



**FREE
RESOURCES**



**EASILY
ACCESSIBLE**



**FAMILY
SERVICES**



SMOKY LAKE REGION FAMILY RESOURCES



**Healthy Families
Healthy Futures**



HFHF provides **free** in-home visitations services. Trained Home Visitors encourage a caregiver-led experience while providing recommendations based on leading practices. They work with families with children aged aged **0-6 years of age**.

HFHF Home Visitors provide free one-on-one parenting strategies to:

- Promote positive parent-child relationships;
- Grow parenting knowledge and skills;
- Foster healthy pregnancies and child development;
- Help families identify and access formal and informal supports and services;
- Assist in the identification and pursuit of family goals

If you are unsure what supports you need, HFHF can provide referrals and/or system navigation supports!

780-307-2444

WJS provides **free** in-home visitations services. Trained Home Visitors provide families with tools to help increase family abilities to manage day-to-day parental stressors and enhance each family's ability to care for their children. They work with families with children aged **7-18 years of age**.

WJS Home Visitors provide free one-on-one parenting strategies to:

- Healthy Relationships; parent-teen mediation
- Attachment; enhancing family connection
- Positive Discipline; positive strategies with difficult behaviors', sibling rivalry, youth behavioral issues
- Mentoring and Youth Development
- Life Skills; communication skills, conflict resolution, co-parenting

1-800-867-1987