



Family Services Employee Assistance Programs

The Family Centre of Winnipeg is part of a national network which provides EAP services to over 500 companies. EAP services are proven to increase productivity, employee satisfaction and increase employee retention. Our EAP services includes:

- Individual, couple and family counselling
- Telephone advisory services
- Critical incident debriefing
- Wellness promotion/programs
- Organizational consulting



Families and Schools Together Canada is a program that:

- Strengthens families.
- Improves connections between families and schools.
- Creates a sense of community.
- Helps children be more resilient.
- Helps children succeed in school.

### MAKE A DONATION

I want to contribute to the important work of The Family Centre of Winnipeg by donating to:

- Agency Programs
- The Family Centre of Winnipeg's Endowment and Memorial Fund

Enclosed is my tax deductible donation:

\$100    \$50    \$10    Other \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

### METHOD OF PAYMENT

Cash    Cheque    Visa    MasterCard

Cheques payable to The Family Centre of Winnipeg

Card # \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature \_\_\_\_\_

The Family Centre's Endowment and Memorial Fund was established in 1993 to assist at-risk children and their families, protect children from violence, and honour the memory of special friends of The Family Centre.

You may donate to the Endowment and Memorial Fund online through The Winnipeg Foundation using the link [www.familycentre.mb.ca](http://www.familycentre.mb.ca).

Charitable receipts will be issued for donations of \$10 or more.

Our Charitable Registration Number is **129863049RR0001.**



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**ACCREDITED SINCE 1968** 

### FUNDED BY





## OUR VISION

### *Healthy Families and Strong Communities*

Our services are available to everyone in Winnipeg. Most of our services are in the community. Client families represent over 100 cultural groups.

- We have over 150 employees
- We speak 25 different languages
- We represent over 45 cultural groups
- We have over 200 volunteers

We are an Equal Opportunity Employer

## WE OFFER

- Counselling and Community Services
- Family Preservation
- In-Home Family Support and Family Education
- Family and Child Care Resources
- Family Supports for Refugees
- Community Development
  - Family Resource Centres
  - Families and Schools Together Canada
- Employee Assistance Program
- Education and Training

## COUNSELLING AND COMMUNITY SERVICES

Counselling is provided to individuals, couples and families.

We can help with:

- Relationships
- Communication
- Parenting
- Play therapy
- Anger management
- Grief and loss
- Separation and divorce
- Depression, anxiety and stress
- Addictions
- Childhood and adult traumas
- and more

## FAMILY PRESERVATION

This program helps families with multiple stressors stay together. The program may include family counselling, parent education, coaching and in-home family support.

## IN HOME FAMILY SUPPORT/ FAMILY EDUCATION PROGRAM

Our professional staff provide information, assessment, emotional support, parental guidance, outreach and advocacy.

A support worker may come into a family home to help during difficult times, for social needs, or when a family member is ill or disabled. Service is temporary. We are not a day care program. We can help with:

- Child Care
- Housekeeping
- Parent Education
- Emotional Support
- Finding Resources

## FAMILY RESOURCE CENTRES

Family Resource Centres are located in six Manitoba Housing communities with the following goals:

- Empowering individuals
- Strengthening families
- Building natural support systems and community capacity

### Family Resource Centre Locations

- Woodydell Family Resource Centre, 625 St. Anne's Rd.
- St. Anne's Family Resource Centre, 565 St. Anne's Rd.
- Community Resource Centre, 1190 Plessis Rd.
- Westgrove Resource Centre, 76D Westgrove St.
- Mayfair Family Resource Centre, 146 Mayfair Ave.
- Tuxedo Family Resource Centre, 225 Doncaster St.

## FAMILY AND CHILD CARE RESOURCES

We help families and child care providers when:

- Children have challenging behaviour, emotional, cognitive, physical or communication concerns.
- Families are new to Canada.
- Families need help finding safe and nurturing child care.
- Parents are concerned about how their child is adjusting to child care.
- Parents are isolated, lack support, and feel overwhelmed.
- Parents are having difficulty coping or are in crisis.

We provide information, assessment, intervention, advocacy, parent and provider education.

## FAMILY SUPPORTS FOR REFUGEES

This program provides many supports including information, assessment, advocacy, case coordination, and help through a transition or crisis.