

## Who is eligible

**Any family with a goal for learning is welcome to apply** . Parents with children of all ages are eligible as long as the child(s) resides in the home .Our program is voluntary .

Once you have completed the intake process your name will be placed on a waitlist . When a Parent Coach is available, they will visit you in your home for sessions to support you in achieving your goals.

The length of service provided is dependent on your goals and active engagement with the Parent Coach. Most families have their needs met within 3-6 months of service.

## How to Apply?

To apply or for more information please call the **Intake Coordinator** at  
**204-560-2435**  
Monday-Friday  
between 8:30 a.m. and 4:30 p.m.

Cost - Hourly fee for this service is based on a sliding scale, starting at \$0.



**HEALTHY FAMILIES  
STRONG  
COMMUNITIES**

401-393 Portage Avenue  
(Portage Place, 4 Floor)  
Winnipeg, MB R3B 3H6  
Mon - Fri: 8:30am - 4:30pm

**PARENT COACH  
PROGRAM**



[www.familydynamics.ca](http://www.familydynamics.ca)  
[familydynamicswinnipeg](http://familydynamicswinnipeg)

# Family Dynamics

Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

## Who We Are

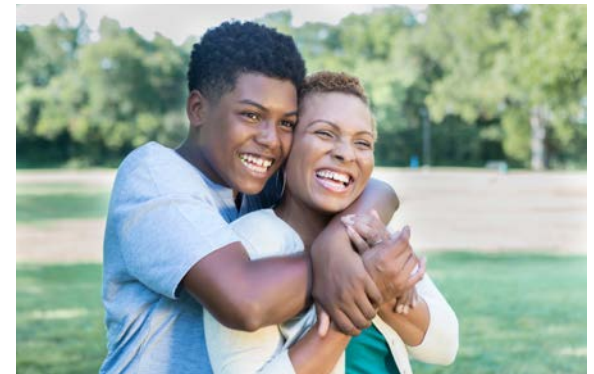
A short term home based parent support program designed to help parents understand and address their parenting challenges and strengthen their parenting or home management skills.



A Parent Coach can help you to:

- Understand your child's behaviour
- Learn more about your child's developmental level and abilities
- Learn strategies to guide and support your child's behaviour
- Build a stronger relationship and connection with your child
- Strengthen communication and problem-solving skills
- Support your need to take care of yourself and your home
- Connect with resources in your community
- Increase your budgeting and home organization skills

Our coaches provide consistent, non judgmental encouragement, mentorship and support . Our strategies are realistic and research based with a focus on connection and respect.



**"Family Dynamics is an amazing asset to Winnipeg. Thank you for all you have done for my family. I just wish I had found you sooner."**

**-Parent Coach Program Client**

**" Healthy families, strong communities, thriving children and resilient, people" .**