

Our **M**ission is to provide families and communities the freedom of choices, where people are equally valued. We also provide tools to enhance growing, encourage violence-free living and promote healthier tomorrows.

## Programs

### Family Support Program

The Family Support Program provides intensive, in-home support in a respectful, non-threatening manner.

The Family Support Program is a service in which trained personnel (Family Support Workers) enter homes on a regular basis to help parents develop healthy development of families and their children by achieving the following goals:

- ~To ensure the safety of children
- ~To maintain the family whenever safe and possible
- ~To ensure the healthy unification of children with their families whenever safe and possible. (Support services focus on Parenting, Daily Living Skills, Personal Wellness, Social and Community Resources)

Our services are contracted through the Ministry of Social Services.

### Dare to Care Food Bank

The Family & Support Centre houses the Dare to Care Food Bank. This program is run solely on donations from the community and provincial grants. We are equipped for non-perishables as well as we accept monetary donations.

Any individual who is in need of the Food Bank can come directly to the centre and fill out an application form. All individuals applying for food must supply us with their health card every time they come for a food hamper.

## Programs

### Family Violence Prevention & Support

The Support Worker works with you to plan and discover your options, helps to develop a clients fullest potential and personal safety. We are a listening ear in a time of need.


We offer information, referrals, crisis assistance and response, assistance to a safe place or shelter, accompaniment to legal, medical and financial appointments, court support and preparation. As well advocacy through individual or group support sessions.

People may remain on a first name basis if they wish to receive services, with the exception of any sheltering or transporting services.

 Supportive Listeners

 Referrals

 Advocacy

 Emergency Transportation

 Information & Resources

 Community Awareness &

Education

All of our services are **free and confidential**.

## Programs

### Ladies Group

This program is designed to have women in the community to come and interact with other women while doing crafts. This program allows women to socialize in a gender focused environment. We encourage all ages to attend to make it a diverse group. This program is funded through donations and a small fee per session.

### Collective Kitchens

This program is designed to help individuals enhance their cooking skills and nutritional knowledge as well as money management, problem solving skills and a chance to interact with individuals. There is no cost to the individual to attend this class. All genders are welcome. This program is contracted with the Ministry of Education. All referrals come from the community as well as self-referrals.

### Angels Anonymous & TIPS

These two programs are designed to help financially challenged families in the community. Angels Anonymous is run at Christmas. This is a program where we collect new toys, wrap and distribute them to families in the community.

The TIPS grant is a program run in the spring where we give families in the community family swimming passes to the local swimming pool.

All the names for these programs are collected from other community agencies as well as from our own files at the Family & Support Centre.

## Programs

### Community Awareness, Education & Resources

The staff is available to provide education and awareness to groups or individuals as needed.

We have many topics of pamphlets as well as fact sheets and videos available for everyone.

## 24 Hour Crisis Line

In October 2008 the local 24 Hour Crisis Line became a regional (Northeast) line operated out of Melfort Saskatchewan. We encourage individuals to continue to utilize this service.

**1-800-611-6349**

## Donations

We are a non-profit organization that operates solely on grants, fundraising and donations. 75% of our funding comes from the Ministry of Justice, the rest comes from community donations and grants.

Monetary donations are gratefully accepted and it is through this support that we are able to offer valuable services to our community. All donations over \$10.00 will be given a receipt for tax purposes. All donations can be specified as to which program you would like to support.

Donations can be made to the Hudson Bay & Family Support Centre. Please contact our office if you require more information.



“Celebrate the happiness that families are always giving, make everyday a holiday and celebrate just living”

### How to Contact Us:

**Ph: (306) 865-3064**  
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### Office Hours:

Monday-Friday  
9:00am - 4:00pm  
closed for lunch