

*Testimonials:*

"It has changed a lot for me, just knowing someone is there."

"Very connected to community, client centered, staff go above and beyond."

"I feel listened to, so that helps with my depression."

"[I was] so much more stressed and confused/hectic before Bridges."



Support is available in your area:

**Medicine Hat**

403.526.7473

Fax: 403.504.2459

477 3rd Street SE, Medicine Hat, AB

**Brooks office (County of Newell)**

403.501.0339 Family Support Worker

116 2nd Avenue West, Brooks, AB

Fax: 403.362.6309

**Cypress County, Oyen and surrounding areas**

403.526.7473 or

Toll Free 1.888.756.7473

Fax: 403.504.2459



# BRIDGES PROGRAM

Connecting families to community resources through individualized in home family support, information *and* service coordination.



Funding for this program provided by:

Ministry of Children's Services  
Family Resource Network

[bridgesfamilyprograms.com](http://bridgesfamilyprograms.com)



Family *and* Community,  
Growing Together

Raising a happy and healthy family takes support and encouragement from your community. The Bridges program provides a broad range of information, support, advocacy, and referral services for families.

### *We focus on:*

- family strengths
- your family's needs
- increasing family's health and well-being
- supporting parents to strengthen their parenting and child/youth development knowledge, including developmental milestones
- building supportive networks and connections to resources and services

### Bridges offers individualized in-home visits which include:

- Information and support regarding:
  - responsive parenting
  - parent and child/youth interaction and attachment
  - child/youth development
  - social connections
  - healthy relationships
  - health and well-being
  - meeting your family's basic needs, i.e. shelter, food, clothing, etc.
  - transitional planning
  - budgeting
  - parent/teen mediation
  - any other areas you would like information on.
- Connections to community services and groups and service coordination
- Addressing needs, you or your family may have
- Setting personal and family goals



### Are you eligible *for* Bridges?

Bridges in-home, targeted and intensive family support services will be provided to parents/caregivers who:

- care for children and youth under the age of 18 years
- reside in Medicine Hat, Redcliff, Cypress County, County of Newell including Brooks, Bassano, Rolling Hills, Duchess, Patricia, Tilley, Scandia, Rosemary, and Oyen including Acadia, Empress, Cereal and surrounding areas; and
- identify the need for family support services based on identified challenges such as mental health, stress, difficulty meeting basic needs such as shelter, food, clothing, etc.

