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| **CLIENT INFORMATION** | |
| **Client Name:** |  |
| **Date of Birth:** | Click or tap to enter a date. |
| **Nation:** |  |
| **Status Number:** |  |
| **Client Address/Location:** |  |
| **Client Telephone:** |  |
| **Okay to Leave Message:** |  |
| **Client’s Email address:** |  |
| **Is the Client Aware of the Referral?** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date of Referral:** | Click or tap to enter a date. | **Referred by:** |  |
| \*\*\*\* **IMPORTANT: Please type in boxes and fill form in its entirety** \*\*\*\* | | | |
| **Agency Name:** |  | **Relationship to Client:** |  |
| **Telephone:** |  | **Fax:** |  |
| **Email:** |  | **Notes:** |  |

|  |  |
| --- | --- |
| 1. **Number of children:** |  |
| 1. **Number of children living in the home:** |  |
| 1. **Band Names:** |  |
| 1. **MCFD involvement:** 2. **CFCSA section 13 child protection concerns:** 3. **Court proceedings:** |  |
| 1. **Social Worker Name and Number:** |  |
| 1. **Please List Other CSFS and Community Agency**   **Involvement and Their Phone Numbers:** |  |
|  |  |

**What programs are you interested in?**

|  |  |
| --- | --- |
| **Anger & Stress Management (8 weeks)** | **Yes  No** |
| **Bringing Traditions Home (8 weeks)** | **Yes  No** |
| **Caring Dads (12 weeks)** | **Yes  No** |
| **Fathers’ Group – Monthly (ongoing)** | **Yes  No** |
| **Food Skills for Families (8 weeks)** | **Yes  No** |
| **Life Skills (Monthly Workshops)** | **Budgeting Yes  No**  **Home Management Yes  No**  **Goal Setting Yes  No**  **Routines Yes  No**  **Wellness Yes  No**  **Healthy Relationships Yes  No** |
| **Mother’s Group (ongoing)** | **Yes  No** |
| **Parenting (8 weeks)** | **Yes  No** |
| **PRISM (8 weeks)** | **Yes  No** |
| **Rainbows (8 weeks)** | **Yes  No** |
| **STOP - Men’s (12 weeks)** | **Yes  No** |
| **STOP - Women’s (12 weeks)** | **Yes  No** |
| **Strengthening Families (8 weeks)** | **Yes  No** |
| **When Love Hurts (8 Weeks)** | **Yes  No** |
| **Any Suggestions?** |  |

**STAFF ONLY SECTION:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **DATE CALLED:** | **NOTES:** |
|  |  | **DATE LEFT MESSAGE:** | **NOTES:** |
|  |  | **DATE EMAILED:** | **NOTES:** |
| **OUTCOME:** | | | |

**Group Descriptions**

**Anger & Stress Management (8 weeks)**

This eight-week program discusses the roots of anger and stress. The purpose of this group is to gain awareness of your own anger style(s) and how to harness them for positive conflict resolution. Tools and resources are provided throughout the sessions to equip members with a better grasp on their own anger and what produces it. Each week’s topic builds on the previous weeks’ discussions.

**Bringing Tradition Home (8 weeks)**

Bringing tradition home is an eight-week program that creates pathways between family life and connections to culture. It is based on the wisdom of Elders and Knowledge Holders who share insights, traditions, ceremonies, and stories passed down through generations. The program aims to preserve traditional values and cultural practices while navigating modern urban society.

**Caring Dads (12 weeks)**

The Caring Dads twelve-week program emphasizes men’s accountability for their behaviours and helps fathers become more aware of and responsible for their use of abusive behaviours and healthy parenting strategies.  A child-centred approach to fathering is advanced, where fathers are encouraged to try to recognize and prioritize their children’s needs.  Regardless of the stress and challenges that men are facing, facilitators assert that men must avoid using intimidating, shaming, and otherwise abusive parenting strategies.  Men are also encouraged to make choices that are responsive to their children’s developmental needs.  Caring Dads also encourages fathers to begin to appreciate the impact of child maltreatment and abuse of children’s mothers. Caring Dads teaches men concrete skills for improving their relationships both with their children and with their children’s mothers.

**Fathers’ Group – Monthly (ongoing)**

The Father’s group is a men’s peer support group that will be ongoing. It is a chance for fathers to connect and build relationships within the community as well as to learn the traditional ways of Indigenous healing and way of life.

**Food Skills for Families (8 weeks)**

Food Skills for families eight-week program will utilize a step-by-step approach to help teach the skills required for healthy nutrition for families. This program will discuss how to shop properly for healthy ingredients at grocery stores, and how to prepare various foods for cooking (cutting meat properly, storing food properly as per FoodSafe guidelines). Participants will also learn how to cook step-by-step meals and enjoy them with their peers. Each participant will be given cookbooks for their use after the program, as well as knowledge on how to feed their family in a healthy way.

**Life Skills (ongoing)**

Life skills is based on the principles of cognitive-behavioural-therapy (CBT) and helps people learn more about how they think and how it can influence their actions. Life skills training covers topics such as budgeting, social and interpersonal skills, mental health wellness, personal growth, education and career advancement, emotional wellness, and lifestyle improvement. Life skills therapy (LST) focuses on practical abilities to manage daily challenges and amplify personal growth, including emotional regulation, problem-solving, and communication.

**Mothers’ Group – Monthly (ongoing)**

The Mother’s group is a women’s peer support group that will be ongoing. It is a chance for mothers to connect and build relationships within the community as well as to learn the traditional ways of Indigenous healing and way of life. Activities will include berry-picking, learning to preserve food, traditional medicine-making, arts and crafts, and so much more. It is up to you as the group to decide what you want to learn and take away from this support group!

**Parenting (8 weeks)**

In this eight-week program group the parents will learn children’s development, parenting skills, and coping tools/techniques to deal with the complex task of parenting. The group will consist of information on child development throughout the various stages of child and youth – considering interpersonal and intrapersonal factors. The Parenting program will also focus on parenting coping skills and techniques to use when handling difficult situations. Additionally, some tools and techniques will be given to parents to use while navigating parenthood.

**PRISM (8 weeks)**

PRISM is a eight-week peer support group program for single-parents, step-parents, and parents whose children are in the Rainbows program. The purpose of PRISM is for parents to understand and process their grief, become more attuned to their children’s grief and be able to recreate the “family” again. PRISM meets consecutively for 12 weeks; each session runs for 1 hour. At the end of the 12 weeks, all participants take part in a closing session

**Rainbows (8 weeks)**

This eight-week group assists children of various ages to understand that they did not cause a divorce or death. It helps them to discover their own inner strengths, learn to accept and manage their circumstances, and progress from hurt through healing to hope. Activities are led by group interests. It is up to you to decide what you would like to do!

**STOP – Men (12 weeks)**

S.T.O.P is a twelve-week program that integrates elements from pro-feminist, cognitive behavioural, and self-psychological models to address domestic violence.    The program provides an opportunity for men to look at and examine the dominance and control aspect of domestic violence including male privilege and entitlement.  The program offers men the training to learn new skills for self-management, communication, empathy, and problem solving.  The facilitator uses a client-centred approach to emphasize respect for the men’s experience in their personal history and in their relationships. The program is delivered over 12 weeks, and each weekly session is approximately 3 hours in length with a 15-minute break.  At the beginning of each group, participants do a check-in and talk about how their week went (successes and or struggles.) Participants also provide two things that they are grateful for to express gratitude.

**STOP – Women (12 weeks)**

Welcome to the twelve-week STOP program for women! This program will help women discover how abusive patterns in intimate relationships began – and it will help women develop new ways of dealing with the beliefs and emotions that have triggered such behaviours. The STOP program for women will help women deal with these problems in a supportive learning environment. It offers (just like the men in men’s group) intensive training in new skills for self-management, communication, problem-solving, and empathy for others. With special attention paid to positive self-talk through personal experience. In a series of weekly groups, women in the group will have a chance to discuss family problems, feelings that led to destructive behaviours, and the impact violence has had in relationships.

**Strengthening Families (8 weeks)**

The Strengthening Families eight-week program is an evidence-based parenting skills, children’s social skills, and family life skills training program specifically designed for high-risk families. It helps parents and kids develop happier family relationships, improve mental health outcomes, and decrease youth alcohol and drug use, violence, and delinquent behaviour. The program aims to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.

**When Love Hurts (12 weeks)**

A twelve-week program support group for women who have experienced abuse from their male partners. This group offers tools and information to bring awareness to their situation, drawing strength from other women’s lived experiences and to let women know that they are not alone. By sharing other women’s stories, women can begin to hear their own story more clearly, learn healthy relationship skills, and increase safety for themselves and their children moving forward.