



family coaching & mentorship

FCM is a voluntary family based program for families of children and youth from birth to 18 years. Healthy, strong family relationships are foundational to young people's growth, learning, and well-being. These relationships build strong social and emotional strengths that kids use throughout their lives.

Our goals:

- To strengthen families;
- To foster developmental relationships at home and in the community; and
- To effectively connect the parent or caregiver with resources they need.

We serve families with needs in multiple areas that are causing stress for both the parents and their children such as parent-child conflict, trauma or loss, or challenges meeting basic needs.

All FRN services are voluntary & free.

The MFC office is located on Treaty 6 Territory



## OFFICE HOURS

**Tuesday - Thursday**

9AM - Noon | 1PM - 4PM

**Friday**

9AM - Noon | 1PM - 3PM

## CONTACT



306-825-5911

**TOLL FREE**

1-866-651-5911



[midwestfamilyconnections.ca](http://midwestfamilyconnections.ca)



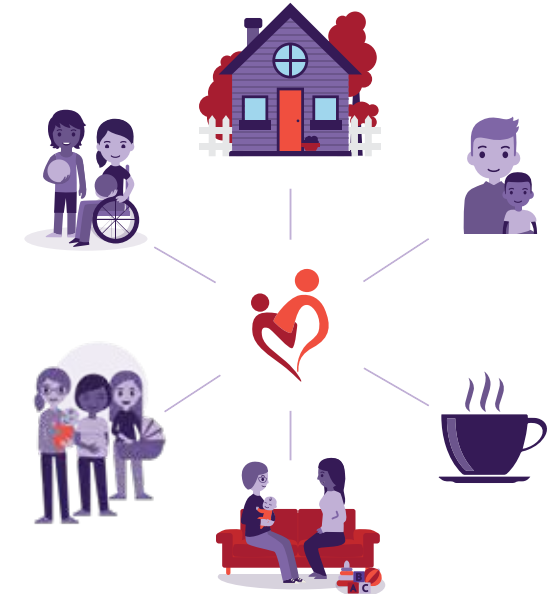
[info@midwestfamilyconnections.ca](mailto:info@midwestfamilyconnections.ca)



Suite 103, 4910 50th Street  
Lower Level - Prairie North Plaza  
Lloydminster, SK S9V 0Y5



# FAMILY RESOURCE NETWORK (FRN)



PLAY. LEARN. CONNECT.

Lloydminster &  
County of Vermilion River

Prenatal through Adolescence

## ALL FAMILIES ARE WELCOME

FRN services focus on:

- Child & youth development;
- Parenting & family relationships, and/or
- Social connections & supports.

## FAMILY ENGAGEMENT COORDINATOR

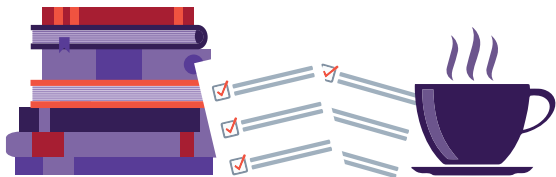
The Family Engagement Coordinator is a central point of coordination of FRN and community resources for parents and caregivers of children prenatally to 18 years of age.

## INFORMATION & REFERRAL

We connect parents and caregivers with programs information, tools and resources. If you have questions we can help you find answers!

## PROGRAM SCHEDULE

Check our website for the current program schedule. Evening and weekend hours are available. Follow us on Facebook & Instagram. Call us to register.



## FAMILY PLAY & LEARN

Explore and play together in the Indoor Playground or at sites in rural communities. Open to all families.

## CHILD & YOUTH DEVELOPMENT

Ages & Stages Questionnaire (ASQ), the Ages & Stages Questionnaire Social Emotional (ASQSE) focus on birth to 6 years of age. The Child & Youth Resiliency Measures (CYRM) help us to identify strengths and needs up to 18 years of age. Available to all families.

## PARENTING PROGRAMS

Sessions can be offered in groups or 1-on-1. Programs include: Triple P Positive Parenting, Kids Have Stress Too, Infant Massage, Handle with Care, Nobody's Perfect, and Keep Connected. Open to all families and no referral required.

## FAMILY SUPPORT

Groups and partnership programs such as Mothers First, Baby Bunch, Family Game Nights, family literacy activities, children's grief programming & Coffee Talk sessions for parents.

## HOME VISITATION (HV)

Home-based program for families of children prenatally to 6 years of age with priority for those with infants under three months of age. We help families facing challenges with parent-child relationships, positive parenting, healthy child development and family wellness. And to connect with the formal and informal supports they need. Goals are developed with each family based on the priorities that matter most to them.



## SERVICES ARE VOLUNTARY & FREE

We help each family find the programs that are right for them and assist with referrals to other agencies and services when necessary.