



FAMILY WELLNESS IS...

- Early Intervention
- Prevention-focused
- Strength-based
- Supportive to Children and Families
- Focused on the full array of Family Needs
- Culturally Appropriate

Your Children...
 Your Family...
 Your Plan...
 We Can Help.



Family Wellness

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EMPOWERING, PRESERVING, PROTECTING AND STRENGTHENING FAMILIES.

Family Wellness begins with the family and extended family. Together, they are strengthened and supported by the community around them. We will draw upon this community circle of support to meet the mental, physical, emotional and spiritual needs of the family.

Every step will be taken to provide services with the goal of keeping families together, while ensuring children remain safe and protected.

Family Wellness cases may be assessed as low risk but they are not treated as low priority. All cases will receive immediate action as they all meet the threshold for intervention. Service delivery is tailored to each family's unique situation. Family Wellness is intended to help maintain family units.

"Let us put our minds together and see what life we can make for our children."

- Sitting Bull

FAMILY WELLNESS SERVICES

Family Wellness may offer your family an array of services including, but not limited to:

- In-home supports
- Parenting programs
- Adolescent supports
- Individual & family counselling
- Life skills training
- Family mediation
- Youth programs
- Traditional healing
- Elders' services
- Family recreation
- Mentoring
- Advocacy
- Networking with community resources
- Family support
- Awareness workshops
- Prevention programs
- Cultural activities
- Respite

FREQUENTLY ASKED QUESTIONS

What is Family Wellness?

It is an early intervention and prevention system. It allows at-risk families to be linked to services in their community. Families participate in a voluntary system of supports and choices as they re-establish stability in their home.

Will my children be apprehended?

Family Wellness is an alternative to apprehension when it has been determined that the children are not at risk of neglect or abuse. Families will receive preventative services in an effort to maintain the children in the home.

What kinds of services will I be referred to?

Each family will have their own unique needs and may receive a variety of services such as social service programs, addictions services, cultural programs and/or healers, counselling services, etc.

Do I have to participate in Family Wellness?

Families participate in Family Wellness in a voluntary capacity, and may choose not to participate, however; CFS will assess that family to ensure the safety of the children. In some situations, CFS may remain involved with the family in the child protection stream.

