



Armchair Learning

There are many opportunities to learn new skills without having to travel outside of your home or community. If you have an internet connection at home, you can access learning on a assortment of topics right from the comfort of your home. Or if you don't have Internet access from home, visit one of Sturgeon region libraries and find out how your can access their computers to access online learning.

We have listed just a few of the learning opportunities available.

Money Mentors

<https://moneymentors.ca/resources/free-online-courses/>

Money Mentors offers free courses to improve your financial literacy from Budget Boot Camp, Credit Cross Training, Tackle Debt, Enrich Your Kids to the R. & R in Retirement.

Triple P Parenting

<http://www.triplep-parenting.net/alben/home/>

Triple P Parenting is a fantastic resource for parents to support their parenting skills by providing simple tips to help them manage the big and small problems of family life. Parent Link and our school division offer free parenting workshops in local communities, but if you are unable to access these programs, Triple P offers a free online program to Alberta parents.

Ed2Go—Norquest

www.ed2go.com/norquest

Ed2Go offers inexpensive, highly interactive courses on a variety of topics from accounting, computer applications, health care and medical to writing and publishing. Courses can build or enhance your career or be for general interest.

Centre for Family Literacy

<http://www.familit.ca>



FLIT is a free family literacy app that you can download from Google Play or iTunes.

This app has over 100 activities that parents can use to help build strong reading, writing and literacy skills in their children.

Alberta Health Services

<http://www.albertahealthservices.ca/eph/Page3151.aspx>

Alberta Health Services has a number of online programs in Basic Food Safety Training as well as Basic Child Care Training. Please note that the Basic Food Safety Course does not provide certification in Food Sanitation and Hygiene required by Alberta's Food regulation.

eCampusAlberta

<http://ecampusalberta.ca>

eCampusAlberta is your connection to more than 900 online courses and 70 programs offered by 26 Alberta post-secondary institutions, including provincially approved certificates, diplomas and applied degrees.

Canada Safety Council

<https://canadasafetycouncil.org/training/occupational-health-and-safety>

The Canada Safety Council has a number of online Occupational Health and Safety Courses that meet Provincial and Federal regulations.