



To register for our program, contact a Coordinator in your area.
Program times listed below

Belleville

Danielle Schmidt

Telephone: 613-771-9659, Fax: 613-771-9659

Email: danielleschmidtcpfs@gmail.com

41 Octavia Street, Belleville

Monday and Friday- 9:30am to 1:00pm

Frankford

Helena Bootsma

Telephone: 613-398-1881, Fax: 613-398-1882

Email: helenaboosmacpfs@gmail.com

100 North Trent Street, Frankford

Thursday and Friday- 9:30am to 1:00pm

Trenton

Sue Oliver

Telephone: 613-965-1167

Email: sueolivercpfs@gmail.com

50 Elgin Street, Trenton

Thursday and Friday- 9:30am to 1:00pm

Stirling

Sue Oliver

Telephone: 613-395-1120

Email: sueolivercpfs@gmail.com

45 East Front Street, Stirling

For over 16 years Community Partners for Success has been building healthier children, families and communities by providing needed services through our Resource Centres.

Currently there are 4 resource centres and we provide:

- Partners for Change Employment Program;
- Family Support Group/Parenting Program;
- Licensed Daycare in Belleville;
- Licensed Before and After Care in Stockdale and Batawa;
- Summer Day Camp programs

Main office:

CPFS Trenton

50 Elgin Street, Trenton

Telephone: 613-965-1167

Fax: 613-398-1882

Email: cpfs@kos.net

Mailing Address:

100 North Trent St.

P.O. Box 99

Frankford, ON K0K 2C0

communitypartnersforsuccess.org



Partners For Change Family Support

12 week Program

Promoting
Healthy, Happy Families

**12 week Family Support Group
that provides a safe and supportive
environment to assist families in areas
of need.**

**Learn new skills to
create and maintain
a healthy and happy family**

PROGRAM OUTLINE:

Week 1: Introduction to the Program

Registration, Ice Breaker Activities, Goal Setting for yourself and family

Week 2, 3 and 4: Food and Nutrition

Healthy eating based on the Canadian Food Guide, healthy meals and snacks on a budget, food resources in your community, menu planning, safe food handlers certificate, how to incorporate meal planning and cooking with your children.

Week 5: Child Development

Ages and Stages, Healthy Child Development based on the Comfort, Teach and Play Model

Week 6: Positive Parenting

Parenting Style Quiz, Developing a Positive Healthy Attachment and Positive Parenting techniques based on research by Dr. Sears, differences between discipline and punishment

Week 7: Self Care and Time Management, Importance of Physical Fitness and Family time

Stress and Stress Management, Importance of Self Care and Self Reflection, Balancing your many roles. Learn about the different recreation programs you can access in your community, Creative ways to become active at home and spend quality family time together including craft ideas and games on a budget.

Week 8 and 9: First Aid/CPR Certification Level C

Week 10: Your Child's Education and Learning

Information on different resources to access to assist your child in being successful in school, how to communicate your child's needs, importance of positive communication with teachers, how to get your child engaged in their learning.

Week 11: Media Smart

Information on the impact of violent video games on your children, safe use of social media, cyber bullying-resources provided by the RCMP

WEEK 12: Making your Home Safe, Program Review and Forward Planning

Fire Safety and escape plans, child proofing your home, organization and cleanliness, review of goals and self/program evaluation



Our centres foster
nurturing
environments for
the well-being of
entire families and
individuals.



**Our mission is to work with
families and individuals
in a safe and loving
environment;
and through collaborative
community partnerships,
empower them
with the ability to access
resources for
their well-being, growth
and
development.**

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