



Hello!

At some point in your life, you may be faced with a problem that you don't know how to solve. Our Roots and Wings workers are here to help! Our services are completely voluntary and available to all families, at no cost.

We provide support in a way that is most meaningful to you, we can meet at your child's school, in the community, or in your home. We do not make decisions for families, but work alongside people to ensure that their needs are front and centre. We believe that we all need a little bit of help sometimes, parenting can be challenging.

Support is individualized and may include:

- Enhancing effective parenting skills
- Improving communication and advocacy skills
- Making financial decisions that help you to overcome barriers
- Building natural support networks
- Promote strong and supportive bonds amongst all family members
- Understanding how negative childhood experiences, toxic stress, and trauma affect parenting and child development
- Positively influencing brain development by focusing on attachment, literacy, play, and nutrition

If you'd like to connect with our program, please reach out to someone at your school and they will help you access our program.

If you would like more information, please feel free to check out our website:

<https://www.familycentre.org/school-partnerships/rootsandwings>

"I was in an abusive relationship and had anxiety. A Roots and Wings worker connected me with a volunteer, who could pick up and drop off my child. She also told me about available help and resources, and I decided to report my abuse to the police and go to a shelter. I had never had anyone listen to me like that before."

"I was a single mom and had a hard time financially. My kids had missed a lot of school and had to go to an attendance hearing. A Roots and Wings worker was at the hearing and started visiting my family every week. She gave us toys and clothes, helped with a food bank application, and was just there to listen."