

# MEET THE SLUMBERKIN'S CREW

## SPECIAL SNEAK PEAK



### Caring Crew

Join Honey Bear and Ibex from the Caring Crew as they share how to take care of yourself and others.

Honey Bear helps little ones slow down and notice the important things in life.

Ibex teaches little ones about noticing and embracing deep feelings.

March 7 to 11, 2022  
9 a.m. to 9:30 a.m.



### Confidence Crew

Join Hammerhead and Unicorn from the Confidence Crew as they reinforce our little one's belief in themselves and ability to face challenges.

Hammerhead teaches little one's emotional regulation and encourages using calming techniques.

Unicorn teaches little ones we are important and special just the way we are.

March 14 to 18, 2022  
9 a.m. to 9:30 a.m.

### Resilience Crew

Join Alpaca and Dragon from the Resilience Crew as they remind little ones that we can get through hard times, and we don't have to do it alone.

Alpaca supports little ones to calm their worries, ease stress, and build resilience.

Dragon encourages little ones to explore their creativity in all of its endless forms.

March 21 to 25, 2022  
9 a.m. to 9:30 a.m.

**For: Children ages 5 to 6 with parents/caregivers**

**Cost: FREE**

**Where: Online**

**To register, visit [strathcona.ca/familyresourcenetwork](https://strathcona.ca/familyresourcenetwork)**