



How to reach us

For more information on our *Expectant Parent Services* program, contact:

Expectant Parent Services Program Coordinator
Telephone204-726-6117
Toll free in MB 1-800-483-8980
Emailinfo@cfswestern.mb.ca

You can also visit our website at www.cfswestern.mb.ca.

Our main office

Child and Family Services of Western Manitoba's main office is located at:

800 McTavish Avenue, Brandon MB R7A 7L4
Telephone204-726-6030
Toll free in MB 1-800-483-8980
Fax204-726-6775
Emailinfo@cfswestern.mb.ca
Website www.cfswestern.mb.ca

Our office operates Monday through Friday from 8:30 a.m. to 4:30 p.m. We also have a 24-hour seven-days-a-week emergency service available through our toll free number listed above.

Rural Connections

We also have offices and social workers in various rural communities. Contact them at the following numbers directly, or via the toll free number or email address listed above.

Boissevain, Killarney and areas204-523-5210
Carberry and area204-834-2181
Hamiota and area204-748-4249
Melita and area204-483-6259
Minnedosa and area204-867-2219
Neepawa and area204-476-7057
Rivers and area204-867-2219
Souris and area204-483-2161 ext 2604
Virden and area204-748-4249

Strengthening families and protecting children since 1899

Expectant Parent Services...



**CHILD AND FAMILY SERVICES
OF WESTERN MANITOBA**
SERVICES À L'ENFANT ET À LA
FAMILLE DE L'OUEST DU MANITOBA

We exist so that children are safe and nurtured in strong, loving families within a community of caring people



Who we are

Child and Family Services of Western Manitoba (CFS Western) is a private, non-profit, community-based charitable agency, directed by a community-elected and community-represented Board of Directors.

Our goals are to:

Strengthen and support families

Protect children from neglect, abuse and exploitation

Ensure children in our care are parented appropriately

Work in partnership with the community

Be a recognized leader in the advancement of health and well-being of children and families in Westman

We accomplish these goals by offering effective family strengthening programs to Westman communities with services that seek to support families as well as protect children.

Under *The Child and Family Services Act of Manitoba*, CFS Western is mandated to provide protection and preventative services to Westman children seen to be at risk of neglect and abuse.

To help minimize this risk, we also offer Westman families a broad continuum of care and support services including those for young expectant parents.



*CFS Western...
investing in children,
families and
communities for over
100 years*

What we can do to help

CFS Western's *Expectant Parent Services* program offers young moms-to-be counseling, support and pre-natal services that can help her deal with an often unplanned situation.

The teenage girl may be scared—of telling the father-to-be, her parents, and what will happen to her education and perhaps even her entire future. She may also wonder about pregnancy finances, good health care for her and the baby, and family or peer relationships.

She may be dealing with all of this and more on her own. Or she and the soon-to-be-dad might wonder where and how *he* fits in, especially if they are not together as a couple.

The anxiety, uncertainty and questions can be overwhelming.



CFS Western's *Expectant Parent Services* can help young expectant parents face many difficult challenges and decisions. The goal is to help the upcoming mom (and dad if he's in the picture) identify her needs, understand the role of becoming a parent and help her plan the best future for her and her baby.

Crocus Plains Early Learning Centre

The *Crocus Plains Early Learning Centre* was set up in 2007 as a partnership between the Brandon Regional Health Authority, Child and Family Services of Western Manitoba, and the Brandon School Division.

Located within the Crocus Plains Regional Secondary School, the *CP Early Learning Centre* offers unique programming for teenage moms to encourage them to finish high school and to support them after they give birth. Once they're back to school, the moms bring their infants to the Centre for care while they take high school programs as well as courses on parenting and child development.

Young moms see it as a great benefit because they get a chance to complete their Grade 12 while keeping contact and bonding with their baby during the school day. Participants have even said that if the CP Early Learning Centre didn't exist, they likely would not have returned to high school after giving birth.



Research shows many young moms drop out of high school because of the lack of support or opportunity to continue their education. It also shows that the outcomes for children and their parents are significantly improved when the young mom has been able to complete high school.

The CP Early Learning Centre can accommodate eight infants. For more information, contact the school at 204-729-3900.

