



Strengthening Families



In our Community

Letter from our Board Chair:

The past few years have seen many changes at Family Services of Central Alberta, including a move to a new location, new staff and board members, and expansion of programs. Through it all we as a Board have endeavored to be proactive and forward thinking. As we move ahead we will need to remain diligent, with a focus on the long term health and sustainability of the agency. In partnership with management and staff, we will develop a comprehensive strategic plan. In addition this spring we launched a program to create a Legacy Endowment Fund. These initiatives will go a long way to ensuring FSCA will have a strong future.

I have enjoyed serving on the Board for the past five years; it has been a privilege to be associated with a wonderful organization that contributes so much to the families in our local communities. I look forward to the exciting challenges and events in the upcoming year.

VIC PETERSEN
President, Board of Directors

Letter from our Executive Director:

Family Services of Central Alberta is a charity which has been serving children, youth, parents, families and seniors for the past 38 years. Our services are designed to help families meet the challenges we all face during difficult times. We are accountable to the public, our funders and to every child growing up in Central Alberta. Our staff and volunteers are prepared to help you and the people you care about. If we do not offer the services you need, our staff is dedicated to working collaboratively with other agencies to connect you to what would best suit your circumstances.

While we see the demands for our services increasing particularly for at-risk children and parents, immigrant families and vulnerable seniors, we are ready to meet those demands. The program highlights described in this paper are meant to show the range of supports we are prepared to offer.

We want to express our gratitude to the members of local service clubs, our donors and our funders who make it possible to offer a range of services including: individual and family counselling, support and education groups, home visitation and outreach services, multicultural services and new innovative programming for school aged children and their parents.

We believe that prevention and strengthening existing abilities are the best approaches to coping with today's challenges. Family Services staff is proud of the services we offer and will continue to strive to meet the needs of families.

WALTER J. LIDSTER
Executive Director

Growing Together



The Growing Together Project offers developmental check-ups for children 18 – 26 months of age in Red Deer, Olds and Rocky Mountain House. Children requiring support to help meet developmental milestones can receive services from the Growing Together Project. Since launching in November 2007, we have provided developmental check-ups to over 1500 children in these communities. In 2008, 148 children received treatment intervention and 80% of those children have made significant gains during the six months in the program. In 2009, the program will continue to provide developmental check-ups for children and supporting families and children to reach their fullest potential. The funding for this project ends in December 2009 and we hope the government will see the value and benefits of the program to extend the funding.



Infant Preschool Wellness Program (IPWP)



IPWP provides support and information to families with concerns related to parenting young children up to 6 years of age. We offer home visitation, prenatal classes for teens and young women, as well as drop-in parent groups. In 2008, IPWP served 706 people and successfully increased our capacity to provide services to more families. In 2009 staff are committed to serving and working with families in the Red Deer area.

Healthy Families

Healthy Families is a free home visitation program designed to support new parents by providing information on parenting, child development, parent-child interactions and connections to the community. Upon a review of individual situations, families are offered home visiting services by trained staff. In 2008, we served 205 families, initiated the opening of a Host Centre in Innisfail for July 2009 joining Red Deer, Lacombe, Olds, Sundre, Rocky Mountain House, Rimbey and Sylvan Lake. Client surveys have indicated an increase in parental confidence as a result of this program. In 2009 we will continue to provide support to Central Alberta families.



Healthy Families

Counselling

The counselling department of FSCA provides short term, solution focused therapy to individuals, couples, and families. We offer therapeutic/psycho- education groups on an as needed basis and deliver contract services for Alberta Justice. We are a practicum site for Masters degree students and also provide counselling services for Employee Assistance Programs. In 2008, we served over 500 individuals, couples and families in Red Deer and surrounding area. Our successes this year included increased partnerships with various universities throughout Alberta. We also increased our service delivery of Employee Assistance and Alberta Justice contracts.

We were also able to run Children of Divorce and Kid Power groups (Children Who Witness Violence).

In 2009 the Counselling department is looking at revamping our Blended Family Program and considering other new groups. We are also considering becoming a business partner with Family Service's Employee Assistance Program.

FAMILY SERVICES



of Central Alberta

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