

"My confidence has grown so much, I feel like I can be the parent I always knew I would be."

We Believe...

Parents are the most important people in their children's lives.

Parenting is the most important job you will ever have.

For more information

Family and Community Services

#200 501 Festival Avenue
Sherwood Park AB T8A 3W7

Phone 780-464-4044

Fax 780-449-1220

familyandcommunity@strathcona.ca

www.strathcona.ca/fcs



STRATHCONA
COUNTY



Alberta Health
Services



CASA

Child, Adolescent and Family
Mental Health

HOME VISITATION PROGRAM



Supports for parents and parents-to-be

What is Home Visitation?

Home Visitation is a long-term program for parents who want extra support with day to day challenges and would like information on parenting and child development.

Home Visitors work with families in their homes and help parents build on strengths and develop new skills.

Home Visitation is:

- Voluntary
- Confidential
- Free of Charge
- Supportive
- Flexible

We can assist you to...

- Set personal and family goals
- Build strong family relationships
- Discuss your pregnancy concerns and provide you with prenatal support
- Gain greater understanding of how your child grows and learns from newborn to age 6
- Create a positive parent and child relationship
- Talk about your health concerns and provide you with health related information
- Access and build support networks and resources for you and your family
- Find ways to care for yourself and your family



How does it work?

- During our first visit we will share program information and discuss how we can support you and your family.
- A team member will make weekly visits to support you in working toward your family's goals.



You can refer yourself to the program by calling Family and Community Services at 780-464-4044