



Annual Program Planning

Alberta Parenting
for the
Future Association

Utilizing Principle- Based Practice

- Indigenous Experience
- Preserving the Family
- Strength-Based
- Connection
- Collaboration
- Continuous Improvement

Guided by:

The Well-Being and Resiliency
Framework (Alberta
Government, Alberta Family
Wellness Initiative)

The Developmental Assets
Framework (Search Institute)

Service Domains

Social Connections and Support -

Supports and services that promote positive connections between infants, children, youth, parents, families and communities. Programs are intended to build protective factors by developing natural, culturally relevant supports and creating responsive and nurturing environments.

Caregiver Capacity Building -

Supports and services aimed at developing and strengthening parenting skills and knowledge and building resilience to enable them to create safe, responsive and nurturing environments to support healthy child development.

Child and Youth Development and Well-Being -

Supports and Services that promote an infant's, child's and youth's social, physical, emotional, cognitive and spiritual well-being in order to assist the child to reach their developmental potential.

Outcome Domains

Individual and Family Outcomes -

- Children and families are more socially connected and linked to culturally relevant supports
- Parents and Caregivers have knowledge about parenting and child development
- Parents and caregivers are resilient
- Children and youth experience healthy social and emotional development

Systems Outcomes -

- Services are consistently available, aligned, effective and accountable
- Programs are delivered by competent and knowledgeable staff
- Programs are culturally safe and inclusive

Continuum of Service

Prenatal, Early Childhood (0-5), Children (6-11), Youth (12-18), Parents & Caregivers

Most people find the programs through word of mouth, social media, and advertising.



Universal Programs and Services -

build protective factors and focus on strengthening caregiver knowledge, provide social and emotional supports, offering coping and problem solving skills, improving child and youth development, building resiliency and fostering well-being to prevent the development of risk factors and vulnerabilities later in life.

Families have an identified risk factor and are referred (or self-refer) to a targeted program or service.



Targeted Programs and Services -

provide a higher intensity of service to strengthen protective factors, enhance skills and abilities and reduce the impact of identified risk factors in order to lessen or eliminate the need for intensive interventions later on.

Families are experiencing significant adversity and are impacted by multiple risk factors are referred by apfa, service providers or professionals.



Intensive Programs and Services -

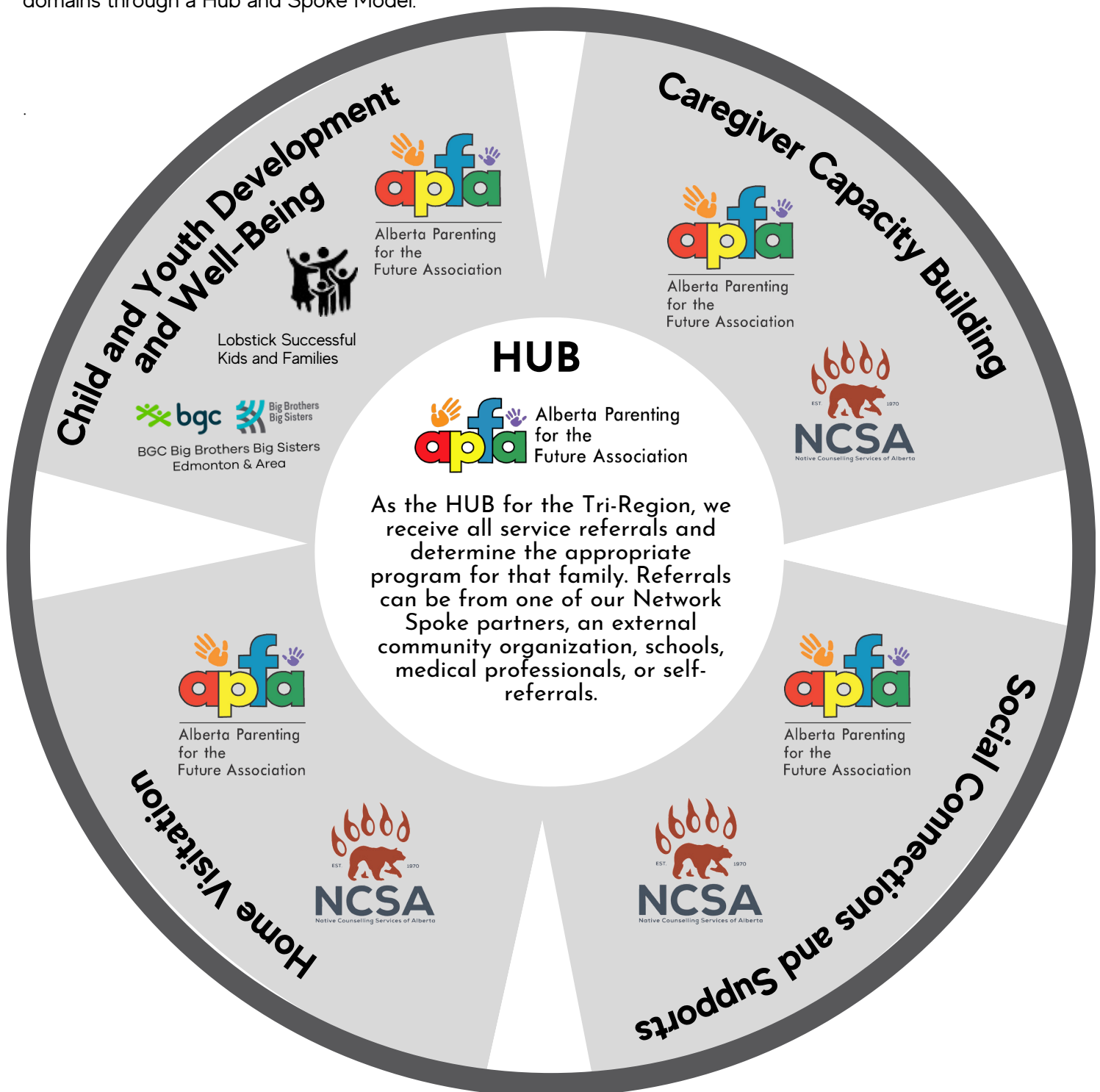
provide specific interventions to the individual needs of infants, children, youth and families who are experiencing significant adversity and who are impacted by multiple risk factors and who have multiple systems attached to them (which may include Children's Mental Health, RCMP, Addictions, apfa, youth justice, schools) and are supported through the Wrap Around Tables we are partners in through Evergreen Catholic Schools Footsteps, Parkland School Division's Sunrise and VTRA Community Protocol.



We are the Family Resource Network for the Tri-Region of Stony Plain, Spruce Grove and Parkland County.



Networks provide a range of in person and virtual programs, services and supports to help families become resilient, strong and healthy. By providing prevention and early intervention supports for children and youth 0 to 18 and their families, children will benefit with strong foundations, learning, social and emotional support and community connections. Services provided through FRNs are free of charge and are delivered in four service domains through a Hub and Spoke Model:



WHAT WE DO - AND WHAT THEY SAY

DID YOU KNOW?

Pre-Natal to 18 Months

We offer a range of programs and services for expecting mothers and their partners. These programs focus on the changes to family dynamics and roles within the families, bonding and attachment, infant development, feeding, sleeping, early literacy and Postpartum Mood Disorders.

"The Postpartum group was a lifeline for me, talking with people who understand and share my experiences" September 2024

We host "Welcome to Motherhood" (which we took over after AHS Public Health discontinued to offer the program) but who continue to work with us by providing a Public Health nurse to our program. We hold 4 sessions a year 2 at the Cantiro Community Centre in Spruce Grove and 2 in the Family Connection Centre in Stony Plain. We have considered a County location for a session, the challenge is the babies must be under 6 months old to enter the program and we rarely know in advance that families are expecting for the first time and we would require free program space.

"It is so comforting to share with other moms my anxiety, worries and concerns and receive reassurance they are feeling the same" November 2024

We have evidence-based curriculum programs to support the couple as they prepare to welcome their first child, to address topics such as changes to relationships, new family dynamics and infant health and development. These programs create natural social connections and supports for the families within their community.

Home Visitation

Since 2002, apfa has provided Home Visitation services under the governing body of the Alberta Home Visitation Network Association. Mothers are referred by Public Health Nurses.

This targeted / intensive in-home parent education and family support service is designed to foster healthy child development based on the goals and needs of the family within the context of the family home. Home visitors link families to a network of community services for these families who face challenges that may keep their children from developing to their full potential. Our service region for this program extends west to Wildwood.

"We learnt to take time and do free activities in our community as a family that the kids want to do. Their physical health is better, and we connected as a family easier over the last few years." June 2024

Early Childhood Development Programs

These parent/child interactive programs are intentionally designed to help children develop social emotional skills, increase their executive functioning, develop fine and gross motor skills, enhance their communication skills, and encourage parents to practice "serve and return" - all of this is done through play, which is the work of children.

These universal programs, offered in a variety of locations throughout the year, are safe places for parents to meet others from their community, form a relationship with the facilitators of apfa, share their concerns and receive support or referrals. They are often a family's first introduction to our programs and services.

"The games and activities we learn at "Play Your Way" are so fun and easy to do again at home" April 2024

"I had no idea that "Tick Tock Time" is also good for speech and language development, we sing the songs every day at home". June 2024

Our Health for Two pre-natal lunch and learn program provided a nutritious meal, vitamin supplements and educational sessions for 75 at-risk mothers this year.

Of the 36 new parents who attended Welcome to Motherhood 8 were from Parkland County. There were 35 babies born in the west end of the County in 2024

We offer Ages & Stages Developmental screening for all children newborn to 5 at all of our Early Years Programs. This is one of the first ways we identify and support delays.

In 2024 we made 2756 targeted and intensive referrals for the families of our Home Visitation program.

Of our 2024 caseload of HV Clients of 63 mothers and infants, 10 (16%) live in Parkland County and 6 (10%) in Yellowhead County. The average cost is \$2,600 per person per year.

In 2024 we held 300 Early Childhood Development sessions for 2851 adults and 4039 children newborn to 5. Each session cost an average of \$730.

We offer "Kimochis" to parents and children in our ECD programming. This program helps children identify feelings, improve communication and learn relationship skills.

German was identified as a dominant language in our rural areas, we host a German/English Tick Tock Time. 50% of those attending are from Parkland County.

WHAT WE DO - AND WHAT THEY SAY

DID YOU KNOW?

Youth Programs:

We use the evidence-based program "Healthy Together" to inform Day Camps, Parkland Village Youth, and our newest Youth Group. This program focuses on:

- nutrition and healthy choices
- physical health and well-being
- mental health and well-being
- family and community connections

to improve academic success, create stronger social connections, reduce the risk of substance abuse, increase resilience and coping skills, and improved overall well-being.

Youth: "I made a new friend by attending this program"

Parent: "Our whole family is benefitting from what she learned in this camp".

We received a Parkland County FCSS grant to hold a youth group at Parkland Village during the school year. Each session begins with preparing and sharing food followed by a discussion and activity around the 8 domains of wellness.

Youth: "I normally just stay home, now I get to go out."

Youth: "I love Youth and I want to come back next year."

Youth: "I wish the day was longer."

For 2025, we received an Edmonton Community Foundation grant to offer a targeted weekly youth group focusing on mental wellness and building connections to community and a sense of belonging by preparing meals for our community fridge as well as for programs such as the Talking Circles and the upcoming Moosehide campaign. Our application for this grant was supported with a letter from CSD Spruce Grove. Comments from our first session (2025)

Youth: "The new skill I'm most proud of is communication"

Parent: "My child's new skill I'm most proud to see is her leadership and new connections"

In 2024 we had 168 targeted program sessions for youth with 1,337 youth participating. Each session cost an average of \$700

We thank Parkland County FCSS for the funding to hold the Parkland Village Youth Group. 75% of the youth are from Parkland County.

In our first session of the new Youth Program we have 18 targeted youth referred to the program. 2 of them are from Parkland County.

Family Support Programs (Social Connections and Supports)

Family Support workshops are designed to augment a parent or caregiver's skills by offering information that supports their positive connections with their children, their family and their community and that build natural connections. They support cultural parenting, parenting children with developmental delays and offer parent-child connections.

"My child loves this special one-on-one time with her dad" Movie Night with Dad October 2024

"I came to apfa struggling, barely hanging on and felt like half a person. I showed up exhausted, with unwashed hair, yet I was met with warmth, kindness and without judgement. Your team taught me to give myself grace and helped me rebuild piece by piece" Parent and Tot Drop In December 2024

We thank Parkland County FCSS for the grant to support our Parent and Tot Drop in Programs in the west end of the County.

Parent: "Living rural does not provide a lot of activities, this program fills a gap." Nov 2024

Parent: "Having two days a week would be incredible, there is no toddler / early ed programming that is as easily accessible and it is invaluable." Dec 2024

Parent: "I enjoy bringing my kids to interact with other people from the community."

Play Mob Parent: "I never knew this space existed in the County. We will definitely come back here as a family." August 2024 (East Pit Lake)

In 2024 we held 371 Family Support sessions with 2418 parents and caregivers attending. Each session cost an average of \$900

We partner with Parkland and Evergreen School Divisions to provide topic specific workshops for parents based on identified needs and trends.

We held 85 Family Support Sessions in Parkland County, 80% of families attending were from Parkland County.

We held 16 summer "Play Mobs" 2 in each division in the County. 54% of people attending were from Parkland County.

WHAT WE DO - AND WHAT THEY SAY

Parent Education Programs (Caregiver Capacity Building)

These programs vary in intensity and duration and are offered for parents with infants, children and youth. They support parents in creating safe, responsive and nurturing environments and help parents build on their skills.

We provided services to a parent who was looking to increase their parenting confidence following a high-conflict divorce. After completing the program, this parent identified that the skills they learned has helped them reduce the conflict in their co-parenting relationship.

What we know is that children who live with parents in a high conflict situation have a higher ACES score and are at risk later in life for poor mental health, addictions and suicide ideations.

All of our Parent Education Programs are evidence-based and are provided by skilled, certified program facilitators who are Brain Story Certified, Trauma Informed and present from a strength-based lens. Our staff receive annual Professional Development and training to ensure they are presenting current best practice information

apfa as a community partner

We have been a community partner in the Tri-Region for 33 years. We support the philosophy of not duplicating services and of sharing resources to stretch the dollars of all organizations.

Partnering agencies for 2024 included CSD Spruce Grove, CSD Stony Plain, Parkland County FCSS, the Spruce Grove Public Library, the Stony Plain Public Library and Parkland County Libraries, Skydancer Cultural Centre, Native Counselling Services of Alberta, Lac Ste. Anne Métis Community Association, Parkland School Division and Evergreen School Division, Rehoboth.

This year, initiatives of note on which we partnered include: Talking Circles, Raising Kind Humans Parenting Series, International Day of Persons with Disabilities, Gender Based Violence, the Grief Collaborative, Indigenous Days of Commemoration and most recently the Newcomers series for community service providers.

apfa as a place to practice new skills

We receive regular requests for practicum students from Child and Youth programs to Social Work Students and LPNs and Nursing Students. We offer them hands-on opportunities that best meet their needs on their education journey. We recently hired one of our practicum students as our Youth Program Coordinator upon her graduation.

We provide a safe welcoming workplace for students from Spruce Grove Composite Highschool's Learning and Work Skills (LAWS) program. These students have neurodiverse or physical disabilities and come weekly to our centre to gain hands on practical life skills.

value-added services

apfa is the local Kids Up Front referring agency to allow children, youth and families to access enjoyable and enriching experiences regardless of their circumstances. Kids Up Front partner with child serving agencies to reduce stresses and anxiety and foster a sense of belonging.

apfa is a referring agency to WestView Health Foundation's Wishing You Wellness Program that allows low income families the opportunity to access services at the TransAlta Tri Leisure Centre.

some last words:

- We are a certified Living Wage Employer (including our youth)
- Our programs are Evidence-Based
- We have highly trained Program Facilitators who receive annual Professional Development and upgrading opportunities
- All of our staff are Brain Story Certified and Trauma Informed
- We are fiscally responsible, guided by a Governance Board, audited annually and receive program oversight from our funders
- We are an Alberta Not-For-Profit Association and a Federally Registered Charity - in good standing with both.

DID YOU KNOW?

In 2024 we held 130 Parent Education Program sessions with 734 parents and caregivers attending. Each session cost an average of \$790

We have four facilitators trained in "Connect Parent" an intensive caregiver capacity building program for families with complex needs.

We have 38 (universal, targeted, intensive) evidence-based Parent Education programs available. Each quarter they are offered based on community need and request.

In 2024 we provided Circle of Security Classroom to teachers on PD days. Highlighting using a relationship based lens rather than a behaviour lens to improve behaviour.

In 2024 we were able to accommodate and supervise nine students. In 2024 we hired one of our practicum students as our Youth Coordinator.

We hire two summer students from the LAWS class, pay them a living wage rate and give them hands on experience to build their resumes for graduation.

This year we accessed Pedalheads, STEM Camps, Project Golf, Bowling, Elks and sporting events.

"Thank you apfa for taking such good care of the families in this community"

Parent Comment from the "Healthy Together" youth summer camp 2024

Family CONNECTION CENTRE

◆ A hub of non profit organizations connecting: ◆ ◆ Families to Families ◆ Families to Community Services ◆ Community Services to Community Services - under one roof.

- Our doors are open and phone lines answered by staff Monday to Friday from 8:30 am to 4:30 pm to provide information and referral services – offering a single point of entry to community services.
- We provide economical office and meeting space for organizations and services, sharing resources in order to be able to direct more funding to front line support.
- We offer both free (when we are a community partner) and low cost rental spaces for community meetings, programs and events.
- We support our vulnerable population through: Coats for Kids and Families (through the United Way and private donations), Take Time to Read and Food Rescue (through the Parkland Food Bank)
- We offer a safe, culturally sensitive space for community to gather
 - In 2022 we hosted our community's first National Day for Truth and Reconciliation celebration (due to capacity, we could not accommodate the event in subsequent years)
 - In 2023 and 2024 we hosted our community's Métis Day celebration
 - In 2024 we hosted our community's first Inuit Day celebration
 - Annually we provide space for the Moose Hide Campaign Talking Circle
 - We have a tipi in our Community Garden which is available for cultural programming and smudging is welcomed in our Centre.
 - We provide space for organizations to host culturally relevant programming.
- The Family Connection Centre improves the social capital of this community
 - We have a commercial kitchen available for programs, cultural teachings and community rentals.
 - We have a 25 raised bed community garden and offer paid skill-building employment for youth with neurodiverse or physical limitations (through Canada Summer Jobs).
 - We have a safe, private fenced play area for parents and children to gather.
 - We have an outdoor meeting space with a covered gazebo, barbecue and seating for programs, meetings and events.

We are a community HUB that provides information and referral services. In 2024 we had 9808 requests via in person, telephone, email and social media means.

In 2024 we had 19 office spaces rented, (representing 10 organizations – all serving the Tri-Region. apfa occupies 21 spaces we have 2 vacancies.

In 2024 we had 175 paid rentals (with 3681 people attending and 161 no-charge community partner uses (with 3308 people attending).

In 2024 unique individuals seeking food increased by 48% from 398 unique families to 583. We distributed 16,398 pounds of food (from Parkland Food Bank and and additional 2,800 pounds from our gardens).

114 families (28%) of those who accessed Food Rescue in 2024 were from Parkland County and an additional 8% were from Paul First Nation.