


*Help us make family support services  
more culturally safe and respectful  
for Indigenous families across BC.*





## What we do across British Columbia:

We offer research-based professional development training workshops to family service and support providers.

We develop educational resources for families and family support professionals on topics such as early child development, parenting, social and emotional development, mental health, cultural safety and relationship enrichment.

We provide online parenting courses enabling parents to strengthen their relationships with their children and increase their skills and confidence.

We provide provincial coordination of family education and support programs, professional networks and communities of practice.

We provide child, youth and family-sector leadership and bring awareness about critical family issues.



## How do our programs make a difference for parents and children in communities across BC?

**We train, certify and support family service providers through the following programs and workshops:**

### **Nobody's Perfect Parenting Program**

Provides parents with an opportunity to learn critical new skills for positive early childhood parenting.

### **Parent-Child Mother Goose Program**

Enhances the development of social, cognitive, and emotional skills of young children through interactive stories and songs.

### **My Tween and Me**

Empowers youth social and emotional learning while strengthening parent-child communication through adolescence.

### **Supporting and Engaging Indigenous Fathers**

Provides culturally-grounded knowledge and connection to support father involvement.

### **Inclusive Trauma Informed Practice Through a Lens of Cultural Safety**

Encourages meaningful support of Indigenous families affected by trauma and builds a community of cultural humility and understanding.

### **Mother's Mental Health Toolkit**

Enhances community knowledge of mental health and provides skills to support mothers.

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*"BCCF provided learning that made me a more compassionate and knowledgeable support for families in our isolated community."*

*"My Tween and Me program helped me to reach and connect with my daughter - to talk about lows and highs and challenging questions."*



## **What impact have we made over the past three years?**

**23,260**

parents completed one of the parenting programs facilitated by BCCF trained family support facilitators.

**22,710**

children participated in the Parent-Child Mother Goose Program.

**1,400**

Family Support Professionals were trained to deliver parent education and support programs across BC.

# How can you help BC families?

At the BC Council for Families, we have built the foundation of our work based on the research-proven fact that family relationships significantly impact human beings—from birth, through to teen years, and into adulthood. We have learned that supporting positive family relationships is critical to helping children grow mentally, physically, socially, and emotionally and become positive and capable adults. Our intention has always been to adapt and evolve our training programs to meet the diversified needs of BC families.

As part of our organisational commitment, we are working with Indigenous partners to provide Indigenous rights-based training that focuses on cultural safety and humility learning for family support providers.

To fully achieve our goal we need \$30,000 to provide critical training for family support professionals to gain skills in order to provide respectful and culturally safe support for Indigenous families across BC.

This learning includes a deeper understanding of how colonization, power imbalances and institutional discrimination affect family health and child development.

## Why is this important?

The Indigenous population is the fastest-growing segment of the Canadian population.

Indigenous families continue to identify the need for more culturally-sensitive and safe services for parents, guardians and children.

Family support workers across BC have identified a need to better understand culturally safe service delivery, including learning about cultural humility, to more meaningfully support Indigenous families.

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*"This online education course was extremely helpful. It gave me a sense of peace and taught me how to handle things appropriately."*

*"It was the foundation for life-long friendship for me and my son."*

## Your donation will:

- ✚ Provide free training for over 150 family support workers on how to provide safe, meaningful and respectful support for Indigenous families accessing community services across BC.
- ✚ Make Cultural Safety training accessible in the 43 communities across the province that the BC Council for Families provides learning.
- ✚ Ensure that supports and services in BC are safe, respectful and empowering for Indigenous families.

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***Help us make family support services in BC culturally safe and respectful for Indigenous families.***

**CLICK TO DONATE NOW**



### ***Our History***

Since its founding in 1977, the BC Council for Families has developed and delivered family support resources and training programs throughout the province for families and family support professionals that focus on prevention, inclusiveness, and skill building.

### ***Our Vision***

We envision a British Columbia where all families are recognized, respected, and empowered to thrive.

### ***Our Mission***

The BC Council for Families supports families, serves professionals and strengthens communities through education, collaboration, and awareness.

### ***Our Statements of Principles***

We respect individual and family dignity and recognize distinctness in race, gender, culture, sexual orientation, family structure, spirituality, and age.

We believe in the capacity of children and families to grow and prosper within community.

We support the development and delivery of culturally appropriate parenting resources for Indigenous families, in partnership with Indigenous organizations in BC.

We are dedicated to ensuring accessibility, equity, and safety in the delivery of our programs and services.

We believe that learning is fundamental to individual, family and professional development.

We believe that families and family support professionals deserve high-quality, inclusive, and evidence-based resources and educational programs.

### **BC Council for Families**

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