

Testimonials:

"I have received a lot of help from the Building Blocks program, from weaning from the bottle to solving sleep problems to potty training. It is a great program."

"I have learned to stay calmer, less frustrated. I feel like I have a support system, learned to be assertive and take care of me too."

"I have learned more about nutrition and how to keep my family healthy. We are coping with stress better."



Support is available in your area:

Medicine Hat office

403.526.7473 or Toll Free 1.888.756.7473
Fax: 403.504.2459
477 3rd Street SE, Medicine Hat, AB

Brooks office (County of Newell)

403.501.3300 Public Health Nursing
403.501.3862 Family Support Worker
Fax: 403.362.6309
116 2nd Avenue West, Brooks, AB

Bow Island office (County of Forty Mile)

403.545.6911 Family Support Worker
Fax: 403.545.6357
802 6th Street, Bow Island, AB

Cypress County, Oyen and surrounding areas

403.526.7473 or Toll Free 1.888.756.7473
Fax: 403.504.2459

Funding for this program provided by:

Public Health Agency of Canada
Alberta Health Services
Addiction and Mental Health
Ministry of Children's Services
Family Resource Network

bridgesfamilyprograms.com



BUILDING BLOCKS PROGRAM

Support for parents and caregivers *with* children up to 6 years old



Family *and* Community,
Growing Together

A positive parent-child relationship is vital for your child's development, and so important for you as a caregiver. Building Blocks is a free and confidential in-home visitation program that supports parents/caregivers and their children under the age of 6 years.

We focus on:

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

Building Blocks offers individualized in-home visits which include:

- Information and support regarding:
 - pregnancy and postnatal care
 - parent and child interaction and attachment
 - child development including ASQ screening
 - social connections
 - healthy relationships
 - health and well-being
 - nutrition
 - budgeting
 - 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* Building Blocks?

You are eligible for the program if you are an expectant parent(s) or you have a child(ren) under the age of 6 years, and you are experiencing adverse challenges such as meeting you and your family's basic needs, current or past mental health or addiction issues, marital or family stressors, etc.

