

Family Coaching & Mentorship (FCM)

FCM is a free, voluntary Family Resource Network (FRN) program for Alberta families with children and youth from birth to 18 years old. Strong, healthy family relationships are key to a child's growth, learning, and well-being. These connections help build social and emotional skills that last a lifetime.

Goals include: strengthening families, fostering developmental relationships at home and in the community, and effectively connecting the parent or caregiver with resources they need.



All FRN services are voluntary & free.

The MFC office is located on Treaty 6 Territory and the Homeland of the Metis.



Office Hours

Tuesday to Thursday
9 AM to Noon | 1 PM to 4 PM

Friday
9 AM to Noon | 1 PM to 3 PM



Suite 103, 4910-50th Street
Lloydminster, SK
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Alberta Provincial Family
Resource Networks



Contact

 midwestfamilyconnections.ca

 info@midwestfamilyconnections.ca

 306-825-5911
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Family Resource Network

**Lloydminster & County
of Vermilion River**

All Families Are Welcome

Family Resource Network (FRN) services focus on:

- child & youth development.
- parenting & family relationships.
- social connections & supports.

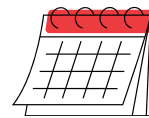
The Family Engagement Coordinator is a central point of coordination of FRN & community resources for parents and caregivers of children prenatally to 18 years of age. We help each family find the programs and services that are right for them.



Home Visitation

Home based program for families of children prenatally up to 6 years of age with priority for those with infants under 3 months of age. We help families facing challenges with parent-child relationships, positive parenting, healthy development and family wellness to connect with the supports they need. Goals are developed with each family based on the priorities that matter most to them.

Program Guide



Check our website for the current Program Guide. Evening and weekend hours are available.

Follow us on Facebook & Instagram. Call us to register or to let us know about ideas you have for programming.

→ Family Play & Learn

Explore & play together in the Indoor Playground and at rural outreach sites.

→ Child & Youth Development

Identify strengths and needs up to 18 years of age with developmental screening tools and resiliency measures.

→ Parenting Programs

Sessions offered in groups or 1-on-1 such as Triple P Positive Parenting, Kids Have Stress Too, Infant Massage, Circle of Security, Nobody's Perfect and Keep Connected.

→ Family Support

Groups and partnership programs such as Mothers First, Baby Bunch, and Coffee Talk sessions.

→ Information & Referral

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