



## Family Centre has been designated a Family Resource Network Hub for Lethbridge

FRN'S ARE FUNDED THROUGH GOVERNMENT OF ALBERTA CHILD & FAMILY SERVICES

- There are regional FRNs throughout the province
- FRN is a hub & spoke model of service delivery. Family Centre works with 5 agencies and 3 regional FRNs.
- All My Relations is a spoke service of the Indigenous Family Resource Network. Opokaa'sin Early Intervention Society is the hub for Indigenous programming in Lethbridge and surrounding area.

Family Centre  
Suite 225, 200 - 4 Ave. S.  
Lethbridge, AB T1J 4C9  
403-320-4232

Website: [www.famcentre.ca](http://www.famcentre.ca)  
Facebook: @lethbridgefamilycentre  
Instagram: @familycentreyql  
LinkedIn: @Family Centre Society of Southern Alberta  
Helpseeker: Family Centre

## Seven Sacred Blackfoot Teachings

Honesty  
Humility  
Truth  
Wisdom  
Love  
Respect  
Bravery

Based on the teaching from the late Andy Blackwater Sr.



Empowering Indigenous People, Families & Communities

## A spoke service of the Indigenous Family Resource Network



Alberta  
Provincial Family Resource Networks

# All My Relations Programming

All families are welcome to join programs.

We want to help you strengthen your family relationships in a meaningful way.

Current programs:  
AMR Family Program  
Indigenous Youth Cooking  
Crafting & Sharing Circle  
Wellness & Spirituality

Incentives for participation.

Ongoing one on one support available for families to resolve identified concerns and parenting challenges, connect to community resources and navigate different systems.

"Enjoyed meeting new people, talking with elders, getting to pray at sessions and finding cultural supports." - past participant

# Family Program Framework

## CURRICULUM TOPICS:

- The individual
- Parent-child relationship
- The couple relationship
- Four generations
- Community

## BLACKFOOT FRAMEWORK

- Indigenous facilitators lead discussion and activities
- Blackfoot Elders & Knowledge Keepers are present
- Includes "Blackfoot ways of knowing"
- Blackfoot family structure and teachings



# Programming For You

All My Relations is adaptable and flexible. Our Indigenous Program Facilitators will ensure the program is meeting your needs. The programs can be delivered in your community.

New developments include a youth program focusing on positive relationships using Blackfoot Elders and Indigenous facilitators to help youth navigate family, friends and their community.

Our staff have the ability to meet one on one with parents to help them connect and feel supported during and after programs.

## Contact:

Call or text  
Indigenous Program Facilitators  
587-220-9277