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It takes one family to make a difference in this community. It takes one person to make a difference in this family.

Nisandeh Neta

Family is not an important thing. It's everything.

Michael J. Fox

The greatness of a community is most accurately measured by the compassionate actions of it's members.

Corette Scott King

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Our goal is to assist families to remain united. We celebrate family and youth autonomy and individuality, and respect self determination.

We provide in-home and in-community supports for families who have been referred by the Ministry of Social Services, *or* who voluntarily seek supports through our community-based programming.

We strive to help families:

- Learn and use healthy parenting methods;
- Manage household routines and budgeting;
- Develop organizational and daily living skills;
- Increase community ties via formal and informal supports;
- Learn problem solving and communication skills;
- Connect with community resources such as doctors, counsellors, educators and others.



By assessing the family's needs – physical, psychological, social, and safety – the worker, ministry, and family collaborate to address them, reducing stress that may lead to dysfunction.

Family Support workers are skilled at:

- Active listening to understand client's needs;
- Helping clients identify their strengths and challenges;
- Guiding clients in accessing community resources and services;
- Providing mentoring, modelling, and constructive feedback;
- Teaching positive parenting strategies;
- Enhancing communication skills;
- Assisting with supportive routines and effective household management.

By applying these skills, the Family Support worker helps families achieve their goals, strengthen their bond, and build resilience. This foundation sets them up for longterm success.

