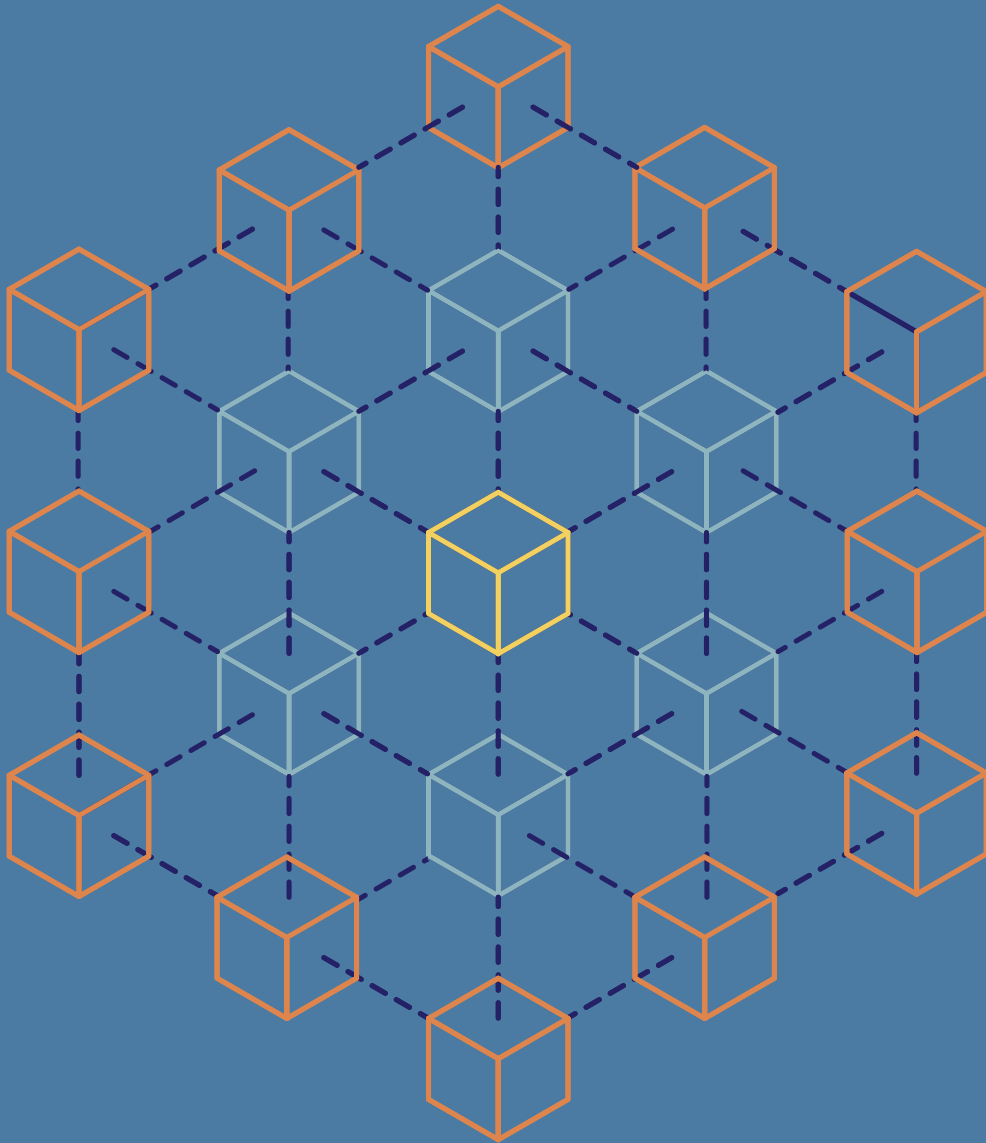


# 2022/23 PROGRAM GUIDE



By supporting individuals  we empower families  and communities 

At Family Services of Greater Vancouver (FSGV), we support and empower individuals, families, and communities to build a brighter tomorrow.

Across all of our program areas, we take a trauma-informed approach that puts people first. We believe in walking alongside clients throughout their journey, guiding people to programs and services for a full continuum of care.

What We Do

- Nurture Healthy Families
- Support Marginalized Youth
- Empower Individuals
- Foster Inclusive Communities

FIND FSGV PROGRAMS IN YOUR COMMUNITY

VANCOUVER	V
RICHMOND	R
BURNABY	B
NEW WESTMINSTER	N
SURREY	S

\*All FSGV programs are free unless otherwise noted. Some programs may require a referral. Visit [fsgv.ca/programs](https://fsgv.ca/programs) to learn more.



COMMUNITY PROGRAMS

[fsgv.ca/community-programs](https://fsgv.ca/community-programs)

Workshops, coaching, and support in areas such as: finances, food, parenting, and more. Programs empower individuals and build their resilience while developing inclusive communities.

FINANCIAL EMPOWERMENT

V R N B S

Through one-on-one coaching and workshops for community organizations and the public, Financial Empowerment teaches financial literacy and helps people navigate government benefits. Our expert staff train other organizations working with vulnerable individuals to better achieve financial stability and resilience. FE delivers workshops, primarily across the Lower Mainland, on topics such as:

- Money Skills
- Budgeting
- Credit & Debt
- Saving & Investing
- RDSPs
- RESPs
- Saving for Retirement
- Money & Relationships
- Consumerism
- Frauds & Scams
- Filing Taxes
- Navigating Benefits



COMMUNITY KITCHENS

V R N B S

Community Kitchens improve people’s cooking and meal-preparation skills and teach budget-friendly, delicious, and nutritious recipes. These programs combat social isolation by connecting people with their neighbours to build community in a warm, welcoming environment. Our regular Community Kitchen is open to everyone: from youth, seniors, single folks, and families to newcomers and more. We also offer a variety of specialized Community Kitchen sessions including:

- Seniors
- Youth
- English Conversation
- On a Budget
- Parents





COMMUNITY PROGRAMS

LITERACY NEW WESTMINSTER

N

FSGV partners with local organizations to build awareness of the importance of literacy and to support programs for children, youth, adults, seniors, and families. Outreach work includes free book distribution for/to other organizations and at community events.



NEW WEST NEIGHBOURHOOD SMALL GRANTS

N

Neighbourhood Small Grants, a program by Vancouver Foundation, provides up to \$500 for projects that bring people together, support community members, or involve sharing skills with others. FSGV is a local partner, managing all aspects of the New West program.



PARENT EDUCATION & SUPPORT GROUPS

Creative Explorations

N R

In this program, children ages 2.5-5 explore their creativity through arts and crafts, songs, and stories alongside their parents/caregivers. Each week has a different theme and project to develop literacy.



Nobody's Perfect

R

Parents/caretakers meet to learn about child development, safety, health, and behaviour. Group members share questions, concerns, and ideas about being a parent in order to discover positive parenting methods.

“For me it was really important to be in Family Services because I found new faces, listen people who struggle with language like me. I was realize I’m not the only one suffering the same thing.”

—Aurelia Siles, Former Richmond Family Friends Participant

Parents Connect

N

Volunteer Parent Connectors share community resources and guide group discussions for parents with children under six years old. Childminding is available for children 2-6, and babies under one are welcome to stay with parents during group.

Positive Discipline Parenting

R

A group for parents with children 0-6 who want to learn to help their children develop self-discipline, responsibility, problem-solving, and self-esteem. Members meet for six weeks to discuss real-life scenarios using Positive Discipline tools.

Raising Exceptional Children

R

A group for parents of children with support needs. We invite parents to explore community resources and connect with each other to share the challenges and joys of parenting exceptional children.

Richmond Family Friends

R

By matching volunteer mentors with immigrant families, FSGV supports newcomers as they settle into the Richmond community and learn about life in Canada.



Single Parents

N

A group for parents raising children on their own. Participants learn about community resources and connect with other single parents over the ups and downs of solo parenting.



# FAMILY SUPPORTS

[fsgv.ca/family-supports](https://fsgv.ca/family-supports)

Programs and services that support all families. From counselling, parent education, and mediation to providing information and referrals to community offerings, FSGV responds to family concerns that arise from poverty, trauma, substance disorders, and more.

## Early Childhood Community Consultant (ECCC)

**B** In this program, we guide, coach, model parenting best practices, and support parents with young children. Caregivers learn about infant and early childhood mental health, play-based learning, social and emotional development, and healthy routines and attachments.



## Family Preservation

**V** Following a referral from an MCFD social worker, FSGV family counsellors walk alongside families on individualized plans that may include play therapy, psycho-education groups and other parenting education, as well as in-home or in-office counselling for individuals, couples, and families.

## Foster Family Support Services

**V** When substance use, mental health challenges, or violence impact a family's ability to safely care for their child, FSGV works with MCFD to help find the right placement for them. Our counsellors provide client-led support to foster parents, their family members, and extended family caregivers who care for children outside of the foster care system.

## Parent-Teen Mediation (PTM)

**V R N B S** This program supports families who are experiencing interpersonal conflict between parents and teenage youth. Highly skilled mediators with conflict-resolution training and experience working with youth empower participants to develop skills-based resilience.

## Project Parent

**N B S** Through in-home counselling, parent education, and referrals to community resources, FSGV family counsellors walk alongside families to achieve client-led goals. This approach empowers parents to develop and strengthen their skills to meet their child's physical, emotional, and developmental needs.

# FSEAP

[fsgv.ca/fseap](https://fsgv.ca/fseap)

The Family Services Employee Assistance Program (FSEAP) provides workplace wellness and employee and family assistance to organizations across BC and the Yukon. In addition to counselling, internet-based Cognitive Behaviour Therapy (iCBT), and other employee supports, FSEAP provides Critical Incident Support Services in response to traumatic workplace events and delivers a wide range of workshops and webinars addressing the specific mental health and wellness concerns of our clients and their employees.

## The Supportive Workplace

Whether or not your organization receives their EAP service from FSGV, The Supportive Workplace program is available to managers across the country. This online workshop trains managers who are on the front line of today's mental health crisis to learn the skills and knowledge they need to recognize and support employee mental health and productivity. [fsgv.ca/fseap/supportive-workplace](https://fsgv.ca/fseap/supportive-workplace)



Eva Mihalik  
Workshop & Training  
Development Coordinator  
Family Services

# VICTIM SERVICES

[fsgv.ca/victim-services](https://fsgv.ca/victim-services)

When there is violence in a relationship—whether it's between intimate partners or other family members—it's called a power-based crime. Victims or survivors of power-based crimes do not need to report a crime to police to get help and will receive support through a community-based victim support worker who maintains confidentiality.

FSGV support workers are embedded in units at The Treehouse, New Westminster Police Department, and Vancouver Police Department and operate community offices serving New Westminster, Burnaby, and Richmond. We provide trauma-informed and individualized support services including safety planning, resource referral, advocacy, help navigating the criminal justice system, community education, and more.

FSGV provides free supports for victims and survivors of:

## Child Abuse

**V R**

## Elder Abuse

**V N**

## Exploitation

**V**

## Family Violence

**V R N B**

## Intimate Partner Violence

**V R N B**

\*FSGV provides police-based victim services in partnership with UBC RCMP





# TRAUMA COUNSELLING

[fsgv.ca/trauma-counselling](https://fsgv.ca/trauma-counselling)

Our Trauma Counselling programs serve women (cis and trans), people of all marginalized genders (including Two-Spirit, non-binary, agender, and gender diverse people), children, youth, and families who are survivors of trauma, sexual abuse, and family violence. All our programs are offered from a trauma-informed, feminist, anti-oppressive, intersectional lens.

## Family Trauma Program

**N** **R**

This program provides trauma-informed, child-centered counselling for children, youth, and families who have experienced trauma.



## Healthy Connections

**V**

Support to help pregnant people and birthing parents work through trauma-related issues that they feel may interfere with their ability to connect with their children. The program includes one-to-one counselling, support for co-parents/couples, and a capacity-building group that helps foster connections and counter the impacts of parenting in isolation. Healthy Connections is available as early in the pregnancy as possible and support continues until the child's third birthday.

## PEACE

**V**

The PEACE (Prevention, Education, Advocacy, Counselling, and Empowerment) Program provides culturally sensitive, child-centered individual and group counselling for children and youth who have witnessed and/or experienced family violence. Themes explored through play-based, arts-based, somatic, cognitive, and psychoeducational approaches may include how to establish a sense of safety, explore emotions and boundaries, and develop secure attachments.



## Richmond Counselling Program

**R**

A short-term counselling program for individuals, couples, children, youth, and families. Over 12 sessions, we support clients who want to explore concerns such as depression, anxiety, relationship difficulties, life transitions, and/or grief and loss.

## Sexual Abuse Intervention Program (SAIP)

**V** **R**

The SAIP Program provides strength-based, client-centered counselling for children and youth (up to the age of 19) who have experienced sexual abuse and their supportive family members. Based on each child, youth, or family's needs, our services may include parent support, individual counselling, therapeutic play sessions, family sessions, and coordination and referrals to other community agencies/resources.

## Stopping the Violence (STV)

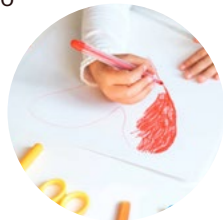
**V** **R** **N**

Individual and group counselling for women (cis and trans) and people of all marginalized genders who have experienced violence. Clients may explore how to recognize and understand the dynamics and impacts of abuse, learn self-care, coping, and assertiveness skills, and develop a safety plan and support system.

## Vital Connections

**N**

Counselling support for adults over age 50 who are experiencing challenges related to life transitions, depression, anxiety, isolation, relationship issues, grief and loss, trauma, and/or health issues. Vital Connections includes arts-based, somatic, cognitive, and psychoeducational approaches to healing.



## Youth Counselling

**N**

We provide a safe space at the New Westminster Youth Centre for youth to connect with counselling and other resources to support their mental health and wellbeing.





# YOUTH SERVICES

[fsgv.ca/youth-services](https://fsgv.ca/youth-services)

Through Directions Youth Services, FSGV provides low-barrier, culturally sensitive support to young people (13-24) who are at-risk, precariously housed, or experiencing homelessness. PRIYD is a program for youth with support needs. All our youth programs and services provide support in pursuing goals and independence.

## COLTS Daycare and Young Parent Program

R

Pregnant and/or parenting youth ages 13-26 access COLTS to overcome related barriers. The program provides high-quality, subsidized childcare services and supports for youth to set and work toward completing their education and starting a career.



## Providing Resources and Independence for Youth Development (PRIYD)

V R N B

Designed for children and youth with support needs ages 7-19, the PRIYD program cultivates independence through 1-on-1 and group work. Integration Support Workers (ISWs) walk alongside young people as they set and work toward client-led goals such as using public transit, participating in social activities, and practicing money skills.

## Transitions for Youth to Adulthood (TYA)

V

In this program, youth who are transitioning out of ministry care work with an FSGV Transition Worker to develop the skills and support network they need to live independently as young adults. Culturally sensitive and trauma-informed, TYA empowers youth to live the life they want.



## 10K Supported Housing (10K)

V

In partnership with the Ministry of Child and Family Development, Vancouver Aboriginal Child and Family Services Society, and The Kettle Society, 10K supports youth who are preparing to exit government care. Clients are provided stable, independent housing for 1-2 years and access to wrap-around supports and skills development from onsite Youth Workers.

## DIRECTIONS

### Drop-In Centre

V

Directions is a 24/7/365 facility that provides youth (13-24) who are at-risk, precariously housed, or experiencing homelessness with access to a broad range of essential resources. From the Centre, we fulfill basic daily needs, such as access to food, showers, laundry facilities, and shelter. Staff address complex crisis, provide harm reduction supplies, and connect youth to healthcare, housing, and employment supports. Our Community Engagement space welcomes youth to connect through workshops and activities.



### Outreach

V

The Directions Youth Outreach Team operates as a mobile extension of the Drop-In Centre. The team works with high-risk youth on the streets, connecting them to programs that help move young people closer to achieving their goals. Our Outreach Workers also link youth to MCFD services, and help them maintain relationships and communication with social workers, working in tandem with youth and social workers on case management, safety planning, and repatriation.

### Haven

V

This five-bed resource provides emergency housing to high-risk youth ages 16 to 19. Onsite Youth Workers – with additional clinical and cultural supports as needed – ensure youth with mental health and/or substance use issues are safe and can access the stabilization and recovery services they need.

## Safehouse

V

We have nine beds available for youth ages 16-18 in crisis who need secure and stable emergency housing. At Safehouse, we work with youth to help them secure income assistance, mental health and substance-use supports, find permanent housing, and get connected to other help they need

## Street Youth Job Action (SYJA)

V

SYJA is a low-barrier pre-employment and peer engagement program for street-involved youth. Work opportunities include hazardous material retrieval and management services and provide same-day payment to participants. Through SYJA, youth develop new skills, increase their self-esteem, and feel empowered to adopt harm reduction strategies and set and achieve goals for themselves.



## FAMILY SERVICES OF GREATER VANCOUVER

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 [VanFamServices](https://twitter.com/VanFamServices)

 [fsgv.ca](http://fsgv.ca)

Our programs are located on the traditional, ancestral, and unceded territory of the Coast Salish peoples, including the Musqueam, Squamish, and Tsleil Waututh, as well as the Qayqayt, Katzie, Kwantlen, Kwekwetlem, Semiahmoo, Matqui, and Tsawwassen First Nations. Huy ch q'u.



**FAMILY SERVICES**  
of Greater Vancouver