

For more information or to see if Healthy Families is right for you, contact the Facilitator in your area.

### Camrose & Camrose County

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### Town and MD of Wainwright

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### Town and MD of Provost

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Healthy Families would not be possible without the support and financial contributions from the following agencies and organizations:



Canada  
Community Action Program  
for Children (CAPC)



CPNP  
Canada Prenatal  
Nutrition Program

Government  
of Alberta  
Human Services  
Central Alberta Child and Family Services



Wainwright, Camrose,  
Flagstaff, Provost &  
Beaver FCSS



Camrose Association  
for Community Living



Camrose Association For Community Living

4604—57th Street  
Camrose, Alberta  
T4V 2E7

Tel: 780-672-0257

Fax: 780-672-7484

Website: [www.cafcl.ca](http://www.cafcl.ca)

### Our Vision

All children will learn, grow, and develop to reach their full potential.

## How can we help?

Healthy Families - Home Visitation is a voluntary in home service offered to parents and parents-to-be (prenatal to 6 years of age). Home Visitation Facilitators support parents to be the best they can be through building parental self-confidence and strengthening the foundations of their family.

### Our primary focus is:

- ◆ To build foundations for strong family functioning
- ◆ Fostering the growth of secure attachment relationships and developmentally enriched, empathic parenting.
- ◆ To promote healthy childhood growth and development
- ◆ Support for prenatal care and its role in a healthy pregnancy
- ◆ Support families to reduce their stress and build protective buffers for their children

Our approach is family-centered and strength-based, we work in partnership with families and tailor services to best meet their needs. The program entry target is parents-to-be and families with children 0-6 years of age. Our enhanced home visitation also supports engagement with siblings within the home up to age 13.



As a further extension we provide long term support in response to the concern of substance use during pregnancy. Facilitators work directly with participants offering personalized services for 3 years.

### What can you expect:

- ◆ support to improve health of women and their children,
- ◆ making steps towards a healthy independent lifestyle
- ◆ connecting women to resources in their community.

This program is for women who are pregnant or up to six months post partum, that self report alcohol and/or drug use during pregnancy and are ineffectively engaged with community or women who have delivered a child with fetal alcohol

Program is voluntary, with no fee.

## Who can refer to Healthy Families?

### Anyone can refer, including:

- Self
- Parents
- Friends
- Public Health Nurses
- Social Workers
- Teachers
- Physicians
- Prenatal Instructors
- Community Agencies

### How do you refer?

Visit our website

<http://www.cafcl.ca/healthyfamilies>  
to find the referral form.

Phone 780-672-0257

Complete the referral form & fax, email or call your local Healthy Families Office. All contact information is on the next page.

### All referrals are followed up!

### Our Mission

To work in partnership with families to provide information and support that encourages positive and responsive parenting, promotes child well-being and nurtures healthy development of children during the early years of life through home visitation services.