



Support is available in your area:

**Medicine Hat**  
403.526.7473  
Fax: 403.504.2459  
Toll Free 1.888.756.7473

**Hub office located at:**  
477 3rd Street  
Medicine Hat, AB

*Mobile services available in*  
**Cypress County, Oyen**  
*and surrounding areas*  
403.502.2068 or  
Toll Free 1.888.756.7473

Email: [bridges@memlane.com](mailto:bridges@memlane.com)



BRIDGES FAMILY PROGRAMS

# HUB

The Family Support Hub  
*for* Southeastern Alberta



**Funding for this program provided by:**

Ministry of Children's Services  
Family Resource Network

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



Family *and* Community,  
Growing Together

Bridges Family Programs is the Family Support Services 'Hub' for Medicine Hat, Cypress County, Oyen, Cereal, Acadia, Empress and surrounding areas. The physical Hub location is in Medicine Hat and outreach services are provided to the remaining rural communities in the network area.

Our centralized and outreach approach ensures a full continuum of universal, targeted and intensive services for families, children and youth aged 0 – 18 years.

The Bridges Family Programs Family Support Services Hub is part of the Ministry of Children's Services Family Resource Network (FRN). The FRN Hub and Spokes provide services to parents, caregivers and the community to support the safety and resiliency of children and youth within nurturing and supportive environments.

## The Hub offers:

- Information, Community Referrals and Coordination Services for expectant parents and parents/caregivers who have children 0-18 years
- Connection to Bridges Family Programs such as:
  - **Best Babies:** In-Home family support services that support expectant parents and their baby under the age of 9 months
  - **Building Blocks:** In-Home family support for parents and caregivers with children up to 6 years old
  - **Bridges:** In-Home family support services for families who have children and youth under the age of 18 years
  - **First Steps:** Support and advocacy for pregnant or recently post-partum women struggling with alcohol and/or drug abuse
  - **FASD Assessment and Support Services:** Providing diagnostic and consultation services to children, youth and adults in Southeast Alberta
  - **Parent Education Groups for Parents/-Caregivers,** i.e. Triple P Parenting, Nurturing Parenting, Grandparents group, etc.

Connection to additional "Spoke" services through the Hub is available or you can contact them directly:

- **McMan Community Services** (Youth Services) T: 403.527.1588
- **Miywasin Friendship Centre** (Parent/-Caregiver Education and Youth Services) T: 403.526.0756
- **YMCA Early Intervention Programs for Young Moms** T: 403.527.9466

All services delivered through the Hub are available throughout the network area. Dependent on the needs of children, youth and families, Hub services are delivered in a variety of ways including directly from the Hub, at a community location, in a family's home, and via telephone or online.

The Hub also coordinates referrals for the network area. Referrals will be accepted from anyone - community professionals, families themselves and organizations may refer a child, youth and family directly to the Hub. All families are welcome to access the Bridges Family Programs Hub.

