



# OKOTOKS FAMILY RESOURCE NETWORK

The **Okotoks Family Resource Network (FRN)** is a community hub that provides a range of services and programming for children, youth and families in Okotoks and surrounding area.

We provide a welcoming environment and connect individuals with the resources, services, and people they need in the areas of:

- social connection and support
- caregiver capacity building
- child development and wellbeing

*The table below highlights some of the many services and programs we have to offer.*

HUB SERVICES	
<b>Family Resource Worker</b>	<ul style="list-style-type: none"> <li>• Brief in-home support services (3-5 visits)</li> <li>• Assessment and screening</li> <li>• Individualized supports for parents/caregivers</li> <li>• Parenting groups and workshops</li> <li>• Coordination and referral to required services</li> </ul>
<b>Youth Resource Worker</b>	<ul style="list-style-type: none"> <li>• Youth outreach</li> <li>• Individualized one on one support</li> <li>• FRN and community-based programming centered around healthy child and youth development (0-18)</li> <li>• Coordination and referral to required services</li> </ul>

SPOKE SERVICES	
<b>Home Visitation (Children's Cottage)</b>	<ul style="list-style-type: none"> <li>• Provides support to parents of children (prenatal to 6 years of age) in the family home</li> <li>• Promotes optimal child development</li> <li>• Strengthens caregiver capacity</li> <li>• Builds social connections and supports</li> </ul>

## SPOKE SERVICES

<p><b>Rapid Access Counselling (Catholic Family Service)</b></p>	<ul style="list-style-type: none"> <li>• Single session counselling for children &amp; youth (6+) and parents/caregivers</li> <li>• Solution-focused support for a variety of needs</li> <li>• Focused on healthy child development, supporting caregiver capacity, and promoting resilience within the family</li> </ul>
<p><b>Early Childhood Supports (0-6 years)</b></p>	<ul style="list-style-type: none"> <li>• Developmental screenings for 0-6 years</li> <li>• Recreation and play based learning</li> <li>• Early literacy programming</li> <li>• Parenting groups and workshops</li> <li>• Pre/post natal supports</li> </ul>
<p><b>Life Skills for Children (7-13 years)</b></p>	<ul style="list-style-type: none"> <li>• <b>KickStart Leadership Program:</b> for children 7-13 years old, who are looking to further develop their social skills related to personal development and leadership</li> <li>• Improves self-esteem, self-confidence and identifies pro-social attitudes and clear values</li> <li>• Workshops and individualized skill-based supports</li> </ul>
<p><b>Life Skills for Youth (14-18 years)</b></p>	<ul style="list-style-type: none"> <li>• <b>Skills for Life:</b> facilitated groups for youth 14-18 years</li> <li>• Workshops and youth-based events</li> <li>• Individualized skills-based supports</li> <li>• <b>Skills for Anger:</b> 10-hour course to help youth increase their conflict resolution and communication skills.</li> </ul>

For more information about Hub or Spoke services, please contact us at:

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