

Where we are rurally

CFS Western serves an area of about 12,000 square miles in southwestern Manitoba, reaching a population of approximately 180,000.



We also have social workers covering Westman's rural communities and their surrounding areas. These workers are the key to community members accessing all of CFS Western's services and supports.



How to reach us

For more information on our *Rural Family Strengthening Programs*, or to find a program in your area, please contact:

Program Coordinator
 Telephone.....204-726-6046
 Toll free in MB 1-800-483-8980
 Email.....info@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
 Telephone.....204-726-6030
 Toll free in MB 1-800-483-8980
 Fax.....204-726-6775
 Email.....info@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.

Birtle, Russell and area.....204-842-2116
 Boissevain, Killarney and area.....204-523-5210
 Carberry and area.....204-834-2181
 Hamiota, Rivers and area..... 204-726-6101 or 6030
 Minnedosa, Erickson, Rapid City and area..204-867-2219
 Neepawa and area.....204-476-7057
 Shilo and area..... 204-726-6056 or 6030
 Souris and area.....204-483-6259
 Virden, Melita and area.....204-748-4249

strengthening families and protecting children since 1899

Rural family strengthening programs...



**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.



*CFS Western...
investing in
children,
families and
communities*

We believe providing families with healthy and positive resources can help lead to fewer families in crisis and fewer children coming into our care. We want to help make families stronger *before* situations reach a crisis point.

What rural family strengthening programs do

Our *Rural Family Strengthening Programs* provide community-based family strengthening and parenting courses and workshops directly in rural areas.

These programs are designed to help parents enhance their parenting skills and communicate more effectively with their children.



Our workshops include (but are not limited to):

- **Positive Discipline in Everyday Parenting**—a ten-week course for parents with children aged 0-17 that helps strengthen parent-child relationships, enhances parent-child problem solving skills, and promotes emotional self-regulation of both parents and children
- **Nobody's Perfect**—an eight-week program for parents with children aged newborn to five. Facilitators will plan each session based on the needs of the group. Topics can include (but are not limited to) positive parenting, health, understanding children's behaviours, and parental self-esteem.



What participants are saying

We encourage participants in all of our courses to evaluate our sessions and tell us about their experiences in our workshops. Their feedback and opinions are very important in helping us continually enhance and develop quality programs.



"I enjoyed the open discussions and hearing ideas from other parents."

"The program made me more open-minded as a parent."

"It helped me build a better relationship with my child."

