

# What to expect?

We provide a safe, inclusive space to welcome families. The program has 14 sessions, running 3 hrs one evening a week.

Attendance is voluntary and there is no cost to participate.

We start with a meal and family activities. There are prizes and incentives for attendance. Transportation and babysitting are provided.

Every group is led by a diverse team consisting of peers, elders and teachers. A counsellor is available for any participant upon request.

Programs are for caregivers and their children aged 6-11 or youth 12-17. Both the caregiver and child/youth must attend together.

All families who complete the program will celebrate with a graduation ceremony and receive a certificate.



# Other programs @ CFSPA

ACTIVE PARENTING for Parents of Children Ages 5 – 12 years old

AFTER THE STORM – A Support Group for Survivors of Domestic Violence

CALMING THE STORM for ADULTS - Anger management

CALMING THE STORM for TEENS - Anger management

CLIMBING THE ROCK – A Group for Teens Exposed to Interpersonal Violence

GOOD GRIEF – A Program for Children Ages 6 to 12 Who Have Experienced Loss or Trauma

ONE HEART, TWO HOMES - Helping parents learn to coparent effectively

RIDING THE WAVE - A program for children and families exposed to violence

TAMING THE TIGER - Anger management for children ages 6 – 12 and parents

STEPPING UP – Men building healthy relationships through anger management and accountability

BRIDGES - An employment initiative program to assist individuals transitioning from the Provincial Correctional System into the community

COUNSELLING - therapeutic counselling services for families, couples, individuals and children. Fees for counselling are based on ability to pay. No one is denied service because of their economic situation.



# Strengthening Families Program



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# Strengthening Families

Prince Albert

## What is Strengthening Families?

Strengthening Families is a skills building program. We provide "tools for your toolbox".

Caregivers, children and youth are empowered by learning and practicing skills and techniques around the following:

- communication
- decision making
- conflict reduction
- stress management
- problem solving
- managing emotions
- coping with anger
- goal setting
- setting limits
- building positive relationships
- bonding and attachment

## How to apply?

You can register or a professional can refer you. When we meet with you and your family we will talk about:

- ✓ Needs and Goals
- ✓ Travel arrangements
- ✓ Babysitting
- ✓ Any barriers for attendance

## In addition...

Even though SFP is non therapeutic, we know things may come up. That's why we are excited to provide our participants with free access to a CFSPA counsellor upon their request.

SFP also provides opportunities for families to:

- continue to build healthy relationships,
- access resources and
- engage in the community.

This might include work shops, support groups, recreational activities and access to culture at no cost to the participant.

*You can apply online, by phone or in person.*