

FAMILY SERVICES OF CENTRAL ALBERTA

2015 Annual Report



Where Family Comes First!

SERVING ALL FAMILIES

Our mission is to assist individuals and families to maintain dignity, enhance autonomy and strengthen relationships.

Our vision is that we are leaders in providing programs and human services that strengthen the health of families in Central Alberta.



59,918 hrs

did our staff spend in total serving our clients

58%
client increase compared to 2014

3,564
clients

2014

6,059
clients

2015

Communities Served

"I was in a family crisis and was able to get in the same day."



Delburne, Elnora, Stettler, Bowden, Innisfail, Olds, Penhold, Spruce View, Sundre and area, Springbrook, Rocky Mountain House, Sylvan Lake and area, Red Deer County, Lacombe, Rimbey, Ponoka, Alix, Bentley, Joffre, Chestomere, Mirror, Morningside, Satinwood, Clive, Tees, Bluffton, Eckville, Benalto, Red Deer County, James River, Alhambra, Arbutus, Coroline, Nordegg, Leslieville, Lousana, Markerville, Pine Lake, Torrington, Trochu, Wimborne Alberta

Healthy Families

is a free home visitation service available to families with a new baby.

60%

of parents increased knowledge of parenting strategies



2,206

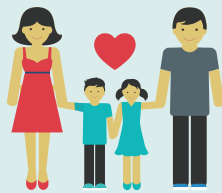
Home visits were completed

6,616 hrs

Invested in the lives of families

IPWP - Infant Preschool Wellness Program

is a voluntary program that offers Home Visitation and Parent Support Groups to support healthy growth and development of children.



We served

1,090

Individuals

or **196**

Families

37

Aboriginal families

33 Newcomers

PCAP-Parent Child Assistance Program

is a 3 year voluntary program provided to women who use substances with appropriate, respectful services to improve their quality of life. We empower women to build and maintain healthy and independent family lives and assure that children are in safe and stable homes.

176 hrs

face to face support



PARENT/CHILD PROGRAMS

BIB - Building Incredible Babies

Supporting expecting moms with nutrition and healthy choices.

55%

Clients are in a relationship

45%

Clients are single

Clients Served

159

Ages 15-24

105

Ages 25-55



FAMILY PROGRAMS

Parent Link

Parent Links are centres of excellence which provide parent and families with comprehensive support through the provisions of programs and services in five key areas; Early Childhood Development, Parent Education, Family Support, Information and Referral and Developmental Screening.

3,994

Individuals served

669

Ages & Stages Development Screens

91%

Of Children are developing on track



Counselling

This program assists families and individuals to resolve personal, marital and family problems. We aim to generate alternatives and find unique solutions. Services offered are focused on early intervention and prevention.

492

Clients served

28%

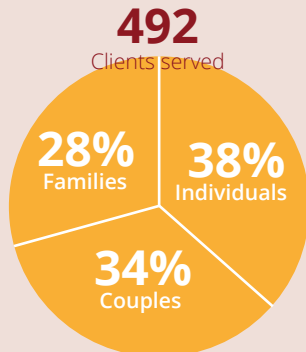
Families

38%

Individuals

34%

Couples



Families & Schools Together (F&ST)

This program helps to enhance the parent/child attachment, develop a sense of family identity and unity, develop positive social/family/school connections and builds strong family and social support networks, support healthy social and emotional well being.

57

Participants: 12 families / 9 week program

67%

Say, that they have a better Relationship with their child

54%

Of teachers see noticeable improvements in parental involvement



ADSP – Adult Day Support Program

The program provides day respite for caregivers who are caring for loved ones in their home.



5,204
Staff hours worked
7,932
Hours provided to clients

"I can't express enough how I appreciate the ADSP program! This has been absolutely the most precious gift that I received this year. My husband very much enjoys all the fun loving gals that work with him. This program has given me part of my life back and I thank you all for this."

Home Support

This program provides home support to those who need assistance to allow them to stay in their homes, build community connections and to live independently in a safe and healthy environment.



141
Served individuals



COMMUNITY SUPPORT

Gifts for Grandparents

This program serves many seniors who are isolated and/or do not have family in Central Alberta to celebrate the Christmas.



603
Gift bags delivered

160
Volunteers

Children's Festival

An active community planning committee works 10 months of the year to host this inclusive low cost festival for children, youth and their families.



6,000
Participants per Year

26
Community partners

1,200
School children in Red Deer and rural area

2,038
Volunteer hours



6,600
Oranges served

Feed a Family

is a collaborative project with NewCap radio where money is raised to feed families in the month of December.

People fed:
103 Adults
117 Children



We delivered:

48 Jugs of milk

48 Dozen eggs

93 Blocks of cheese

60 Containers of yogurt

ABC Financial Literacy

- This program teaches staff how to talk to their clients about money,
- learn what your clients need to be financially stable.



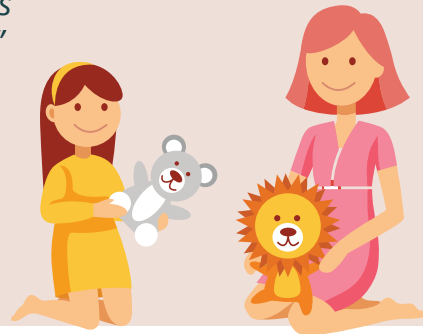
35 Workers have taken workshop

155 Unique clients have been referred by these workers,

Serving a total of **1,224** people

"My approach to money has changed!"

"Debt reduction is stress reduction."



"I learned how to help myself and children in stress situations."

EDUCATIONAL PROGRAMS

Educational programs that meet the needs of families:

- Beginnings – Pre-marital course
- Good Bye Meal Time Struggles
- Taming the Worry Dragons – children's anxiety
- Active Parenting
- FOCUS on Communication

THANKS AND APPRECIATIONS

