

## Family School Liaison Program

The Family School Liaison Program is a free-of-charge, client-based, goal-focused program provided by FCSS. This program is also supported by Aspen View Schools.

The program is designed to meet the social and emotional needs of children and youth who are experiencing difficulties. It provides support, encouragement, and ideas in a non-judgmental, confidential manner.

The program is preventative and involvement is voluntary and intended to be short-term.

## Athabasca Mentorship Program

The Mentorship Program is a friendship between a trained, screened adult volunteer (mentors) and a child (mentees) in Grade 3 or 4. This is a joint community project which operates under a separate Committee with representatives from Aspen View Schools.

The Mentor is a caring adult who provides a young person with support, advice, friendship, reinforcement & constructive role modelling. Mentors help children feel valued which contributes to the importance of who they are as individuals.

The time commitment is one hour a week in the school (over lunch). Activities involve: eating lunch together, playing games, engaging in sports, drawing, crafting, reading or just talking.

Mentoring is about helping children be the best they can be. Mentoring is a small investment of time that can have a positive lifelong impact on a young person.



## Seniors Advocate Program

The Seniors Advocate provides information to seniors and their families about community supports and government resources. The Advocate can assist with completing provincial and federal applications for designated seniors programs.

The Seniors Advocate encourages lifelong learning by coordinating a variety of informational workshops and symposiums throughout Athabasca County.

*To serve you better, appointments are recommended.*



## CONTACT INFORMATION

3598-48th Ave  
Athabasca, AB  
T9S 1T9  
Phone: (780) 675-2623  
Fax: (780) 675-5933

Office Hours:  
Monday - Friday  
8:30 a.m. - 4:30 p.m.

(Closed for lunch from noon until 1pm)

ALL SERVICES ARE CONFIDENTIAL AND  
FREE OF CHARGE

(SOME SPECIALIZED PROGRAMS MAY REQUIRE A REGISTRATION FEE, HOWEVER THAT WILL BE CLEARLY OUTLINED IN THE PROGRAM ADVERTISEMENT)

Revised June 2022



ATHABASCA COUNTY - FCSS PROGRAM

## MISSION STATEMENT

“To improve individual, family and community well-being by providing or supporting preventive programs and services.”



## WHAT IS FCSS?

The Athabasca County FCSS Program provides a wide range of services designed to promote individual, family and community wellness. This program is a partnership between the Alberta Government, Athabasca County, Town of Athabasca, Village of Boyle, and the Summer Villages of Mewatha, West Baptiste, Sunset Beach, Whispering Hills and Island Lake South. An advisory board is in place to assist with program planning to ensure programs meet the needs of the community. The members represent the various regions of the community and understand the needs and issues that are affecting us.

Athabasca County FCSS services focus on maintaining or enhancing positive family and community functioning. Our programs are coordinated by professionals, with experience in providing family support services and community development programs.



## Northern Lakes Family Resource Network (NLFRN) Hub

Athabasca County FCSS serves as “The Hub” for the Northern Lakes Family Resource Network which serves the communities of Athabasca, Boyle, Grassland, Rochester, Caslan, Calling Lake, Lac La Biche and Plamondon.

The Hub is located in the Athabasca County FCSS Building. The Hub Coordinator (along with other network and FCSS staff) works with families to identify their needs and access the services and resources that will assist them in meeting those needs. Family Resource Network services and supports focus on:

- Strengthening the knowledge of parents and caregivers
- Social support
- Coping and problem-solving skills
- Improving child and youth development
- Building resiliency
- Access to community supports and resources

Referrals may be made to services formally connected to the FRN (Spokes) or to other agencies or services in the community. The Hub works to ensure there is a full continuum of services (universal, targeted & intensive) available in the areas of social connections & supports, caregiver capacity building and child development & well-being for families with children 0 – 18 years of age.

Agencies (Spokes) involved in the NLFRN:

- Athabasca County FCSS – providing the Family Centre and Family Wellness Programs.
- Healthy Families Healthy Futures – providing home visitation services for families with children 0 – 6 years of age, in all of the communities in the network area.
- Lac La Biche County FCSS – providing the parent education series “It Takes A Village” in Lac La Biche.
- Lac La Biche Canadian Native Friendship Centre – providing the Indigenous Parenting Support Program based out of Lac La Biche.

## Athabasca Family Centre

The Athabasca Family Centre provides a welcoming space for caregivers to interact with their children and other caregivers and children. The Centre is open to all families with children 0 to 18 years of age and has flexible hours to allow for daytime, evening and weekend programming to increase access. Activities and programs are offered in the main centre in the Athabasca County FCSS Building (group meeting room/indoor & outdoor play/activity areas), with some activities also being provided through outreach to the outlying communities of Boyle, Rochester and Grassland.

We offer a variety of programs to increase social connections and support, caregiver capacity building and child development & well-being. Activities and programs are available in person and online. To see our programming schedule visit us on our Facebook page <https://www.facebook.com/Athabasca-Family-Centre-243838946165300>

## Family Wellness Program

The Family Wellness Program is a voluntary, community-based family support service designed to assist families with children (focuses on ages 7-18) to address challenges they may be experiencing. Workers provide flexible services to assist caregivers in identifying their strengths and setting goals in regards to improving knowledge and skills to provide a safe and healthy home environment for their children. Services may include:

- Parenting support and education
- Co-operative parenting skill development
- Support for conflict resolution
- Advocacy

Workers assist families in identifying their natural supports, teach the skills required to maintain strong social networks and assist them in connecting to community groups and organizations that expand social resources.

The Family Wellness Program services are provided in the home, office (Athabasca County FCSS building or Lac La Biche Canadian Native Friendship Centre) or an alternative community location depending on the choice of the clients.