

## Family Support Program

### Mandate

We work with families who are involved with MCFD, at-risk of MCFD involvement, or who are seeking support and information on parenting. Our workers are dedicated to supporting families in their health and well-being in a holistic and respectful manner.

Participation in Family Support Program groups is voluntary and are available at no cost to families



### Carrier Sekani Family Services

#### Mission Statement

With the guidance of our Elders, CSFS is committed to the healing and empowerment of Aboriginal families by taking direct responsibility for health, social and legal services for First Nation people residing in Carrier and Sekani territory.

Funded by the Ministry of Children and Family Development



CARRIER SEKANI  
FAMILY SERVICES

### Contact the Family Support Program:

835 3rd Ave

Prince George, BC

V2L 3C7

Phone 250-563-1281

Fax 250-563-1748

[www.csfs.org](http://www.csfs.org)

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## FAMILY SUPPORT GROUPS



Creating wellness together.



CARRIER SEKANI  
FAMILY SERVICES



## FAMILY SERVICES SUPPORT

### PROGRAM GROUPS

**No open file is needed to participate in Groups**

#### Parenting Groups:

##### Parenting 1234 - 4 Sessions

Certified program from Active Parenting. Come and share the joys of parenting toddlers, learn tools and helpful techniques. Snacks provided.

##### Parenting Now- 6 Sessions

Certified program from Active Parenting. Share the joys and challenges of raising 5-12 years olds. Lunch Provided.

Located at 835 3rd Ave and facilitated by Naomi Locheed.

Call to register and to find out when the next Parenting 1234 and Parenting Now session starts.

##### Future Leaders - Wednesdays 9:30-11:30am

Carrier Language and culture programs for preschool children and parents. Come and enjoy playtime, storytelling, drumming and more.

Located at CSFS. Contact Marion Turkawski for more information.

##### Nobody's Perfect- Mondays 10:30am-12pm

Meet with other parents of children 0-5 years old; share questions, concerns and ideas about being a parent; learn about child development, safety, health and behaviour; discuss real-life parenting situations; discover ways of positive parenting.

Contact Naomi Locheed for more information.

## Life Skills Groups:

### Communication for Couples

Join other couples in learning about meaningful communication. Explore and clarify your values, beliefs and attitudes as a couple. Learn how to make decisions together and focus on solutions.

For more information contact Alice Compagnon.



### Women's Group - Fridays 10am-12pm

Women's drop in group combining health, activities and self-care. Breakfast provided.

Located at CSFS and facilitated by Crystal Prince.

### Denee Lh'ghe dit nee (Men's Group)

This group will guide men to understand the wisdom of our Elders so that they may be the best father, son, husband, uncle, relative and friend.

Located at 1145 2nd Ave. Contact Alice Compagnon for more information. Co-facilitated by Patrick Coon.

### Skills to Success - 10 Sessions

An 10 week group that builds healthy habits in your family and uses great parenting strategies for healthy, happy children. Located at CSFS.

Contact Alice Compagnon to find out when the next group starts.

Contact CSFS to find out when the next group starts.

## Food Skills for Families- 8 Sessions

Co-ed group to educate families to make healthy choices, learn about food and budgeting while making delicious meals to take home to their families.

Located at CSFS in the community kitchen.

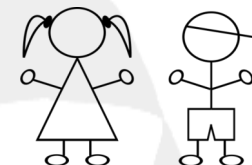
## Children's Groups:

**Girls Group-** Wednesdays 3:00-4:30pm

**Boys Group-** Thursdays 3:00-4:30pm

Life skills oriented activities for ages 8-12.

Call Patrick Coon for more information and registration.



## Drop in:

**Coffee & Bannock-** Thursdays 11:00am-3:00pm



***If any of the above groups interests you, please talk to any staff member from the Family Services Support Team and we will gladly enrol you into the group(s) of your choice.***