

Spokes and Partners

Family Coaching and Mentoring

Midwest Family Connections (MFC)

Family Coaching & Mentorship (FCM) is a voluntary family and home-based program for families of children from birth to 18 years. Our goal is:

- to build protective factors;
- to foster developmental relationships at home and in the community; and
- to effectively connect the parent/caregiver with resources to achieve or sustain family wellness.

Typically, families served are experiencing complexities in multiple areas such as parent-child conflict, limited social supports, family violence or trauma history, unmet mental health needs and/or challenges meeting basic needs. Priority is given to families who need coordination support in effectively engaging with multiple services and supports, and who include youth from 13 to 18.

An individual Family Service Plan is developed in partnership with each family to focus on goals that matter most to them. Our coaching approach is family-centred and strength-based. Key program resources include Child & Youth Resiliency Measures, Triple P Positive Parenting and Developmental Relationships Framework .

In addition to being an FRN Spoke in the Wainwright & Provost areas, MFC also offers:

- Preschool Mental Health Initiative and
- Inclusive Child Care Consultative Services

For more information call 1-866-651-5911 or email info@midwestfamilyconnections.ca.

All pro-grams are voluntary and free of charge.



Core Service Domains

Child Development and Well-Being:

Promote the growth and development of actively engaging infants ,children, and youth through a broad range of Parent/caregiver interactive activities to assist them in reaching their developmental potential socially, emotionally, physically, cognitively and spiritually.

Caregiver capacity building and Support:

Support the development and strengthening of caregivers parenting skills and knowledge to enhance their capacity to create safe, responsive and nurturing environments. While supporting healthy development of their children, building parental resiliency and promote whole family involvement and wellness.

Social Support and Connections:

Supports in place to build positive connections between families and their communities. The goal is to increase

For additional information, to make a referral or register for a program check out our Facebook page

Call the WFRN HUB location in Wainwright (902-5th Ave lower level)
To Register: 780 842-2585

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Wainwright Family Resource Network

Providing Programs and Services in Wainwright, Provost & MD's for families with children 0-18

Come Grow with Us!



“An Alberta where individual, family & community strengths are recognized and where all infants, children and youth are respected, and supported in their home communities.”

Well being and Resiliency Framework March 2019



What is WFRN Mission?

To increase support, connections, and information through programs and services for families with children 0-18 in Wainwright, Provost and M.D's.

The Wainwright Family Resource Network provides a continuum of programs & services for families with children 0-18, WFRN is your Community Resource Network providing information, resources, referrals and support to explore & navigate programs and services along your parenting journey..

“Nothing exists outside of relationship” (Miyo Resource, 2019)



Wainwright FRN Hub & Spokes Programs & Services

Service locations include:
Wainwright, Provost, Czar, Amisk, Hughenden, Irma, Chauvin, Edgerton, and Bodo

Wainwright Family Resource Network (WFRN)

The WFRN is a voluntary service offered to parents and caregivers with children 0-18. It is a warm welcoming space to gather with family & friends. We provide direct service delivery, offer information, supports, resources and awareness of other community agencies & services to help navigate along the parenting journey.

Service delivery is flexible and adaptable to best meet the needs of the family. Programs and services can be delivered in a group setting, one on one, walk-in, via online platform, telephone, email etc.

We offer a variety of Programs and Services.

- Parent & Child Programs
- Power of Positive Parenting
- Kids Have Stress Too!
- Parental Connections & Wellness
- Baby & Me
- Parent Pals
- Developmental Screenings
- RadDads
- Family /Kids Cooking
- Family Fun Nights
- Youth Programs
- Roots of Empathy
- Developmental Assets
- Special Events

All programs are voluntary and free of charge.

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Healthy Families Visitation & Enhanced Home Visitation

Camrose Association for Community Living (CAFCL)

Healthy Families - Home Visitation is a voluntary in-home service offered to parents and parents-to-be in support of raising children to be healthy, safe and secure. Home Visitation focuses on strengthening and supporting families Our goal is:

- To build foundations for strong family functioning
- To promote healthy childhood growth and development
- To cultivate the growth of nurturing, responsive parent-child relationships
- Support for prenatal care and it's role in a healthy pregnancy
- To enhance protective factors.

Our approach is family-centered and strength-based, we work in partnership with families and tailor services to best meet their needs. The program entry target is parents-to-be and families with children 0-6 years of age. Our enhanced home visitation also supports engagement with siblings within the home up to age 13.

As a further extension, we provide long-term support in response to the concern of substance use during pregnancy through Parent Child Assistance Program (PCAP). Home visitors work directly with participants offering personalized services for up to 3 years. You may be eligible to receive services if you are pregnant or up to 6 months postpartum, self-report alcohol and/or drug use during pregnancy, and are ineffectively engaged with community.

All programs are voluntary and free of charge.