

THE HUB

Grande Prairie and Area Family Resource Network



IN THIS ISSUE

NATIONAL FAMILY WEEK

OCTOBER IS CHILD ABUSE PREVENTION MONTH

VISIT WITH MLA FOR GRANDE PRAIRIE AND MINISTER OF MUNICIPAL AFFAIRS!

OCTOBER CALENDAR

PROGRAMS

GRANDE PRAIRIE SPOKE AGENCIES

COMING SOON!

Stronger Together: Building Family Resilience



National Family Week is fast approaching! Canadians in communities across the country come together for local celebrations during National Family Week. This week provides an opportunity to celebrate families and reflect on their importance in our lives.

L-R Brandi Upstone (NCSA); Kara Boulton (YMCA); Gaitane Gilje (FRN); Liz Krysa (SSPPT); Tanice Jones (FES/HF); Brandy Pilon (FES/FRN)
Front: The Honourable Tracy Allard



This year, National Family Week is from **October 5-11th, 2020** and the theme is **"Stronger Together: Building Family Resilience"**. Now more than ever we need to appreciate the people in our lives, build connections that last, and encourage resilience.

We invite you to share your National Family Week activities on Facebook and Twitter with the hashtag **#CNFW2020**. Below, we have drafted sample language to share on social media, but feel free to write your own!

"Happy National Family Week! This year we are especially grateful for those closest to us. We are stronger together!

#CNFW2020

Thank you to the Honourable Tracy Allard for visiting our new space at the beginning of October. Thank you to all our Spokes for the great representation!

Recognizing, Reporting, and Responding to Child Abuse from a Distance

October is #ChildAbusePreventionMonth



School staff often play a key role in recognizing and responding to the signs of child abuse. COVID-19 has resulted in fewer opportunities for educators and other safe adults to identify the signs of physical, emotional, or sexual abuse, neglect, or children witnessing domestic violence. This year 'Back to School' looks a little different for everyone and changes like online schooling, physical distancing, cancellation of extra-curricular activities, and postponed appointments with doctor's or dentist's has significantly altered at-risk children's access to support networks. Without them, Alberta's vulnerable children are at a greater risk of abuse and neglect and that should concern us all.

"We ask that you take special consideration of the children and families in your classes that may need additional supports or more frequent check-ins to ensure they are safe, and their needs are being met,"

Minister of Education, Adriana LaGrange

We must work together to continue to provide appropriate support to vulnerable children and their families and remain alert to any indicators children may be unsafe at home.

- Have a plan in place for keeping tabs on children who were on the school's radar.
- Make phone calls to students and families to check-in. Inability to connect with child (without reason) may be cause for concern.
- Create space for student voice - videos, Zoom, Google Classroom.
- Send messages to students, reminding them you are there for them.
- Have access to demographic information, addresses, phone numbers.
- Provide hopeful and optimistic messaging.
- Ask open-ended questions when checking in with students:
 - What is it like being at home?
 - What are some sad things that happened this week?
- Provide words of support:
 - We are in this together. You are not alone.
 - I want to make sure you are safe.
- Adapting services to best support students and families.
- Monitor for signs of distress and refer to necessary supports.

Established in 2012 to serve children and youth who have experienced abuse, the Caribou Child & Youth Centre was the second Child Advocacy Centre of its kind in the Province. The Caribou's comprehensive multidisciplinary team works together to provide the best possible services for children and their families. The Caribou Centre was designed to provide a safe and comfortable environment where children could disclose abuse, thus, reducing their trauma and anxiety. Intervention and treatment in child abuse cases is strengthened when agencies work together toward common goals, including support services for the child, and holding offenders accountable.

Signs of Abuse and Neglect:

Identifying abuse can be difficult to detect on messaging apps, phone calls, or video conferences. Therefore, we must be extremely vigilant at looking for signs of potential abuse or neglect. Signs like the ones below MAY signal the presence of child abuse:

- Unexplained marks or bruises
- Basic needs or age-appropriate care not provided
- Neglect; changes in physical appearance
- Seems frightened of parents
- Reports an injury caused by parent or caregiver
- Changes in mental health; shows anxiety, depression, fear, suicidal ideation, withdrawn
- Sending/posting concerning messages; writing about negative experiences
- Indicators of domestic violence; aggression, shouting, items being broken

For a comprehensive list of behaviours and warning signs, please refer to <https://www.alberta.ca/what-is-child-abuse-neglect-and-sexual-exploitation.aspx>

Duty to Report

If you suspect that a child is unsafe or at risk, you must report it. Reach out to appropriate services if you have a gut feeling something is not right. We can feel our "spidey" senses tingling, even from a distance.

Children's services case workers are ready and able to assess and investigate possible abuse, effects of domestic violence and/or neglect of a child. They remain available to follow-up on concerns and work with families. If you believe a child is in immediate danger, **CALL 911.**

**IF YOU SUSPECT ABUSE, CALL:
CHILD ABUSE HOTLINE: 1-800-387-5437 (24/7)
GP CHILD AND FAMILY SERVICES: 780-538-5102**

While the fight against COVID-19 is focused on hygiene and health, the Caribou Child and Youth Centre is working with our partners to protect vulnerable children from the impact of child abuse and neglect.

Thank you, educators, for the incredible work you are doing to support your students and keep them safe.

Checking in with parents

Check-in with parents and have a listening ear. As a school community, develop a resource list for parents in need of support.

Refer to the Alberta Health Services - [Help in Tough Times](#) website. This is an excellent resource that provides information on a variety of topics including healthcare services and community/social services.

When checking in with parents, be aware of warning signs that MAY indicate they are at risk of maltreating their child and may need support:

- Shows little concern for their child
- Sees child as completely bad, worthless, or a burden
- Appears indifferent or uninterested toward the child
- Seems unconcerned or depressed
- Behaves unreasonable or in a bizarre manner
- Abusing drugs or alcohol
- Frequently blames, belittles, or berates child

Contact

Communications Contact: Buffy MacIntosh
Cell: 587-343-2018
Email: fund_development@pacecentre.com
Caribou Coordinator: Erin O'Toole
Office: 780-814-7223
Email: caribou_director@pacecentre.com



www.cariboucentre.com



@cariboucentregp

Resources

Alberta Child Advocacy Centres

www.albertacacs.ca

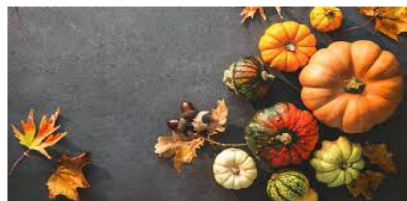
Canadian Centre for Child Protection

www.protectchildren.ca

- **Grande Prairie RCMP:** 780-830-5700 – or local detachment
- **Family Violence Info Line:** 780.310-1818 (24/7)
- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868 (24/7)
- **LGBT Youthline:** 1-800-268-9688 (2 – 7:30 pm MT Sunday-Friday)
- **Indigenous Hope for Wellness Help Line:** 1-855-242-3310 (24/7)
- **Sunrise Youth Emergency Shelter:** 780-539-3287 (24/7)

Information and referral to services: call 211 or visit www.ab.211.ca

October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Books for Babies 1:30-3:00 pm (Registration Full)	2	3
4	5 Developmental Screening 9-3 pm – Book your time!	6 Circle of Security 9:30-11:30 am	7 International Learn & Play 10-11:30 am Walk & Talk 11:00 – 12:00 pm	8 Books for Babies 1:30-3:00 pm (Registration Full) Active Parenting (0-5) 1:30-3:30 pm	9	10
11	12 Developmental Screening 9-3 pm – Book your time!	13 Circle of Security 9:30-11:30 am Love & Logic Early Childhood 6:30-8:30 pm	14 International Learn & Play 10-11:30 am Walk & Talk 11:00 – 12:00 pm FASD Caregiver Support 1:30-2:15 OR 7-7:45 pm Positively Me! 4:00 -5:30 pm	15 Books for Babies 1:30-3:00 pm (Registration Full) Active Parenting (0-5) 1:30-3:30 pm	16	17
18	19 Developmental Screening 9-3 pm – Book your time! Transform your Stress 1:30-3:30 pm Grandparents Raising Grandchildren 8-9:30 pm	20 Circle of Security 9:30-11:30 am Breastfeeding Group 1:30-3:00 pm Love & Logic Early Childhood 6:30-8:30 pm Dad's Discover 8:00-9:30 pm	21 International Learn & Play 10-11:30 am Walk & Talk 11:00 – 12:00 pm FASD Caregiver Support 1:30-3:00 OR 7-8:30 pm Positively Me! 4:00 -5:30 pm Parents/Caregivers Support Group 8-9:30 pm	22 Books for Babies 1:30-3:00 pm (Registration Full) Active Parenting (0-5) 1:30-3:30 pm	23	24
25	26 Developmental Screening 9-3 pm – Book your time!	27 Circle of Security 9:30-11:30 am Dad's Support Group 8-9 pm Cooking Circle 1:00-3:30 pm Love & Logic Early Childhood 6:30-8:30 pm Dad's Discover 8:00-9:30 pm	28 International Learn & Play 10-11:30 am Walk & Talk 11:00 – 12:00 pm FASD Caregiver Support 1:30-3:00 OR 7-8:30 pm Positively Me! 4:00 -5:30 pm	29 Transform your Stress 6:30-8:30 pm Active Parenting (0-5) 1:30-3:30 pm	30	31

NEED EXTRA INFORMATION or TO REGISTER contact

hubcoordinator@gpfes.com

780.830.0920

Developmental Screening Days -Every Monday in October from 9am-3:00pm In person - bring your favorite mask!



HUB IS HOSTING...

DEVELOPMENTAL SCREENING DAYS

what? developmental screening is the practice of looking for and monitoring signs that kiddos are on track in all domains of development

when? every monday in october from 9am-3:00pm

where? the grande prairie family resource network hub


why? developmental screening allows for improved outcomes for your kiddos

how? pre-register and bring you favorite mask

email hubcoordinator@gpfes.com to register your spot now !!

masks will be available upon request
we have moved!! our new address is 9607 102 street

Circle of Security - Tuesdays October 6th to November 24th from 9:30 am to 11:30 am via Zoom



Location: ZOOM platform
Participants must have access to a computer or tablet with video and microphone

Dates: Tuesdays October 6th, 13th, 20th & 27th
November 3rd, 10th, 17th & 24th

Times: 9:30 am – 11:30 am


Cost: FREE!

How to register: Email hubcoordinator@gpfes.com
Limited spaces are available

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security: Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



Walk & Talk Wednesdays - Every Wednesday October 7th to November 25th from 11:00 am to 12:00 pm In person - bring your favorite mask!



Come and join us every Wednesday starting October 7th to November 25th (except November 11th) for time to enjoy the outdoors and connect with other parents/caregivers

11:00 am to 12:00 pm
Meet in front of the
Family Education Society Office

Social Distancing Practices in effect and numbers are limited

To register email hubcoordinator@gpfes.com
or call 780-830-0920

Active Parenting First 5 years Every Thursday October 8th to 29th from 1:30-3:30 pm via Zoom



ACTIVE PARENTING First Five Years™
Building a Strong Foundation for Children from Birth to Age 5

Written by Michael H. Popkin, PhD with contributing authors Amanda Sheffield Morris, PhD, IMH-E®, Ruth Slocum, LCSW, IMH-E®, and Laura Hubbe-Tail, PhD

Here's what you'll learn:

- What a baby's cry means
- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Using mindfulness to keep your cool
- Effective discipline young children can understand
- Choices and consequences
- 6 ways to prepare your child for school success and much more!

For more information and sample videos, go to www.ActiveParenting.com/FFY-parents

Sign up today!

Thursdays - October 8th - 29th 1:30 -3:30 pm

Sponsored by: Grande Prairie Family Education Society

Location: ZOOM virtual sessions

To register: call 780-830-0920 OR email hubcoordinator@gpfes.com

****THIS IS A FREE PROGRAM****

Love and Logic Early Childhood - Every Tuesday
October 13th to November 10th
from 6:30-8:30 pm in Wembley
In person - bring your favorite mask!

Love and Logic Early Childhood
Parenting Made Fun!

Six sessions designed to help parents up the odds that the teenage years will be fun...instead of frantic

You Will Learn How To:

- Handle disruptions during meal times
- Get children to stay in their own bed
- Stop your child's whining and bickering
- End temper tantrums
- Discipline your toddler in public without creating a scene
- Get children up and about in the morning

This parenting program is designed to give you practical skills that can be used immediately

Dates: Tuesdays
October 13th to November 10th
Time: 6:30-8:30 pm
Location: Wembley - Silver and Gold Centre
To Register email:
 hubcoordinator@gpfes.com or
 call 780-830-0920
Numbers are limited

Bring your favorite mask! Social Distancing guidelines in effect.




Facilitators of the Love and Logic curriculum are independent and are not employees of the Love and Logic Institute

FASD Caregiver Support Series - Every
Wednesday October 14th to December 4th
from 1:30-3:00 or 7:00-8:30 pm via Zoom

Northwest Peace FASD

Grande Prairie Family Education Society

FASD Caregiver Support Series

Session 1: Introduction to Caregiver Support Series and Learn to Zoom
 October 14, 2020 from 1:30pm-2:15pm or 7:00pm-7:45pm

Session 2: Ensuring Safety
 October 21, 2020 from 1:30pm-3:00pm or 7:00pm-8:30pm

Session 3: Managing Behaviours
 October 28, 2020 from 1:30pm-3:00pm or 7:00pm-8:30pm

Session 4: Managing Grief and Loss
 November 4, 2020 from 1:30pm-3:00pm or 7:00pm-8:30pm

Session 5: Increasing Friendship and Fun
 November 18, 2020 from 1:30pm-3:00pm or 7:00pm-8:30pm

Session 6: Supporting Emotional Regulation
 November 25, 2020 from 1:30pm-3:00pm or 7:00pm-8:30pm

Session 7: Importance of a Healthy Lifestyle
 December 4, 2020 from 1:30pm-3:00pm or 7:00pm-8:30pm

All Sessions will be held via Zoom
Watch for registration on Eventbrite
Call Heather at 780-830-0920 or email
heather@gpfes.com for more information



Positively Me - Every Wednesday
October 14th to December 9th
from 4:00 pm to 5:30 pm
In person - bring your favorite mask!

Positively Me!

Providing girls, ages 9 to 12, with an opportunity to strengthen their self-esteem, find their voice, challenge themselves, make friends and develop the tools to have a healthy mind and body.

Over this 8 week program your daughter will learn a variety of ways to self-assess, self-create and become self-aware, while at the same time enjoying the company of other girls her age

Find Your Inner Beauty: Examining our ideas of what beauty is and developing a clearer sense of each girl's unique self

Identifying Self in The Media Matrix: Identifying ways the media manipulates a girl's self-esteem and help them make sense of the information and images that bombard them daily. This topic will also include building the confidence to deal with peer pressure.

Girl Power: Discovering the power of leadership by understanding what it truly means to be powerful and be physically and emotionally healthy.

Building Relationships: Conversations about the bullying epidemic. Supporting your daughter in finding an amazing network of positive, like-minded, fun friends who accept and love her for who she is. Learning to understand that she can stick to her boundaries when needed to protect herself and stand up for what's right for her.

"Everybody looks in the mirror and is like, I wonder why her eyes are huge and mine are smaller. But I realized if you're lucky enough to be different from everyone else, don't change."
 -Taylor Swift



"I was never the girl who thought I need to make sure I look like all the other girls. I think you look best when you stand out."

-Selena Gomez

When- Wednesdays October
14th to December 9th, 2020

Time- 4:00 pm - 5:30 pm

Where - 9607 102 street,
Grande Prairie Family Education
Society

To Register please contact:
 hubcoordinator@gpfes.com

For program questions please
 contact Amy Youngman at 1-866-
 228-3880 x111 or iccp1@ssdca.ca

Mandatory orientation for
 parents October 14th at 5:00pm



Dads Discover - Every Tuesday
October 20th to December 1st
from 8:00 - 9:30 pm via Zoom

Dads Discover
Dates: Tuesdays 8:00 - 9:30 pm
October 20th to December 1st

What does it mean to be an involved father?
 How do I connect with my child?
 How can you make time with your kids count?

Join us as we explore these and many more topics, that will enhance your role as a parent.

DEEP CONNECTIONS COME FROM ENJOYING YOUR CHILD, AND PAYING
ATTENTION TO WHO THEY ARE" - DAD'S CENTRAL

To Register please email
 hubcoordinator@gpfes.com or call 780-830-0920



Transform your Stress**October 19th 1:30-3:30 pm OR****October 29th 6:30-8:30 pm via Zoom**

Stress affects people physically, mentally and emotionally.

Relieve stress anytime, anywhere and feel better in the moment.

This free course introduces the HeartMath® system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and improve overall health, emotional wellness and resilience.

**When** **Monday, October 19th 1:30-3:30 pm****OR****Thursday, October 29th 6:30 – 8:30 pm****Where** **ZOOM****How to register:** email hubcoordinator@gpfes.comThis course is taught by an Alberta Health Services certified HeartMath® instructor.
For more information about AHS HeartMath email: AHS.HeartMath@ahs.caAlberta Health
Services

+ HeartMath

**Grandparents Raising Grandchildren
Support Group****October 19th, November 16 & December 21
from 8:00 pm to 9:30 pm via Zoom****Grande Prairie Family
Education Society
Presents****Grandparents
Raising
Grandchildren
Support Group****September 21
October 19
November 16
December 21****8:00 pm - 9:30 pm
VIA ZOOM****Support Group
Will Provide:****A Safe Place to Share
Your Stories****Learn New Skills****Receive Support****Access Community
Resources****Note:****Participants will
need access to
camera,
microphone,
and wifi****To Register email:****hubcoordinator@gpfes.com****Reach out and Connect-Parents/Caregivers
Support Group****October 21, November 18 8:00-9:30 pm via Zoom****REACH OUT AND CONNECT
PARENTS/CAREGIVERS
SUPPORT GROUP****OCTOBER 21, NOVEMBER 18 & DECEMBER 16
8:00 - 9:30 PM VIA ZOOM****JOIN US FOR DISCUSSIONS AROUND SELF CARE, PARENTING
STRATEGIES, STRESS, MINDFULNESS AND RESILIENCE.
LET'S LEARN TO MAKE TIME FOR FUN AND
BRING HARMONY TO THE HOME.****REGISTRATION IS LIMITED TO 10 PARTICIPANTS
TO REGISTER EMAIL HUBCOORDINATOR@GPFES.COM
OR CALL 780-830-0920****Dad's Support Group October****October 27, November 24 & December 29
from 8:00-9:00 pm via Zoom****DAD'S
SUPPORT
GROUP****October 27, November 24 & December 29
8:00 - 9:00 pm via Zoom****Dads support one another and share their
parenting experiences; successes and
challenges.****Group offers information,
referral & education.****To register email
hubcoordinator@gpfes.com or
call 780-830-0920**

Community Spoke Agencies:

Wellness Wednesday - Every Wednesday from 1:30-3:30 pm

Wellness kits are now being offered through the Society for Support to Pregnant and Parenting Teens from the Isolation to Connection Program funded by the Northwest Community Foundations. Offered once a month to the participants of the program, there is a Emotional Wellness Kit & Physical Wellness Kit.

Breastfeeding Group - Every third Tuesday of the month from 1:30 to 3:00

It is a group for understanding and assisting with breastfeeding.

Cooking Circle - Once a month, on the last Tuesday of the month from 1:00 to 3:30

It is a group that gives our young adults a chance to build connections while having fun in the kitchen. Our goal is to support healthy eating habits and education on basic cooking skills.

Contact Society for Support to Pregnant & Parenting Teens 780-538-3854 for more information



Family Connect

Child, Youth and Family Support

Program Details

Family Connect is a voluntary, early intervention program that provides support to families with children 7-17 years old to strengthen family functioning. Parents are supported to create a nurturing and safe family environment, build resiliency within themselves and their children, build new social connections, and learn about positive parenting and child development. Families can participate in the program for up to three years.

Free Services

All services offered as part of the Family Connect are completely free.

- Supportive counselling and goal setting
- In-home support
- Parent education
- Family interactive programming and activities
- Personal and family advocacy
- Information and referrals to additional resources



To access the Family Connect

Call 780 357-7444 to set up an appointment.

Diversity Statement

The YMCA is an inclusive, charitable organization that values diversity.

YMCA Family Violence Statement

The YMCA believes that violence in any relationship is unacceptable and that everyone exposed to family violence is impacted including unborn babies, children, youth and adults. We also believe that everyone has the capacity for change and growth and we will support anyone in an abusive relationship to get the help they are looking for.

YMCA of Northern Alberta creates life-enhancing opportunities for the growth and development of all people in spirit, mind and body.

For more information:
Grande Prairie Region YMCA
#200-10006 101 Ave
Grande Prairie, AB T8V 0Y1
Phone: 780-357-7444
infoFC@northernalberta.ymca.ca
northernalberta.ymca.ca



Wahkomiwew Program

SUPPORTING CONNECTION

Services open to ALL members of the community!

Native Counselling Services of Alberta is pleased to introduce the Wahkomiwew (wah ko mee wayo) Program. Wahkomiwew means "being connected to people" in Cree. Our Wahkomiwew navigators will support youth and their parents and caregivers to develop individualized Healing Plans that build on individual and family strengths to create positive change.

NAVIGATING HEALING

Wahkomiwew staff will support youth, parents and caregivers to:

- Navigate their healing journey
- Strengthen connection to family, community and culture
- Promote physical, emotion, mental and spiritual development of children ages 7-17
- Navigate income support, child care, housing, addictions, budgeting, etc.
- Learn about life skills through one to one mentoring (communication, relationships, self-worth, anger management, impacts of historic trauma)
- Participate in Circles of support for individual and family well-being
- Transition children and youth back from foster/kinship care
- Engage in ceremony and teachings with Elders

COVID-19

During the COVID-19 pandemic, our services follow the directives of the Chief Medical Health Officer of Alberta. This means we can offer:

- Telephone, social media, and curbside supports
- Limited in person contact with precautions (masks, physical distancing)
- Basic supplies to maintain health and wellbeing
- Child and youth necessities (games, puzzles, books, etc)
- Access to smudge kits and traditional medicines

Grande Prairie: 780-532-9359

Self-referrals welcome!

Proud member of the Grande Prairie and Area Family Resource Network

NCSA
www.ncsa.ca

Wellness ?

Have you or do you have any concerns around your mental health and or the mental health of your children/child?

COMING SOON!

8 week Group will provide families with information, strategies/skills and resources to use within their families to increase mental wellness

Email: hubcoordinator@gpfes.com to get on the waitlist for dates and more information

Facilitated by an experienced family support worker and a child and youth mental health therapist



Don't miss out on our new and exciting program coming soon!

Please participate in the survey link below to help us shape program delivery

<https://www.surveymonkey.com/r/8G5TN7W>

Coming Soon!

Email hubcoordinator@gpfes.com or call 780-830-0920 to get on the list for our Wellness program



THE EMPATHY PROJECT:

Arts based-Youth Workshop on Empathy
Ages 8-12

Coming Soon

6 Week Sessions

Topics Explored: Empathy, Respect, Conflict Resolution, Culture, Bullying, and much more

Location: Family Education Society
Look out for dates and registration!

Direct any questions to
roe@gpfes.com or 780-830-0920



130K+ Help Services & Resources At Your Fingertips. The HelpSeeker app is a free network of location-based services, resources, and support you need to help your clients and the community. HelpSeeker allows you to privately browse thousands of community, provincial and federal health and social services, programs, resources, helplines and benefits for mental health, counseling, parenting, education and training, addictions, domestic violence, affordable housing, shelters, food support services, recreation, and more. Visit <https://helpseeker.org/> to download the app



WHAT IS 211?

211 is an easy-to-remember, 3-digit, non-emergency number that connects Albertans to a full range of community, government, social and health services.

HOW CAN 211 HELP?

At 211, you'll reach a real person who knows it's not easy to ask for help - a trained community resource specialist who will listen carefully and ask questions to find services that match your needs.



Available province-wide in fall 2020!



Supported by:

United Way of the Alberta Capital Region
United Way of Calgary and Area

City of Calgary PCSS
City of Edmonton - PCSS
Government of Alberta

LOCAL COMMUNITIES SUPPORTED:

- Beaverlodge
- Grande Prairie
- Grande Prairie, County No. 1
- Hythe
- Rycroft
- Saddle Hills County
- Sexsmith
- Spirit River
- Spirit River No. 133
- Birch Hills County
- Wembley

What is The Family Resource Network?

Compiled from The Provincial Government of Alberta

Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18. Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being. Through a 'hub and spoke' model of service delivery, Networks (hubs) will coordinate the prevention and early intervention services in all geographic areas and in various cultural communities across the province – either directly or through collaborative partnerships with qualified service agencies or providers (spokes).