



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area



Family Futures  
Resource Network



THE FAMILY  
CENTRE



**terra centre**  
Empowering Teen Parents to Succeed

Welcome  
to the  
**West Edmonton Family Resource Network**



**JASPER PLACE**  
Family Resource Centre



*Provincial Family  
Resource Networks*

# Agenda

- Welcome-who is joining us today?
- Overview of the Family Resource Network model in the Province
- Introduction of the West Edmonton Family Resource Hub and Spoke Network
- How to connect families to network supports and services
- Moving forward, continuing to build our West Edmonton Network

Who is  
joining us today?

# An Introduction to the Province of Alberta's Family Resource Networks

- In an effort to promote a consistent Province-wide approach to prevention and early intervention services and supports for Alberta's children, youth and families the Province worked through a coordinated process with service providers to form Family Resource Networks (FRN)
- FRN's began operating in April of 2020

# An Introduction to the Province of Alberta's Family Resource Networks

## Family Resource Networks;

- Deliver high quality prevention & early intervention services and supports for children aged 0 to 18
- Are community-based center's that offer a full continuum of prevention and early intervention services and supports based on the individual needs of children and families
- Are in all geographic areas as well as in various cultural communities across the province
- Are inclusive, accessible, family focused, child and youth centered

# An Introduction to the Province of Alberta's Family Resource Networks

Family Resource Networks provide services and supports that focus on;

- Strengthening parenting and caregiving knowledge and practices
- Strengthening social supports, coping and problem-solving skills
- Building resiliency, and fostering well-being
- Supporting access to community supports and resources
- Improving infant, child and youth development
- Services and supports based on the Provinces Well-Being and Resiliency Framework



# An Introduction to the Province of Alberta's Family Resource Networks

- Family Resource Networks (FRNs) work to ensure that, through a 'Hub-and-Spoke' network design approach, Alberta children and youth aged 0-18 years and their families have equitable access to a continuum of evidence-based/informed services

# The Well-Being and Resiliency Model

## Umbrella of supports

### Core domains

- Caregiver Capacity Building
- Child Development and Well-Being
- Social Connection and Supports

## Continuum of services

- Universal
- Targeted
- Intensive





# An Umbrella of Supports Core Service Delivery Domains

Caregiver Capacity Building

Child Development and Well-Being

Social Connection and Supports

# Caregiver Capacity Building

- Promote the development and strengthening of caregivers' parenting skills and knowledge
- Enhance capacity to create safe, responsive and nurturing environments and support healthy child development
- Promote the parent-child relationship
- Promote safe nurturing home environments
- Encourage positive parenting practices
- Increase parental confidence and competence in their caregiver role.
- Build parental/caregiver resiliency

# Child Development and Well-Being

- Promote growth and development of infants, children and youth
- Actively engage infants, children and youth through a broad range of activities
- Build skills in all developmental domains with a focus on social and emotional development
- Assist infants, children and youth in reaching their developmental potential

## Social Connection and Supports

- Promote positive connections between infants, children, youth, parents, families, caregivers, and communities
- Based on the needs of families and delivered in the context of families and communities
- Aims to reduce isolation by providing opportunities for social support, connectivity, and development of natural supports
- Support families in navigating service systems and partner with parents and caregivers in identifying and accessing community resources
- Promote family well-being and resiliency by building connections

# Continuum of Supports and Services

The Well-Being and resiliency model supports a continuum of programs that recognizes each family and community as unique and delivers programs in a manner that is responsive to each situation.

## Universal

- Build protective factors and prevent development of risk factors and vulnerabilities

## Targeted

- Strengthen protective factors and reduce the impact of risk factors and the need for more intrusive and intensive interventions.

## Intensive

- Address complex needs resulting from the impact of multiple risk factors, with the intent of reducing long-term consequences of adversity and prevent recurrence.

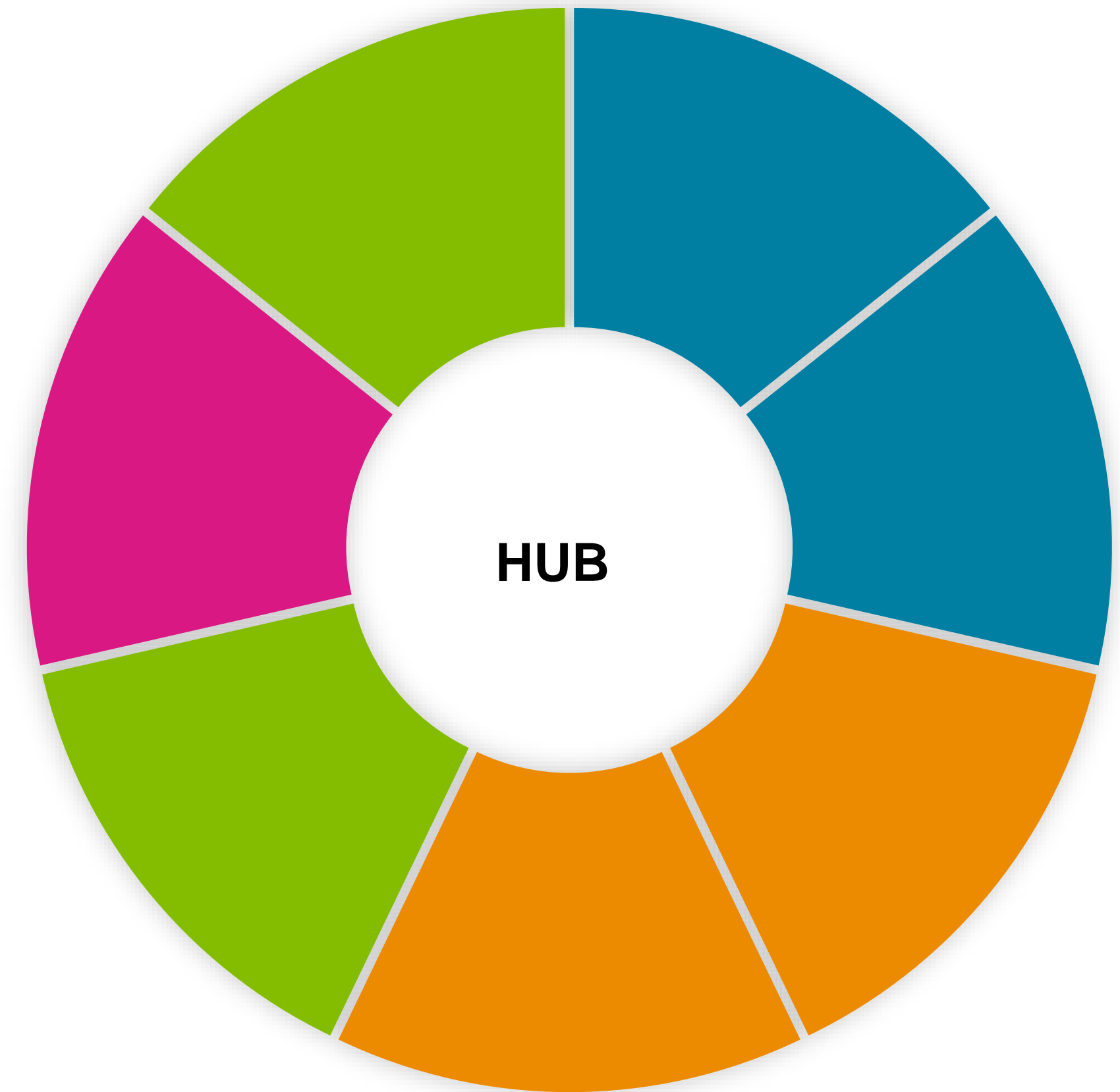
## A Hub and Spoke Network Design

- Using a hub and spoke design, All Family Resource Networks provide supports and services in all domains, across the continuum for all age groups 0-18 years
- A coordinated service integration and program delivery network model approach enhances service delivery
- Individual FRN's Hub and Spoke designs

# A Hub and Spoke Network design

## HUB

- The Anchor Organization
- Coordinates the delivery of a full array of services, supports and programming
- Connects families to services
- Connects service providers to one another and the community



# A Hub and Spoke Network design

## SPOKES

- A network of services and supports
- Formal community partnerships and collaborations
- Ensure a continuum of services in all domains for parents, caregivers, infants, children and youth





## Local Network Area Hubs

Both geographical as well as unique cultural and linguistic communities

### EDMONTON

<b>North Central</b>	YMCA
<b>Northeast</b>	C5 Boyle Street Community Services
<b>Central</b>	Norwood Family Resource Centre
<b>West</b>	Jasper Place Family Resource Centre
<b>Southwest</b>	Family Futures Resource Network
<b>Southeast</b>	Family Futures Resource Network
<b>Intercultural Hub</b>	Multicultural Health Brokers
<b>Indigenous Hub</b>	Bent Arrow Traditional Healing Society
<b>Indigenous Hub</b>	The Red Road Healing Society

## Local Network Area Hubs

Both geographical as well as unique cultural and linguistic communities

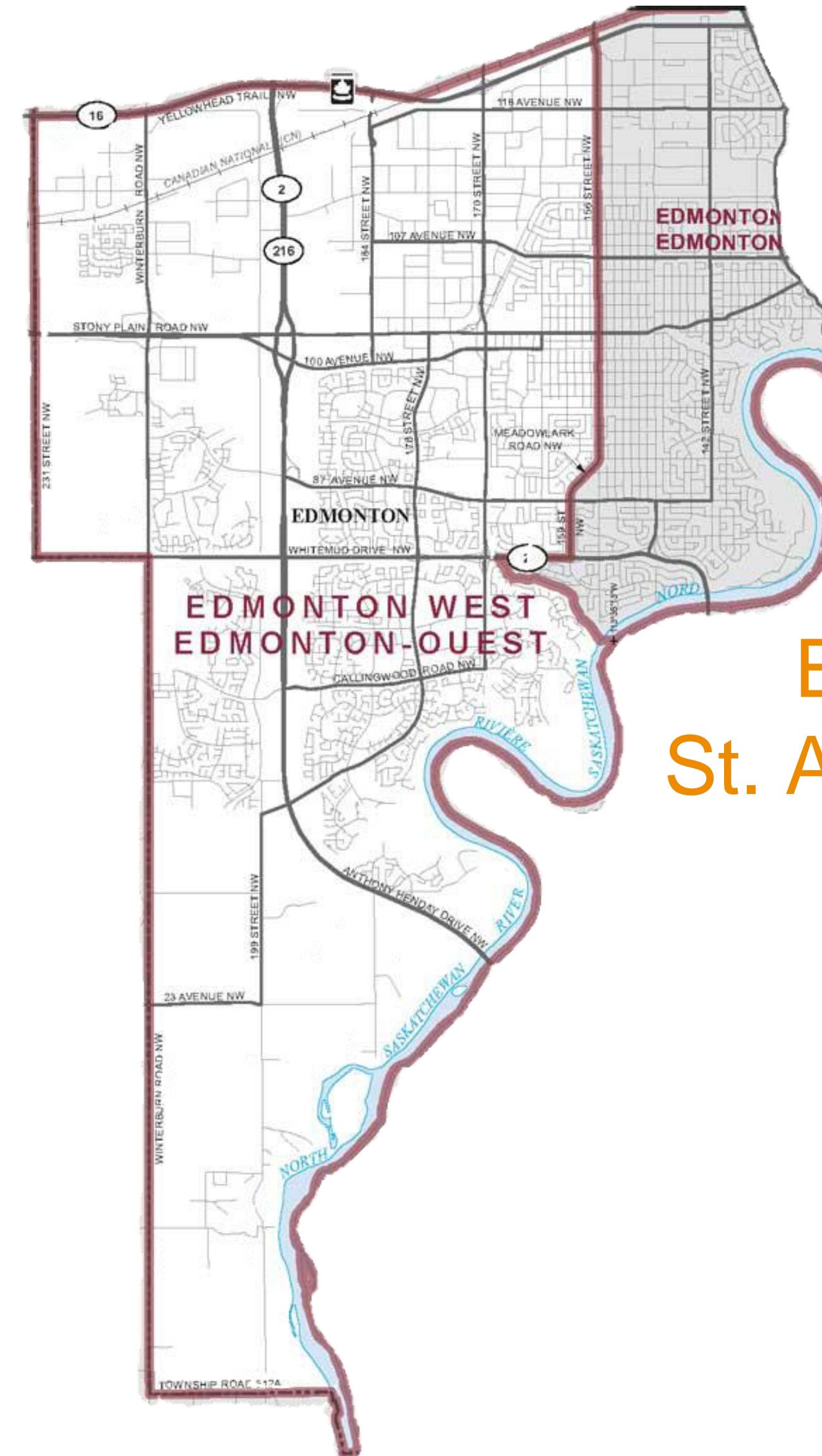
### SURROUNDING AREA

<b>St. Albert</b>	St. Albert Family Resource Centre
<b>Fort Saskatchewan</b>	Fort Saskatchewan Families First
<b>Sherwood Park and area</b>	Strathcona County
<b>Leduc County</b>	Leduc County
<b>City of Leduc</b>	City of Leduc
<b>Stony Plain, Spruce Grove</b>	Alberta Parenting for the Future

# West Edmonton Family Resource Network

West to  
the city limits

North to St. Albert



East to  
St. Albert Trail

South to the river



# JPFRC and the West Edmonton Family Resource Network

Jasper Place Family Resource Centre is the **Hub** for the West Edmonton Family Resource Network  
We also offer 2 spoke services.

We have 2 physical locations:

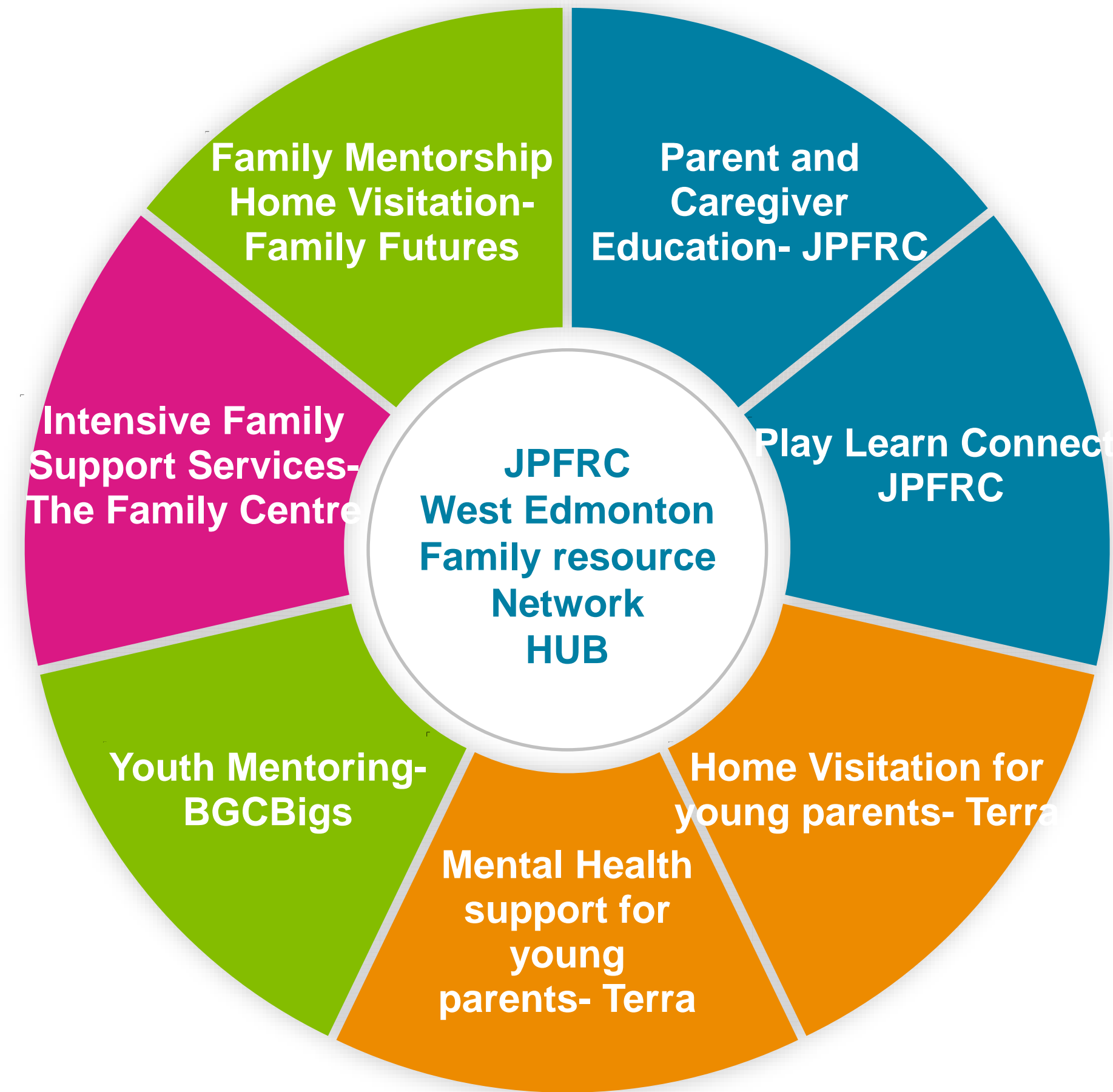
The City of Edmonton's Orange Hub

Cabrini Centre on the Misericordia Hospital Grounds

Together with our partner spokes, we form the West Edmonton Family Resource Network



# Introducing The West Edmonton Family Resource Network



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Universal

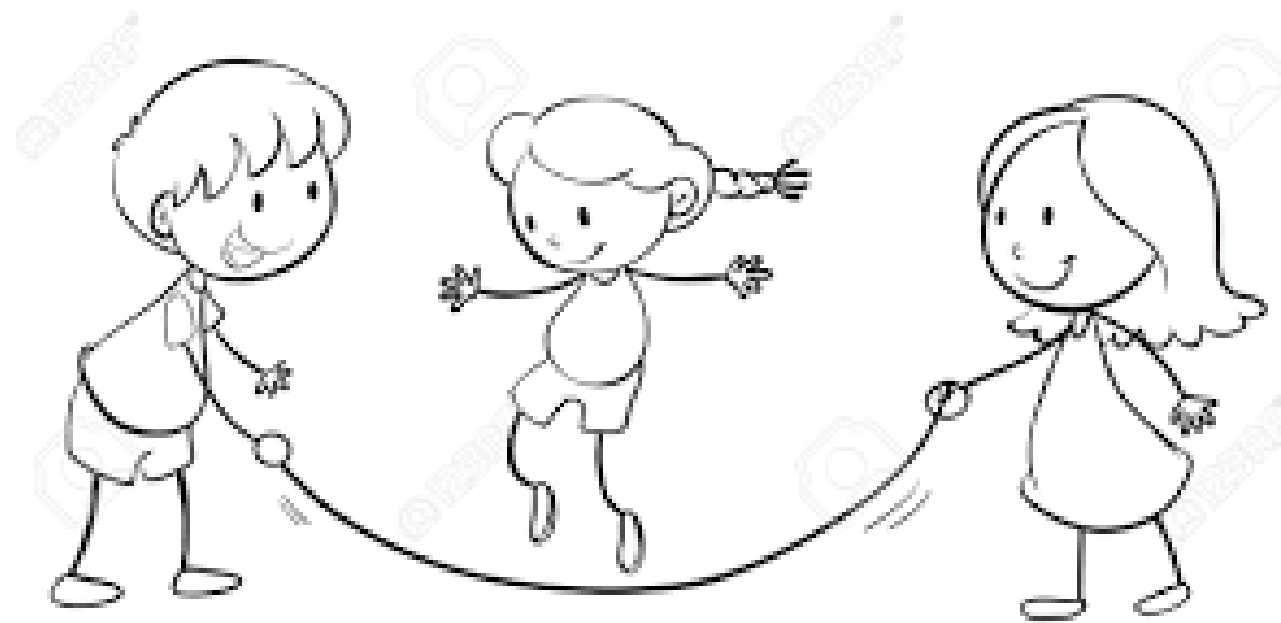
Child Development and Well-Being

Children birth to 6 years



Play is an active form of learning that unites the mind, body and spirit.

- A variety of group-based opportunities for parents and caregivers to participate in play-based activities with their children.
- Enhances caregiver capacity to create safe, responsive, nurturing home environments,
- Promotes children's social and emotional development
- Creates a social connection environment for all.





Every person is a new door to a different world.

- |             |   |                                    |
|-------------|---|------------------------------------|
| • Monday    | Books for Babies<br>Sing and Dance                        | at 10:30 am<br>at 11 am            |
| • Tuesday   | Sing and Sensory<br>Loose Parts Play                      | at 10 am<br>at 1 pm                |
| • Wednesday | Sing and Dance Too!                                       | at 11 am                           |
| • Thursday  | Come Play with Me<br>Loose Parts Play<br>Rhymes That Bind | at 10 am<br>at 10:30 am<br>at 2 pm |
| • Friday    | Loose Parts Play  | at 1 pm                            |
| • Saturday  | Kids and Dads Growing Together                            | at 10 am                           |





## Parent and Caregiver Education

Universal, Targeted, Intensive

Caregiver Capacity Building

Children 0-17



This suite of evidence-based parent education programs:

- Promote the development and strengthening of caregivers' parenting skills and knowledge
- Enable caregivers to create safe, responsive and nurturing environments and supports healthy child development.
- Are offered in Individual and group formats
- Can be customized to fit individual family's needs.



**CWTB®**



**Circle of Security**  
INTERNATIONAL™  
*Early Intervention Program for Parents & Children*





## Mental Health Supports for Young Parents

Intensive

Caregiver Capacity Building

Young Parents (both Moms and Dads)

under the age of 25

with children (Prenatal) to 6 years

## Mental Health Supports

- Provides therapeutic assessment and treatment services to youth who are pregnant or parenting and who present with substance use and mental health concerns.  
*(individual, couples, family, and/or group therapy or psychotropic medication management)*
- Program consists of 1 FT Mental Health Therapist and one Child and Adolescent Psychiatrist.
- Provides support to participants in the way they will most benefit from supports. There is no limit on number of sessions, which are of no cost to clients. There is no wait list.
- Treatment is individualized according to need, readiness for treatment, and treatment goals.

- Available therapeutic modalities include;
  - Cognitive Behavioral Therapy
  - Motivational Interviewing
  - Family and Couple's Therapy
  - Group Therapy
  - Trauma work
  - Mindfulness
  - Dialectical Behavior Therapy Strategies
  - Life skills and coping skills
  - Pharmacologic interventions

### Treatment Approach

- Our Relational Approach is individualized, focuses on removing barriers to accessing mental health supports, is both client AND therapist initiated.
- Provided in a "wrap-around" manner in addition to the supports you receive from your program staff, while maintaining confidentiality.



## The Family Learning Program

Targeted

Caregiver Capacity Building

Young Parents under the age of 25  
(Prenatal or with children up to 6 years)



# Family Learning Program

## Components

- Home Visitation/Family Engagement
- Group Programming and
- Housing Support Services





# Family Learning Program

- For young moms and dads
- Participant lead, strengths based, flexible and responsive
- Voluntary participation
- Addresses needs and concerns, helps with goal planning that leads to future stability and well-being.
- Variety of group programming
- Utilizes developmental screening tools to help support the development of our young parents and their children.

## Family Learning Program

- Help participants address difficult life circumstances such as unhealthy relationships, family violence, lack of support, employment and educational goals, physical and mental wellbeing, child development and instability.
- Assist and support the developmental transition to adulthood.
- Identify what is important to our participants.
- Assist young families to build strong natural, community and formal support systems.
- Terra believes that working in collaboration demonstrates the importance of sharing a common goal to support and build our communities, hence the spoke service partnership with the West Edmonton Family Resource Network



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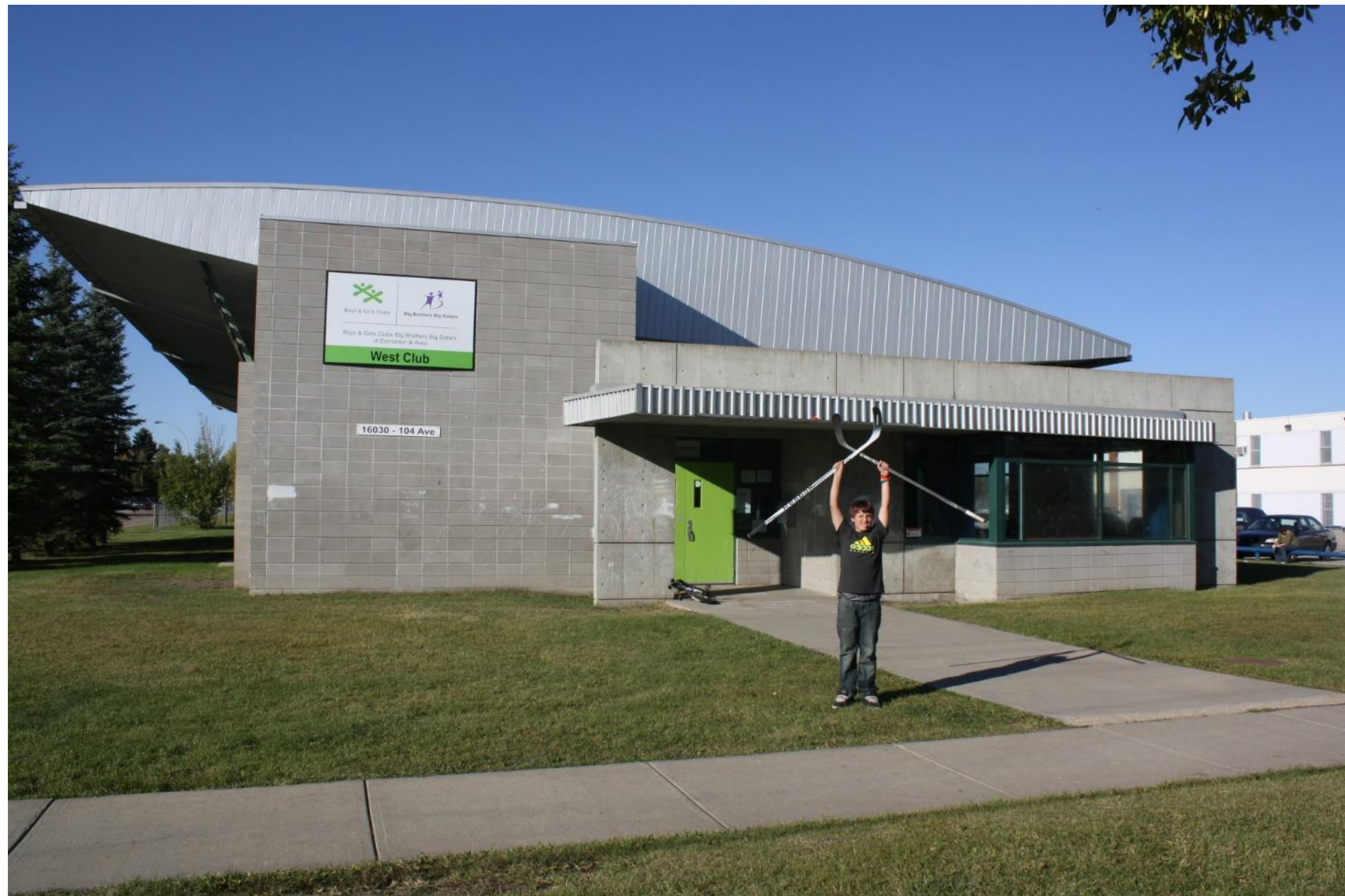
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## Youth Mentorship

Targeted, Intensive  
Social Connections and Support

6 to 18 Years



# West B&G Club

We provide kids with opportunities to connect with positive role models and peers, explore our core program areas: arts and culture, physical activity, health and nutrition, academic support, personal growth, empowerment, life skills, and leadership.

Location 16030-104 Avenue  
Edmonton

Ages 6-17

Visit our website to apply online!

[www.bgcbigs.ca](http://www.bgcbigs.ca)

Contact [Alexis.forbes@bgcbigs.ca](mailto:Alexis.forbes@bgcbigs.ca)  
780-490-6843



# Youth 1:1 Mentoring

We'll match your child with a Big Brother or Big Sister who will spend 1-1 time with the youth once a week or every other week. The focus is on positive role modelling. During COVID-19 we are supporting matches to connect virtually and allowing them to meet in the community when restrictions are permitting.

Ages 6-18

Visit our website to apply online!

[www.bgcbigs.ca](http://www.bgcbigs.ca)

Contact [Alexis.forbes@bgcbigs.ca](mailto:Alexis.forbes@bgcbigs.ca) 780-490-6843



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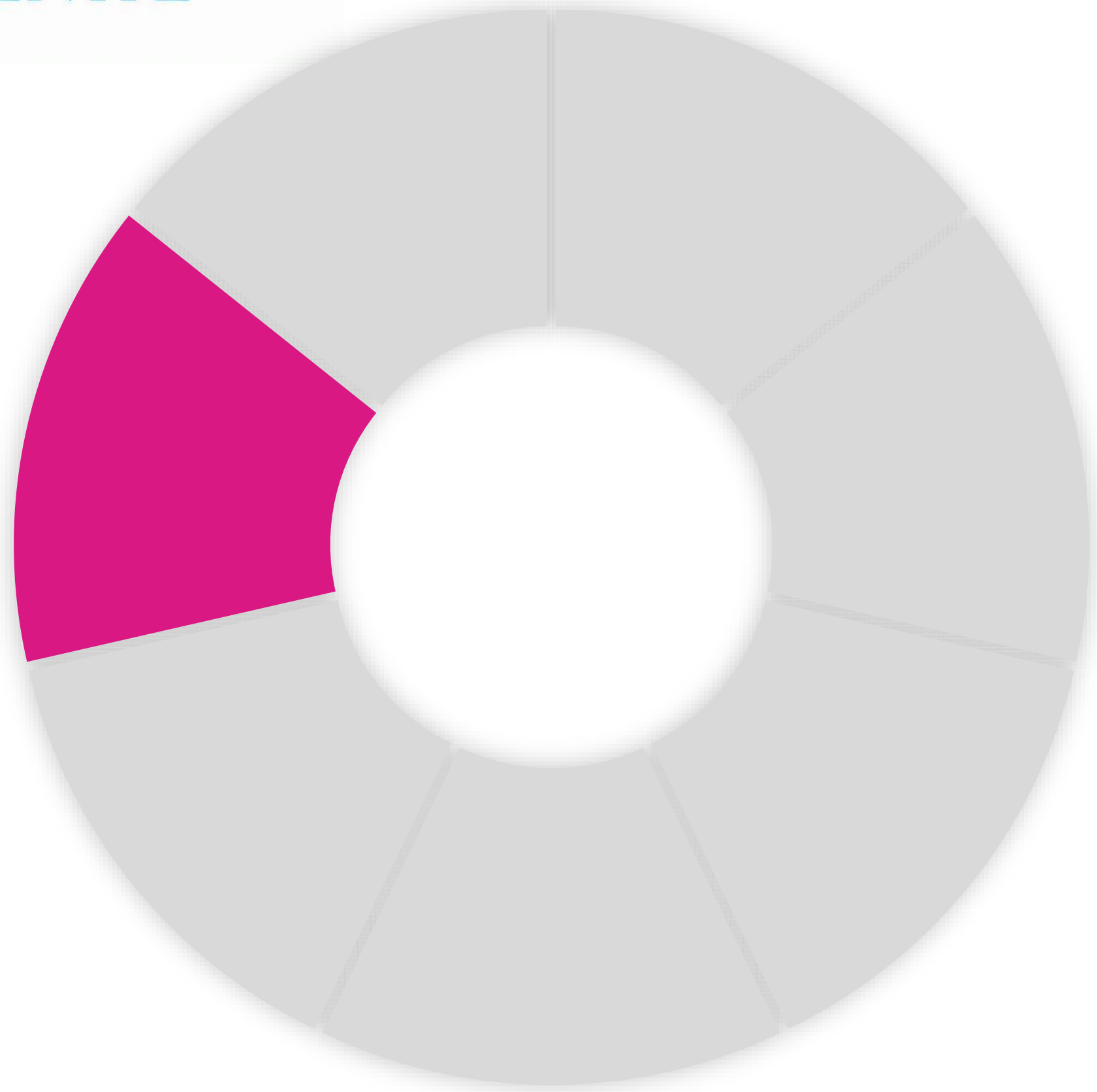
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Boys and Girls Club  
Big Brothers Big  
Sisters of Edmonton  
& Area really is “a  
great place to be”



THE FAMILY  
CENTRE



## Intensive Family Support Services

Intensive

Caregiver Capacity Building

Children 6 - 18

# Intensive Family Support

Caregiver Capacity Building “Spoke”

Supporting caregivers to build healthy attachments, healthy relationships, and healthy families in order to improve overall family functioning.



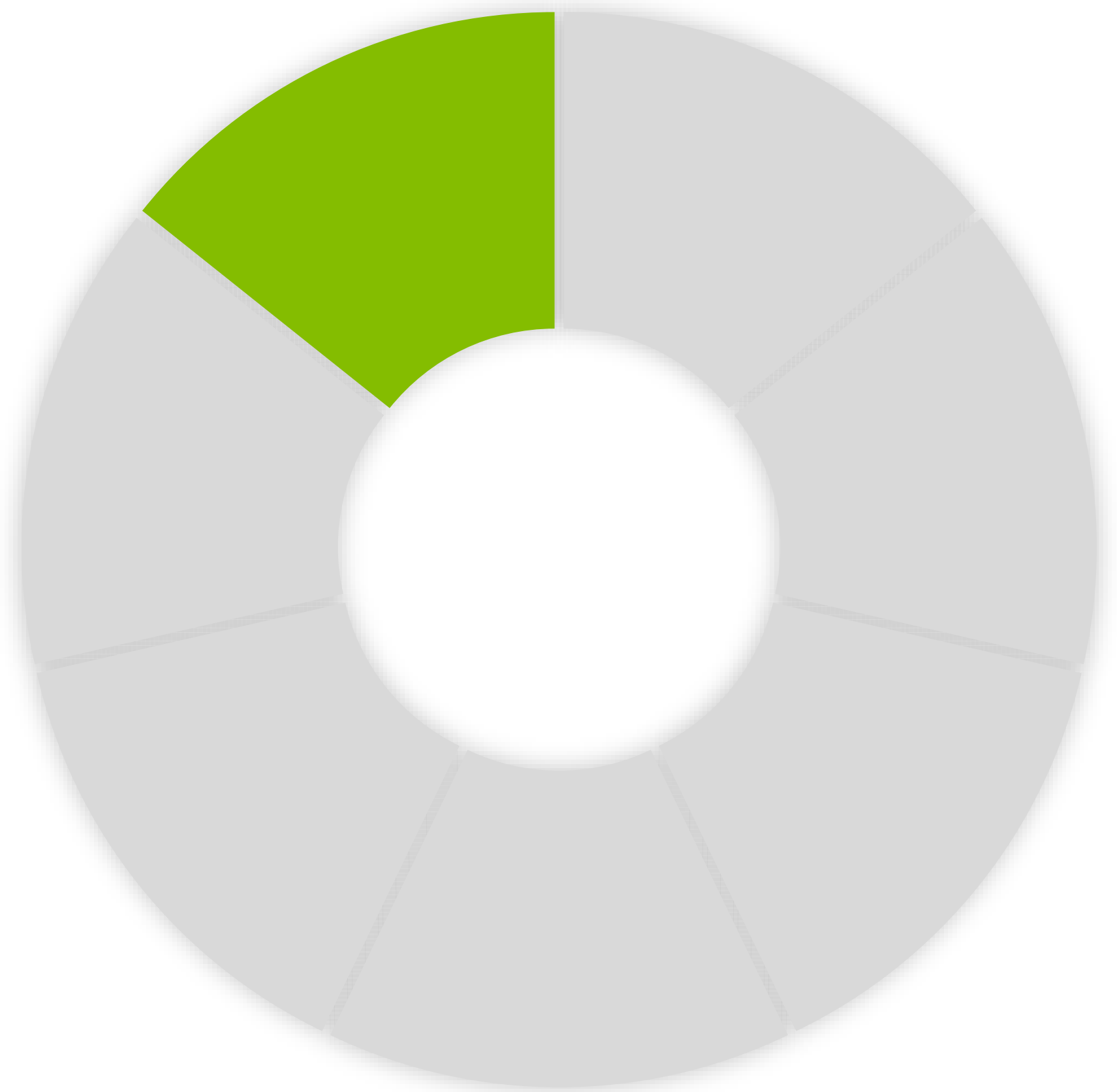
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# How do Families Benefit?

- **Build effective parenting skills**
- **Understand how negative childhood experiences, toxic stress, and trauma affect parenting and child development**
- **Positively influence brain development by focusing on attachment, literacy, culturally sensitive play, and nutrition**
  - **Improve communication and advocacy skills**
    - **Better navigate systems**
    - **Develop or build positive social networks**
- **Address issues that contribute to addictions, family violence, and mental health**



Home Visitation/Family Mentorship

Intensive

Child Development and Well-being

Prenatal and 0-6

# Home Visitation/Family Mentorship

- Home visitation services provide different levels of support. While some families need support with child development information, other families need targeted support to help overcome significant adversity. Above all, home visitation is responsive, flexible, and goal-oriented.



# A Family Mentor will help you...

- Share child development information, in other words, what are the stages of your child's growth
- Create a positive parent and child relationship by supporting positive interactions
- Talk about your health concerns and provide you with health-related information
- Discuss pregnancy concerns to provide you with prenatal and postpartum support
- Access and build support networks and resources for you and your family
- Enhance capacity to face, recover and move forward from life challenges



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# Home Visitation/Family Mentorship

- In-home support for first-time parents and families parenting for the first time in Canada. Families may join before baby's birth or up to 2 years of age. The home visitation program focuses on the role of the caregiver and how to positively contribute to their child's development and growth.



# The Red Road Healing Society

We are a non - profit early intervention and prevention Indigenous organization that has been operating the last 23 years in Edmonton, Alberta.

In 2017, we moved from east Edmonton to the west into old GMCC building now dubbed The Orange Hub (TOH).

332, 10045- 156 St, Edmonton, AB T5P 2P7

April 1, 2020, RED ROAD

became the

**INDIGENOUS WEST**

**PTE OYATE**

**FAMILY RESOURCE NETWORK**

**HUB**

**with**

**7 SPOKES OF SERVICE**

Early Childhood Development (Red Road Spoke), Family Outreach (Red Road Spoke), In Home Family Supports (Red Road Spoke from Metis Child and Family Services), Home Visitation (Red Road Spoke from Ben Calf Robe), Indigenous Family Cultural Supports (Red Road Spoke to Family Futures), Parent Education Outreach (Red Road Spoke), Youth Supports (Red Road Spoke from Bent Arrow)

Some of our current programming and services are: Baby Bonding, Counselling, Crafts, Cree Classes, Early Childhood Development, Elder Support, Family Outreach, Food Support, Grief Workshops, Health For Two, Home Visitation, In Home Family Support, Indigenous Family Support, Legal Services, Literacy, Parent Education, Sewing, Stoney Classes, and yearly ceremonial events albeit when COVID 19 clear - many more services are available depending on the needs, the month and the funding available.

All services and supports are open to everyone and FREE !!

Please visit us on Facebook and our website. We are dealing with telephone issues and hope to have our new network up and running by the end of the month. Currently, you can leave messages on the 780 471 3220.

# RED ROAD INDIGENOUS WEST HUB + SPOKE

## PTE OYATE FAMILY RESOURCE NETWORK

The long road winding began in the stars, spilled onto the mountain tops, was carried in the snow to the streams, to the rivers, to the ocean. It covers Canada; Alaska, America; Mexico to Guatemala; and keeps winding around the Indigenous.

The Red Road is a circle of people standing hand in hand; people in this world; people between people in the spirit world. Star people, Animal people, Stone people, River people, Tree people. The Sacred Hoop.

To walk the Red Road is to know sacrifice and suffering. It is to understand humility. It is the ability to stand naked before the Creator in all things; for your wrong-doings; for your lack of strength; for your dis-compassionate ways; for your arrogance. Because to walk the Red Road, you always know you can do better. And you know when you do good things, it is through the Creator and you are grateful.

.

.

To walk the Red Road you are given rights. You have the right to pray, you have the right to dance, you have the right to think, you have the right to protect, you have the right to know Mother Earth, you have the right to dream, you have the right to vision, you have the right to teach, you have the right to learn, you have the right to grieve, you have the right to happiness, you have the right to fix the wrongs, you have the right to truth, you have the right to the Spirit World

To walk the Red Road is to know your Ancestors, to call to them for assistance. It is to know there is good medicine....

This is a partial excerpt from THE RED ROAD poem by David Antoinette's holy daughter found on our website (along with descriptions of our programs and services) at [www.redroadjourney.ca](http://www.redroadjourney.ca). The poem outlines our Indigenous world view with respect to the 'red road of life'; and what we try to keep in mind when we are assisting our Indigenous families and facilitating Red Road programs and services.

The complete verse can be found on our website under the HOME tab.

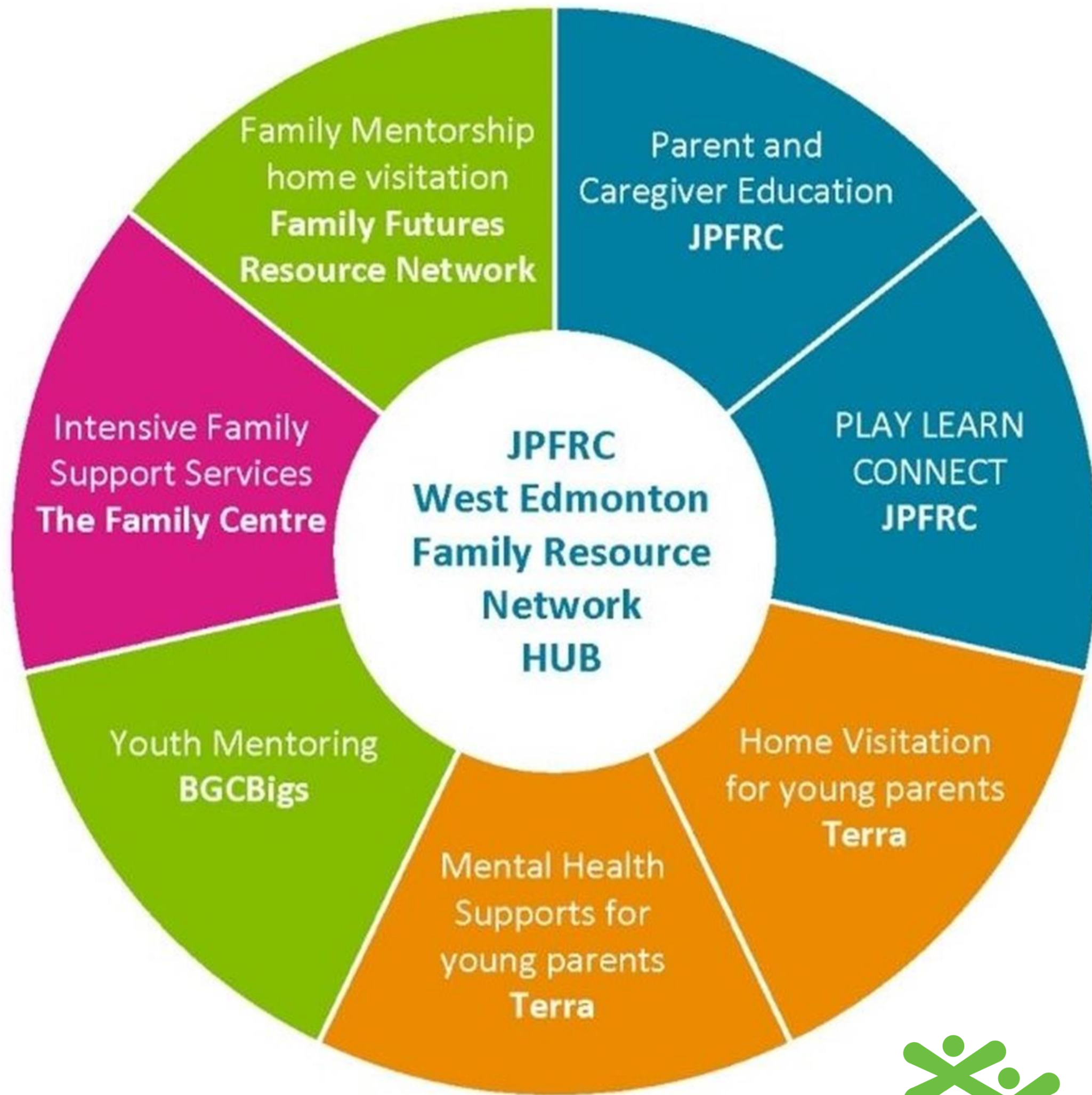


# How to connect to the West Edmonton Family Resource Network

Meet our Hub Service Coordinators

587-635-1775

[jpfrnhub@jasperplace-cfrc.com](mailto:jpfrnhub@jasperplace-cfrc.com)



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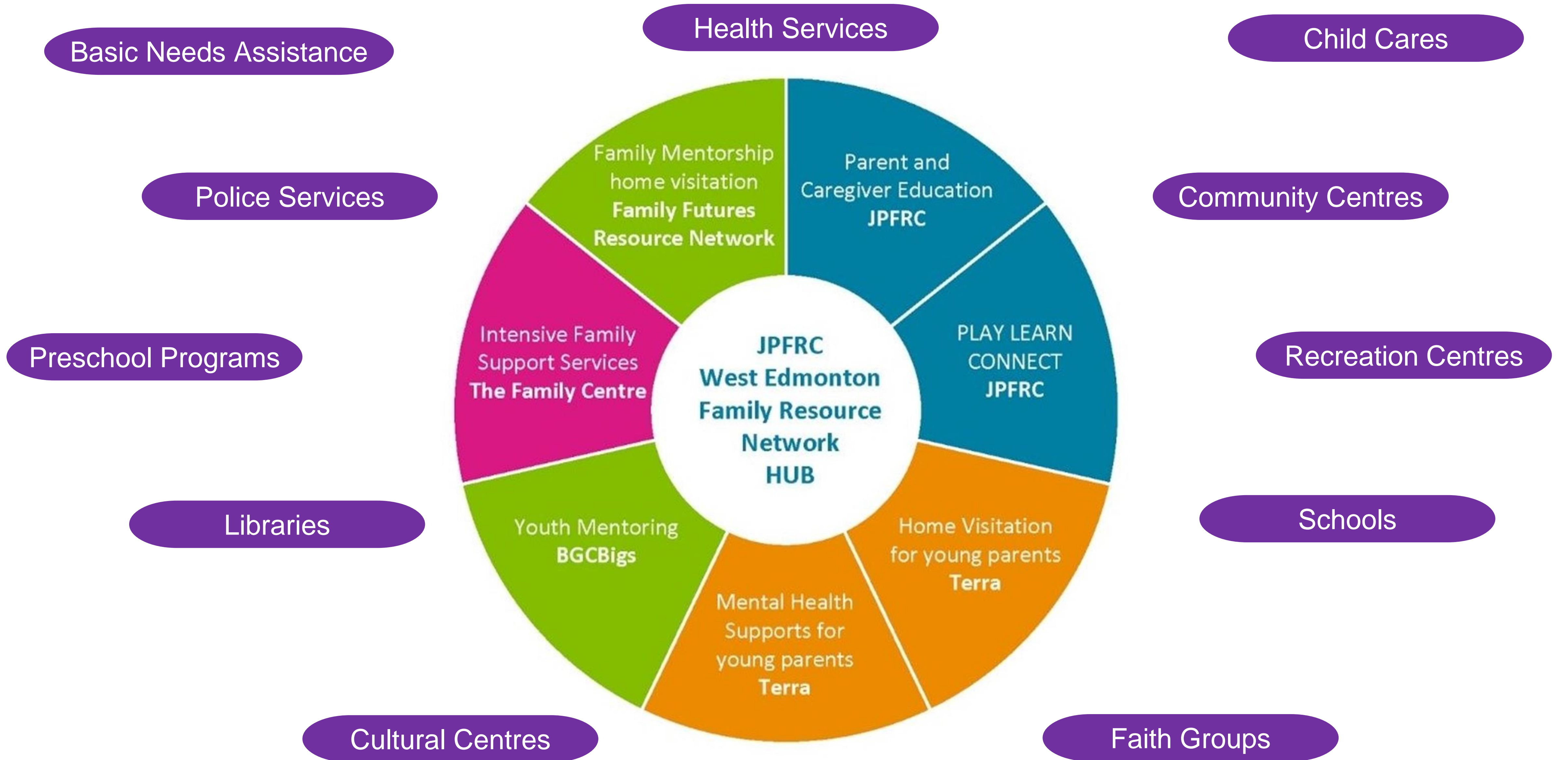


THE FAMILY  
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# The importance of you our community partners



How can we best share information  
about the  
West Edmonton Family Resource  
Network  
with the community?

“

**Coming together is a beginning;  
Keeping together is progress;  
Working together is success.**

Henry Ford

”

# Connect to the West Edmonton Family Resource Network

587-635-1775

[jpfrnhub@jasperplace-cfrc.com](mailto:jpfrnhub@jasperplace-cfrc.com)

QUESTIONS