

Family Mental Wellness Services (FMWS) provide access to mental wellness supports to improve overall mental well-being for children, youth, caregivers and families involved with Edmonton Region Children’s Services (CS).

Partners of FMWS form a multi-disciplinary and cross-cultural team that works together to identify and respond to the unique mental wellness needs of a wide variety of children, youth and families involved with child intervention, including refugee and newcomer families, Indigenous children, youth and families, youth ageing out of care, parents and caregivers. Each agency offers a service that is specialized for their client population and delivered through holistic and trauma informed practice. Although the approach each agency takes to improve mental wellness is unique, partners of FMWS all aim to improve the child’s resiliency, build skills and ensure his/her needs are supported in their environment. Some of the services and activities each agency provides include:

[Aboriginal Counseling Services Association of Alberta](#): 13 week neurologically based program that is culturally grounded to address trauma, grief and loss for Indigenous children in care. The program makes use of play and art to help begin resolving trauma while building skills and self-confidence.

[Boyle Street Community Services](#): Community-based program that supports participants ages 18 to 25 to navigate systems and barriers to access the mental health supports they need to follow through on self-identified goals to improve mental wellness.

[CASA](#): CATCH (Collaborative Assessment and Treatment for Children’s Health) is an early intervention program that provides mental health supports and outreach to families receiving help from child intervention.

[Edmonton Mennonite Centre for Newcomers & Multicultural Health Brokers Cooperative](#): Provide culturally-rooted services to support newcomer and refugee children, youth and families holistically. Services offered include but are not limited to therapeutic supports to deal with trauma, challenges with transition and adaptation to a new culture, cultural and linguistic interpretation, family support and parenting support.

[Native Counselling Services of Alberta](#): Program rooted in Indigenous knowledge and practices that works with Indigenous youth ageing out of care, their family, caseworker and other professionals to support a successful transition to adulthood. This program supports youth in self-determination, building healthy relationships and strengthening connections to community and culture.

[Alberta Health Services](#): Provide a wide range of mental health supports for children and youth ages 5 to 17, and their families, who require mental health assessment, treatment and clinical mental health services.

For more detailed information about each partner, click on their name.

How to access FMWS

- Caseworkers can access FMWS until CS involvement ends.
- Submit a [Request for Services form](#) directly to the agency. You may also request a copy of the form from the agency or CS Health Partnership Coordinators.

Benefits of FMWS

- There are no fees to access FMWS.
- FMWS can be utilized to support caseworkers and enhance supports for children and families’ complex needs.

Questions:

If you have any questions regarding FMWS, please feel free to contact the CS Health Partnership Coordinators at 780-644-3781 or email HS.EPKIC-MWSintake@gov.ab.ca