

[Thanks to the work I did with my counsellor] I became aware that the key to a better relationship with my kids actually started with me. I had to lead by example and model healthy behaviours. I recognized that working with my counsellor was an opportunity to heal.

Sabrina,  
In-Home Parenting Support



## Parent Resource Centre

300 Goulburn Crescent  
Ottawa, ON K1N 1C9  
(613) 565-2467  
information@parentresource.ca



Ministry of Children,  
Community and Social Services

This program is generously supported  
by MCCSS and donations from the  
Ottawa Community.

**Charitable Registration**  
# 119076487 RR0001



## Family Resilience Program (FRP)

A no cost support service for  
vulnerable families that are  
not connected or able to  
access community  
parenting services.



**When you help parents,  
you help children.**



## PROGRAM DESCRIPTION

- The program uses teaching tools that are appropriate for individual clients, based on current best practices and research.
- Services are provided in an environment where the parent/guardian feels most comfortable (home, coffee shop, community space, shelter).
- Visits occur based on the individual needs of the family (weekly, bi-weekly, monthly).
- Goals are determined by parents/guardians.
- Services are generally offered for 3 to 6 months; based on family needs services can be extended.
- The program allows parents to build on their already existing strengths and gain tools to use in everyday parenting.
- In-home support and groups address:

**Behaviour Guidance**  
**Health & Safety**  
**Attachment**  
**Temperament**  
**Parental Stress & Self-Care**  
**Child Development**  
**Establishing Rules & Routines**

The In-home Team services are reserved for clients who face significant economic and social barriers. This program provides:

- practical parenting support
- short term situational counselling (*as it relates to parenting stressors*)
- assistance with system navigation
- advocacy/working collaboratively with other service providers. This may include accompanying clients to appointments with other service providers.

Parents will increase their knowledge, skills, and confidence in raising children with challenging behaviours, developmental delays, and/or mental health diagnoses. They will learn to balance their own needs so that they can meet the needs of their children.

### Eligibility Criteria In-Home Support Service

A client of the program will:

- Live within the Greater Ottawa area
- Have a child (ren) between the ages of 0 - 18 years with social, emotional, and/or behavioural challenges
- Be facing significant economic & social barriers

To Register:

- ⇒ **Scan** and **email** the completed registration form to [ljubic@parentresource.ca](mailto:ljubic@parentresource.ca)
  - ⇒ **Call** Ivana at 613-565-2467 ext. 237 to complete registration over the phone
- NOTE: There may be a waitlist



### Eligibility Criteria Group Interventions

FRP Groups include attachment-based group interventions (e.g. Circle of Security) held at the Parent Resource Centre.

A client of the program will:

- Be seeking support with parenting
- Have a child (ren) between the ages of 0-18 years of age

To Register:

- ⇒ **Scan** and **email** the completed registration form to [MAregbesola@parentresource.ca](mailto:MAregbesola@parentresource.ca)
  - ⇒ **Call** Mariama at 613-565-2467 ext. 229 to complete registration over the phone
- NOTE: There may be a waitlist