

Helping individuals, families and communities.

Parent Program/ Parent Link

Baby and Me
Community Activities
COPEing with Toddler Behavior
Daddy and Me
Developmental Check-ups
Gross Motor Development
Individual Parent Coaching
Infant Massage
Stay and Play
Roots of Empathy
Triple P (Positive Parenting Program)

Information and Referrals

- Funding provided to Parent Preschool Program



Teen Program

Between Friends Intergenerational Program
Brain Development Presentations
Community Activities
Counselling: Teen, Parents
Mentoring
Navigating the Teen Years
School Presentations
WhyTry?
Information and Referrals



Counselling

Counselling: Individual, Couples, Family
Bringing Baby Home
Family Life Education
Getting the Best Out of Life
Support Group Facilitation

Information and Referrals

- Funding provided for the Family School Liaison Program



Seniors Wellness

Between Friends Intergenerational Program
Better Choices, Better Health
COMPASS (Caregiver Support)
Seniors Conferences
Information, Referrals and Support
Special Needs Assistance
Support Group Facilitation
Volunteer Coordination

Information and Referrals

- Funding for Meals on Wheels



Community development activities are supported as they fit into FCSS mandate and resources permit.
Many of the above services rotate amongst participating municipalities.

For more detailed information regarding services and locations, visit our website at www.bewfcss.ab.ca

Baby & Me – These post-natal classes help new parents learn about the challenges and rewards of parenting as well as the skills needed to help baby grow and develop.

Better Choices, Better Health – This course is designed to help participants manage their health condition. It includes improving coping skills through exercise, symptom management, communication, goal setting and problem solving.

Between Friends Intergenerational Program - An intergenerational program that provides an opportunity for seniors to connect with children/teens and the youth to connect with, understand and appreciate seniors.

Brain Development Presentations – In partnership with the University of Lethbridge Neuroscience Department we provide information to help teens and their parents understand how the adolescent brain develops and positive ways to cope with these changes.

Bringing Baby Home - Parents learn about the transition to parenthood and how to create a nurturing environment, understand emotions, manage conflict, keep romance alive and be involved with baby.

COMPASS (Caregiver Support) – This course is for caregivers who are providing care to family members or friends due to age, disability or health.

COPEing with Toddler Behavior - Through videos, discussion and skill building exercises parents will learn about encouraging and nurturing a good relationship with their child and to use strategies to promote positive behaviour and reduce the challenging ones.

Community Activities – Fun and interactive activities designed for youth and/or families to increase development of personal and life skills.

Counselling: Individual, Couples and Family -Counselling services are intended to help people better understand their struggles and empower them to make choices that will serve them well in their lives. Given the shorter-term nature of our services, those with mental health concerns, chronic issues and/or addiction issues will be referred to alternate services.

Daddy & Me – A evening Stay & Play drop-in program giving Dads dedicated time with their children.

Developmental Check-ups - Parents complete an age-appropriate questionnaire about their child's development, then links to needed supports are provided.

Family Life Education – Customized presentations to strengthen and enrich individual and family well-being can be offered and may include: marriage education, parenting skills, anger and stress management and more.

Getting the Best Out of Life – This workshop helps individuals find a balance in life and develop skills to deal more effectively with life's challenges.

Gross Motor Development – This program inspires movement and gross motor skill development through activities and play.

Individual Parent Coaching - This is offered to all parents in such areas as sleep, behaviour, separation anxiety, etc.

Infant Massage - Parents learn massage and how it can calm their baby, promote strong parent-child attachment, stimulate circulatory and digestive systems, improve sleep and more.

Information and Referrals – Individual consultations and referrals can be made on a variety of topics and services.

Mentoring – This is a school based program that matches a younger and older student and is designed to build character and relationships, develop leadership skills and provide a positive role model for younger students.

Navigating the Teen Years – A presentation/discussion workshop to support parents of teens. This workshop will look at parenting styles, setting boundaries, the importance of attachment, building relationships, and practical tips to resolving struggles.

Parent Preschool Program (PPP) - A partnership program with Lethbridge College and PPP parents. Emphasizes early childhood development and care.

Roots of Empathy (ROE) - Research confirms this program reduces levels of aggression among school children as well as raising social/emotional competence and increasing empathy.

School Presentations

These are by request from teachers and School Counsellors on such topics as building relationships, suicide and depression, friendships, and coping with stress.

Seniors Conferences – Senior volunteers can assist in planning and organizing senior conferences.

Special Needs Assistance - Eligible seniors, based on income, may receive government grants to help with the costs of appliances, minor home repairs and some medical costs.

Stay and Play - A drop-in program which encourages fun and interaction between the parent and child leading to healthy attachment and early childhood development.

Support Group Facilitation – Participants build on their own strengths to become more creative in their problem-solving. Mentoring and sharing are key components of the groups.

Triple P (Positive Parenting Program) – Group or Individual - Provides parents with simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Volunteer Coordination – Interested individuals are matched with opportunities to serve in their communities.

Why Try? - This program is designed and presented to help students gain insights into how to deal with daily challenges.