

Central Alberta Children's Festival

This amazing 2 day event for families, schools, playschools, day cares and anyone who just wants to have fun experiencing the opportunity to "Never Grow UP!" can join us for our 3rd annual event. Thinking about a vacation? Why not try a *Staycation* and join us on June 5th and 6th, 2009. The Rotary Recreational Park will come alive with song, laughter and shouts of joy as 3 time Juno Award Winner Jack Grunsky takes the stage. Adding to that is Major Conrad Flapps who is sure to have you in stitches. Last year's event drew over 5500 people who participated in amazing activities such as face painting, bubble blowing, crazy crafts, mazes, milking cows and bubble wrap popping.

What people have said about the festival:

"Lots of variety, great shows, crafts and food. Great fun for all of us - thanks!"

"It was so nice to pay at the gate and not have to worry about spending any more money once in the park."

To see what is happening at this year's festival, check out our website at www.centralalbertachildrensfestival.ca.



Building Incredible Babies (BIB)



BIB offers outreach services and educational support groups to those at-risk pregnant women most likely to have unhealthy babies due to poor health or nutrition. We provide food supplementation, prenatal vitamins, nutrition counselling, support, education, referral and counselling on health and lifestyle issues. In 2008, we provided support to 160 women and their partners and 72 babies. We support immigrant and refugee women, many of whom are non-English speaking. We continue to have high client participation and anticipate the demands for this program to rise. Therefore, efforts will be spent to search for new funds for additional staffing to address the growing waitlist.



Home Support

Home Support Workers provide individualized service in the homes of seniors, persons with disabilities, chronic illness or those recovering from surgery or hospitalization. Basic housekeeping, grocery shopping, meal preparation, friendship and respite for caregivers are services that allow for increased independence, safety, emotional well being and prevention of socio-emotional problems.

In 2008 we increased the numbers of clients served to 154. We launched the Groceries for Grandparents program which will supply food hampers to persons with the Home Support program. We also developed a relationship with the Lindsay Thurber High School Leadership Team. They helped with the Gifts for Grandparents program and put on a wonderful Christmas dinner for the seniors in our program. They continue to show initiative in engaging the Home Support programs and its clients.

We anticipate increasing requests for service and continue to look for additional funding and community involvement in meeting the needs of isolated seniors and families.

Adult Day Program

The Adult Day Program is an activity group for individuals with memory loss, Alzheimer's disease or other forms of dementia. This education and recreation based program provides much needed respite for the caregiver in a safe atmosphere that focuses on client's abilities and strengths. In 2008, 31 clients and their families and caregivers were served. This past year, there have been many appreciative comments from family members and caregivers regarding what it does for them and their loved one. In 2009, we hope to find a new facility suited to our needs.



Understanding the Early Years

Understanding the Early Years – Red Deer began in May 2007 and is part of a national early years research initiative that looks at how young children are doing and how best to meet their needs. In Year 2 of the 3 year project, information was gathered about Red Deer's 2008-2009 kindergarten students and their parents, through two data collection activities. A sample of nearly 500 parents completed an in-depth interview about their family and community. Approximately 500 kindergarten students participated in activities to examine literacy and numeracy skills. As well, the Early Development Instrument, a teacher-completed survey of readiness for school, was completed on over 900 kindergarten students. This collection of data is now complete and analysis is currently taking place. Additional work has been done to review socio-economic data for Red Deer, based on Statistics Canada 2006 Census data. We greatly appreciate the hard work and collaborative efforts of Red Deer Public Schools, Red Deer Catholic Schools and Red Deer College.

From now until March 2010 information will continue to be analyzed and shared to guide the creation of a collaborative community action plan to address the needs of children in Red Deer.

The Understanding the Early Years Initiative is funded by Human Resources and Social Development Canada.

For further information visit:
www.hrsdc.gc.ca



Creating a Community for Children.

Neighbourhood Facilitation

Neighbourhood facilitators bridge the gap by working with the community, local businesses and other agencies in creating needed programming for all ages. In 2008 we served over 500 clients. We started breakfast programs at two elementary schools, supported the Boys and Girls Club of Red Deer with their six week summer day camps and started Fridays in the Park; an outdoor play time over the summer holidays at rotating parks for children and their caregivers. In 2009 we will be adding an active living component to the breakfast programs and continuing to educate children on healthy eating while encouraging active lifestyles in a positive social environment. The program will also be working with the High Risk Youth Initiative and on a mentorship program.

Family Life Education & Village Gate Parent Link

Family Services of Central Alberta continues to support and grow with the families of Red Deer and Central Alberta.

We are the leaders in providing programs and human services that strengthen the health of families. By listening to families we are able to provide a variety of programs such as drop in play, registered parent education programs and support groups for parents and children. In these economic times we are able to offer families programs and supports at little or no cost. Some of our onsite programs include: Come Play with Me, My Daddy and Me, Making Connections, Kids Matters, Active Parenting, Worriers to Warriors, Family Fun Time and Basic English and Play.

We also provide programs in the community. These include Parkland Play and Learn, Bower Place Little Stars, ChIPS, Park Passport and Kindergarten Here I Come.

Our Parent Link Centre has rural parent coaches in Blackfalds, Sylvan Lake, Eckville, Penhold, Bowden, Elnora, The Red Deer Native Friendship Centre along with providing services in West County and Innisfail. These coaches provide programs and services based on community input.

We like to hear from you. Families say:

"By coming to these programs I am more at peace with myself"

"We both feel empowered, and I don't feel as alone knowing that other families deal with the same problems."

parentLINKcentre

Wish List

Our agency is a registered charity that relies on grants from our funders and donations from the community to ensure that we have adequate funding to provide programs and services to our clients.

In these uncertain times helping hands are always appreciated.

Our agency is always in need of programming space and supplies as well as staffing dollars.

Below are some examples of how donations can help us help our community:

- A donation of \$20 pays for a three month supply of prenatal vitamins for one client
- A donation of \$25 pays for one child to have a developmental screen completed
- A donation of \$30 pays for a box of photocopy paper or supplies for a children's group
- A donation of \$50 pays for food and activities for child who have witnessed violence (Kids Matter Program) or home support for a vulnerable person
- A donation of \$100 pays for two breast pumps
- A donation of \$150 pays for the cost of food for one day of Adult Day program
- A donation of \$500 pays for new software or printing 500 brochures
- A donation of \$1000 pays for child development staff to run a program
- A donation of \$10,000 pays for one year of insurance costs
- A donation of \$350,000 pays for the purchase of a neighbourhood location for programming

Our agency realizes that monetary donations are not always feasible. We appreciate community members who can volunteer their time and expertise to help provide programs and services.

Volunteers can provide administration support in preparing program materials.

Volunteers can provide child development support by coming into programs and sharing their expertise in areas of storytelling, craft making, career information and physical movement.

Volunteers can provide fund development support by volunteering for fundraisers, community events and in the writing of grant proposals.

Volunteers can provide peer support in specific programs and in visiting shut in clients.

Family Services of Central Alberta has recently begun a Legacy Endowment Fund. This fund will ensure that the agency has long term financial resources to continue to provide programs and services to our community.

These are a small sample of how the community can help FSQA. For more information please visit our website or phone 403-343-6400.



FAMILY SERVICES OF CENTRAL ALBERTA
5409 50th Avenue, Red Deer
Phone: 403-343-6400
www.fsca.ca

Family Services of Central Alberta is generously supported by the following funders:



Financial contribution from Community Action Program for Children, Public Health Agency of Canada, in agreement with the province of Alberta and Family services of Central Alberta.