

-FCSS- Youth Outreach Worker

The Youth Outreach Worker provides short-term, goal-oriented support to youth, aged 6-18 years, and their families. They work with the youth's existing strengths while building connections between families, schools and community services.

Youth Outreach helps with:

- Emotional Concerns: self-esteem, managing emotions, grief and loss, stress, life changes, coping skills;
- Family Concerns: separation or divorce, parent-teen conflict, sibling conflict, parenting tools, advocacy;
- School Based Concerns: transition to a new school, attendance issues, improve communication between families and the school; and,
- Social Concerns: problem solving, social skills, communication, peer relationships.

Individual sessions may focus on:

- Connecting the family to community resources,
- Acting as a liaison between the school, community agencies and the family,
- Identifying strategies to support both the youth and/or family,
- Supporting parents to empower themselves and their children, and
- Working to meet goals while building relationships.

FCSS provides short term, preventative mental health resources as well as counselling, workshops, support groups and programs. These supports are geared towards individuals, families, children/youth as well as seniors.

For more information, please visit
<https://www.fortsask.ca/en/living-here/family-and-community-services.aspx>
or call 780-992-6267

-The Bridge- Wellness Hub For Youth

The Bridge is a wellness hub for all youth between the ages of 11 - 24 years old which provides various health and wellness services for youth including counselling, support groups & programs.

We help to ease the transition between youth and mental health support by providing access to the health services young people need, as well as an open space to hang out with friends and make new connections. We are an open inclusive space for all youth to access whether they are utilizing support services or not.

Nurse clinic every Wednesday from 5-8pm
Drop-In Counselling Services
Substance Counselor
Job seeking services
AltView Peer Support (LGBTQ2+)
Rainbow Alliance Group
Eating Disorder Support
Indigenous Support
Sexual Assault Support
Inclusive Spaces
Computer Lab
Relaxation Room
Kitchen with Community Pantry
Creative Art Space
Wi-Fi

Reach out;
manager@thebridgewhy.com
780-589-0224

-Families First Society- Family Wellness Worker

Families First Society is a non-profit, charitable organization serving families through early childhood development, parenting programs, family violence prevention, and family support. We are part of the Family Resource Network who partners with BGC Fort Saskatchewan & Creating Hope Society.

At Families First Society, we take a strengths based approach to support families in Fort Saskatchewan and Sturgeon Region to boost the relationship between caregivers and their children and promote overall well-being. Our Family Resource Network programs offer supports to families who have children aged 0 to 13 years. Programs can take place virtually and in person in the community, at our site in Fort Saskatchewan, and in family homes.

Some services are delivered in a group setting, while other supports are delivered individually. All programs are voluntary and collaborative. We lean on the gifts and strengths of our village members to build healthy families and communities.

When families come to us, we will take the time to listen deeply and connect in a manner that encourages health and healing. We will partner with families to:

- Set goals on changes they wish to address in their parenting
- Explore what may be contributing to their child's behavior and consider possible solutions
- Offer parenting strategies around age-appropriate discipline, creating family routines, and emotional regulation
- Build off existing skills to strengthen the relationship between caregivers and their children
- Engage with their child's school and other service providers in a healthy and meaningful way

To find out what type of support makes the most sense for you, or to make a referral, please reach out to our Community Connectors via phone
780-998-5595 ext. 221
fax 780-998-5503
or email referrals@familiesfirstsociety.ca

-BGC- Youth & Family Support

BGC Fort Saskatchewan is a nonprofit youth serving organization that has worked with children, youth and families for over 35 years. We are a spoke of the Family Resource Network (FRN) who partners with Families First Society & Creating Hope Society.

BGC Youth & Family Support Program provides:
Individual Youth & Family Counselling- Group Support - Education - Referrals

By listening and building on what people already do well, we offer children, youth and families ways to learn new skills and take action for current and future life concerns.

Some of these skill building topics include:

Positive Communication
Increasing Self Esteem
Managing Stress
Healthy Boundaries
Increasing respect for self and others
Recognition and Expression of feelings
Social Skills
Life Skills
Increasing self confidence
Managing Family & parent expectations
Conflict Resolution
Anger Expression
Bullying
Divorce/ Separation/Grief/Loss
Working on positive problem solving
Exploring different communication styles
Discussing healthy boundaries.

We provide Parenting programs, workshops and webinars as well as supported referrals that connect individuals/families with The FRN and other community agencies that best meet their needs. Services will be tailored to your family's uniqueness and situations.

Please connect with one of our support staff
780-992-0103
ythfamilysupport1@fsgbc.ca

-Restorative Justice- Conflict Assistance

Our trained volunteer conflict coaches work with an individual to:

- Empowerment to resolve their own conflict.
- Gain an awareness of their own role in conflict.
- Understand barriers to communication and methods to address them.
- Learn effective methods for dealing with difficult behaviours.

The goals of the conflict coaching are to encourage the participant to understand perspectives from multiple sides and to discover their personal goals. We help the participant to not only recognize barriers, but to create strategies to overcome them and achieve their goals.

Reach out:
587-938-5621
gloria@fortsaskrestorativejustice.com
info@fortsaskrestorativejustice.com

Find us on Facebook at;
Fort Saskatchewan Restorative Justice.
Look us up on the
Alberta Restorative Justice Association's website at
www.arja.ca.

-Creating Hope Society- Cultural Support Worker

The Strengthening Homefires Program through Creating Hope Society is a part of the Family Resource Network (FRN) & offers voluntary support to Sturgeon County residents.

- **Cultural Support** - Getting participants connected to their Indigenous culture by promoting & supporting traditional cultural teachings & practices.
- **In-home Support** - Providing supports through home visitation & building trusting relationships with families. As well as supportive referrals (Food Bank & Sleep in Heavenly Peace)
- **Household Management** - Budgeting, rules & boundaries, & healthy relationships.
- **Sharing Circles** - To enhance family building capacity.
- **Traditional Parenting & Triple P** (Positive Parenting Program)
 - **Grief & Loss Supports** - Referrals.

Reach out for self-referrals:
587-936-0348

shcw.ftsask@creatinghopesociety.ca