporting the whole family. This includes providing caregivers and parents with skills and knowledge to strengthen family relationship, teaching children and teens to cope with trauma and improve child and youth development by building resilience and fostering well-being” (No Cost)</i></p>
<p>Immigrant Services Calgary</p>	<p><a href="https://www.immigrantservicescalgary.ca/">https://www.immigrantservicescalgary.ca/</a></p> <p><i>“Immigrant Services Calgary offers many services to ensure families and individuals have the support needed to successfully begin a new chapter of their lives in Canada.”</i></p>
<p>Calgary Immigrant Women's Association</p>	<p><a href="https://ciwa-online.com/">https://ciwa-online.com/</a></p> <p><i>“CIWA supports immigrant and refugee women, girls and their families. We have more than 50 programs that can support you with settlement needs, language and employment training, family matters and much more.”</i></p> <p>Calendar of events: <a href="https://ciwa-online.com/events/">https://ciwa-online.com/events/</a></p>

Autism Calgary	<p><a href="https://autismcalgary.com/">https://autismcalgary.com/</a></p> <p><i>“Autism Calgary is an association of individuals and families living with Autism Spectrum Disorder (ASD) striving to assist each other and the broader community so that those with ASD live meaningful and purposeful lives in a community that values them. The organization serves as the community of families, caregivers and supportive professionals collectively striving for a supportive, accepting and understanding community for individuals and families living with ASD”</i></p>
Child Safe Canada	<p><a href="https://childsafecanada.com/">https://childsafecanada.com/</a></p> <p><i>“Child Safe Canada is a premier provider of child and adult safety education. Our professional safety educators offer a wealth of valuable knowledge, compassion, and caring to students through private, school, and community-based programs.”</i></p> <p>Programs for 4-8 yrs: <a href="https://childsafecanada.com/programs/children_ages_4-8">https://childsafecanada.com/programs/children_ages_4-8</a></p> <p>Programs for 8 yrs +: <a href="https://childsafecanada.com/programs/youth_ages_8">https://childsafecanada.com/programs/youth_ages_8</a></p>
<b>Before and after school care programs</b>	
JCC (Paperny Jewish Community Centre) After School Care	<p><a href="https://www.calgaryjcc.com/programs/children-youth/afterschool/#overview">https://www.calgaryjcc.com/programs/children-youth/afterschool/#overview</a></p> <p><i>“We offer after school programs children in Grades K-6 from September to June, following the traditional CBE calendar. Busing is provided. Transportation to the JCC is available from four local schools: Chinook Park, Louis Riel, Nellie McClung, and The Calgary Jewish Academy.”</i></p>
Hopscotch Before and After School Care	<p><a href="https://hopscotchschoollcare.weebly.com/">https://hopscotchschoollcare.weebly.com/</a></p> <p><i>“Hopscotch BASC opened its first program September 2010 with only twelve children. We are pleased to be opened in the communities of Canyon Meadows and Chinook Park/Kelvin Grove/Eagle Ridge.”</i></p>
Adventurers School Age Care	<p><a href="http://adventurers-sac.com/">http://adventurers-sac.com/</a></p> <p><i>“Adventurers SAC opened its first program June 1, 1991 with only 7 children. We now operate 9 programs at the following locations: Triwood Community Centre, Rosedale Community Centre, Capitol Hill Elementary, Queen Elizabeth Elementary, Mother Mary Greene Elementary, Saint Brigid Elementary, Chinook Park Elementary, Monsignor Neville Anderson Elementary and Collingwood Elementary.”</i></p>
<b>Trauma and Crisis Management</b>	
Distress Centre	<p><a href="https://www.distresscentre.com/">https://www.distresscentre.com/</a></p> <p><i>“Distress Centre Calgary (DCC) provides 24 hour crisis support, professional counselling, youth peer support and referrals through 211 and our programs at SORCe – all at no cost. “</i></p>