

## Helping Women and their families succeed ...



Women's Outreach offers referral and educational services, individual support and program support to women to assist them in accessing, securing and developing the resources they need to achieve their individual goals.

### PROGRAMS

Boundaries Groups  
Building Blocks Nursery School  
Domestic Violence Support  
Immigrant Rural Outreach  
Julietta's Place  
KID Power  
Monitored Exchange  
Safe Visitation  
Rural Outreach  
Women's Drop In Group

### SERVICES

Crisis Intervention & Support  
Drop In Daycare  
Housing Support  
Legal Support  
Post Shelter Services  
R – Own Food Co-op

### SPECIAL PROJECTS

Adopt A Family  
Personal Care  
Tools for School

### TOGETHER ~ CHANGING LIVES

The Women's Outreach is proud to be a part of a community that collectively uses energy, talent, knowledge and resources to find solutions to important community issues. Together, we provide opportunities that help people make the transition to a better life.

We are grateful to those major FUNDERS who financially support our programs and services assisting us in helping to strengthen the lives of women and their families in central Alberta.

#### Women's Outreach is funded in part by:

Alberta children and Youth Services  
Alberta Health Services  
Alberta Law Foundation  
Central Alberta Child and Family Services Auth Reg 4  
Family and Community Support Services  
Housing and Urban Affairs  
Private/Anonymous Donors  
Solicitor General and Public Security  
Canadian Women's Foundation  
The City of Red Deer through the Province of Alberta's Outreach and Support Services  
United Way of Central Alberta



Monday—Friday 8:30am—Noon  
1:00 pm—4:00 pm

#### You can find us at:

4808—51st Avenue  
Red Deer, AB T4N 4H3

#### Contact us at:

Phone: (403) 347-2480  
Toll Free at: 1-866-347-2480  
e-mail at: outreach@womensoutreach.ca

On the Web at: [www.womensoutreach.ca](http://www.womensoutreach.ca)

# CHILDREN'S PROGRAMS



# Children's Programs:

## Women's Outreach Children's Support Services

### TOOLS FOR SCHOOL

This program collects and distributes a basic package of school supplies for students from grades kindergarten to Grade 12. Backpacks are distributed September of each year.

Application requests are available at the Women's Outreach office.

### ADOPT A FAMILY

The Adopt A Family program assists single custodial parent who would otherwise be unable to celebrate the holidays. Priority is given to those families that are on their own through the holidays for the first time.

Applications are available November of each year.



### DROP IN CHILDCARE

Drop in playtime for children ages 19 months to 6 years will be given priority to parents who are accessing support services in the community. Parents not accessing services will be required to pay \$5/hr per child.

Specific nursery school age group times are:

Ages 2 & 3	Mon Wed	1:00 — 3:45 pm
	Tues Thurs	9:00 — 11:45 am
Ages 4 & 5	Mon Wed Fri	9:00 — 11:45 am
	Tues Thurs	1:00 — 3:45 pm



### KID POWER GROUP

This program is specifically designed for Parents and Children ages 19 months to 11years who have witnessed domestic violence and to provide them with information and tools to break the cycle of abuse.

#### PARENTS GROUP

Focuses on providing information about abuse and its effects, to assist parents in developing safety plans, to understand the importance of self-care and to prioritize their emotional needs in the change process.

#### PARENT GOALS

- Better understand your children's feelings
- Become aware of the impacts and different types of discipline
- Become aware how your own childhood effects parenting

#### KIDS GROUP

This Program includes play based activities aimed at increasing the children's sense of safety and comfort and increasing their knowledge of abuse, including responsibility for the violence. The program is linked to a group for parents where positive parenting strategies are taught and modified. Group sessions have been fashioned to build on skills and concepts learned in earlier sessions. Reducing the number of sessions attended may impact the learning and healing of the child.

#### TOPICS:

- Getting to know you
- Worries and coping
- What is Abuse
- Safety planning
- Families
- Losses and Wishes
- Sexual abuse and Harassment
- Anger and Problem Solving

#### SESSIONS:

January and April at no charge  
Thursdays 4:30-6:00 pm

Space is limited - PRE-REGISTRATION REQUIRED-

## BUILDING BLOCKS

### NURSERY SCHOOL and PRESCHOOL

Focused around ROUTINE and PLAY this program is designed to assist in making the transition to kindergarten as smooth as possible.

#### Groups are as follows:

19 Months to 2 years	\$95.00 per month
	Mon Wed Fri 9:00am — 11:45 am
Ages 4 & 5:	\$75.00 per month
	Tues Thurs 9:00am — 11:45 am
Ages 3 & 4:	\$75.00 per month
	Mon Wed 1:00pm — 3:45 pm
Ages 2 & 3:	\$75.00 per month
	Tues Thurs 9:00am — 11:45 am

*Are you a stay-at-home parent?*

*Ask about our new stay-at-home parent subsidy!*

### FOR MORE INFORMATION:

call (403) 347-2480

