

## WHITCOURT & AREA FAMILY SUPPORT PROGRAM (FSP)

Facebook @WhitecourtAreaFamilySupportProgram

part of the SPARK FRN (Supporting Parents and Alberta's Rural Kids Family Resource Network)

### The Whitecourt & Area Family Support Program (FSP) provides:

<b><u>Diversion Services</u></b> for families with youth aged 7-18 years of age in Whitecourt and throughout the SPARK FRN.	<b><u>Universal Programming and Parent Education</u></b> for families with children/youth 0-18 years of age, with a focus on early childhood development at the Allan & Jean Millar Centre in Whitecourt.
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### SPARK Family Resource Network Includes:

Alberta Beach	Greenview No.16	Mayerthorpe	Ross Haven	Swan Hills	Woodlands County
Castle Island	Valleyview	Nakamun Park	Sandy Beach	Val Quentin	Whitecourt
Fox Creek	Lac Ste. Anne County	Onoway	Sunset Point	West Cove	Yellowstone

### DIVERSION SERVICES

Free, accredited, family centred, solution-focused counselling and family support. Services may be provided in-home and/or in the community, and by virtual means when suitable, and build upon informal supports and resources including discussions, activities, providing strategies, recommendations, and information to help the youth and their family. Groups may be offered that focus on parenting strategies, social skills, emotional health, or other relevant issues.

#### **Areas that the Diversion Program provides support for include:**

- Parenting skills
- Conflicts in family relationships
- Coping with separation/divorce/family changes
- Communication
- Anxiety/depression
- Grief and loss
- Aggressive behaviour
- Adolescent issues
- Self-esteem

#### **DIVERSION PROGRAM ACCESS:**

Families can self-refer to the program or be referred from a supporting agency. Service can be arranged by contacting the Family Support Program Team Lead by phone: 780-778-3637, ext. 412, or email: [angelamillard@whitecourt.ca](mailto:angelamillard@whitecourt.ca).

### UNIVERSAL PROGRAMMING and PARENT EDUCATION

A variety of free drop-in and registered universal programs that focus on the five developmental domains, asset building, psycho-educational topics, and building family and inter-generational cohesion. The programs will be offered at the Allan & Jean Millar Centre in Whitecourt and at various locations throughout the community. Programs are open to all families in Whitecourt and the SPARK FRN.

