

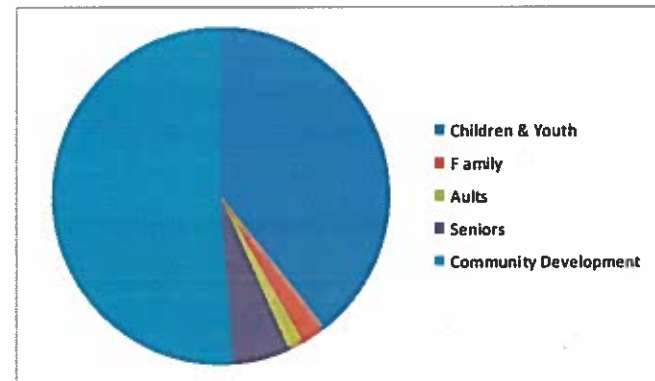
## Vision

To be a healthy caring viable and inclusive community through leadership, collaboration, and participation.

**Family and Community Support Services** is an 80/20 funding partnership between Government of Alberta and Town of Manning & County of Northern Lights. Provincially, the FCSS Program receives its mandate from the Family and Community Support Services Act and Regulation. Manning & District FCSS boundaries are Manning, Deadwood north to Keg River.

**Funding** – the chart on the right indicates a general review of how Manning & District FCSS funding is allocated.

**FCSS philosophy** is based on a belief that self-help contributes to a sense of integrity, self-worth, and independence. The programs developed are intended to help individuals in their community to adopt healthy lifestyles, thereby improving the quality of life and building the capacity to prevent and/or deal with crisis situations should they arise.



FCSS continues to work collaboratively with our partners throughout the Manning area, to ensure we achieve the right mix of programs and services. The FCSS office is open to questions and comments regarding the FCSS programs and services for the community.

## FCSS Board

FCSS Board Members Consists of community members representing a cross section of people that reflect the needs and concerns within the community of Manning and the area.

### Board Responsibilities

- Identify needs within the community that fall within the mandate of Family and Community Support Services
- Act as a catalyst to respond to needs identified within the community
- Review and consider all program/projects proposals and representations from the community at large with respect to preventive support services
- Review FCSS policies & procedure
- Annual FCSS Budget

### 2016 Board Members

Linda Schmidt – Chair/Hawk Hills Rep  
Vicky Smith – Town of Manning Rep  
Lynne Kover- Director  
Brent Reese - County of Northern Lights Rep  
Katie Barr – Director  
Vikki Presakarchuk – director (Started in Nov)  
RCMP (Const. Matt Nyman)



## Children & Youth Programing

### Babysitters Training Program

Youth learn the development of children, laws of babysitting, responsibility and rights as a babysitter, fire safety and home safety. Babysitters Training is offered in the spring and fall.

- *In 2016, 21 youth successfully completed the Babysitter's Training Program*
- *As a result of babysitters training program, participants reported they were confident to provide safe and caring babysitter services.*

### Fun Friends Program

Fun Friends increase children social-emotional competence and resilience; Give students tools to increase their self-esteem by teaching them to be brave.

FCSS funds this program by having a trained facilitator offer the program in Rosary & Manning Elementary Grade 2 classrooms.

- *In 2016, 57 Grade 2 participants spring & fall (MES & Rosary)*
- *As a result of attending fun friends, grade 2's reported they were better at demonstrating self-control and better at playing cooperatively with other children.*



### Healthy Relationships for Youth

AHS Health Promotion coordinates the Red Cross HRY program.

HYR focuses on teaching healthy relationships as well as communication and other aspects of healthy relationship building and decision making. Healthy Relationship sessions are ongoing in Rosary & Paul Rowe from Grade 7 -10. Each grade is tailored specially for their age level, needs and incorporates the Red Cross Healthy Youth Relationship (HYR) curriculum.

HYR Outing is designed to augment the information learned in class. It helps youth make well informed, healthy choices and to develop behaviours that contribute to the well-being of self and others.

*FCSS provided funding for 1 community Facilitator and the Grade 8 outing.*

- *In 2016, 36 Grade 8 students (Paul Rowe & Rosary)*

### Home Alone Safely Plus First Aid

Through interactive lessons, games and role-play, students learn to make safe choices when at home alone. This is offered in the Grade 4 classrooms at Manning Elementary and Rosary School.

- *In 2016, 34 children participated in the Home Alone Course*
- *Over 68% of the participants reported they felt more comfortable staying at home alone for a short period of time*

## Children & Youth Programing continued

### Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y.).

AHS Public Health Promotion coordinates program, FCSS supports wherever needed! P.A.R.T.Y. is a one day program which sets out to show teens in grade 9 & 10 (Paul Rowe & Rosary ) how to make smart choices in relation to drugs, alcohol and other risks...and educate them on what may happen if other choices are made.

- *In 2016, 60 teens participated in the P.A.R.T.Y. Program*

**Roots of Empathy:** Builds a caring, peaceful and civil society. This program helps children learn about a baby's needs and development, and lets children see a loving relationship grow between parent and baby. Through the observation and participation in the program that students begin to develop empathy skills.

*Partnered program with Parent Link, Manning Elementary & Rosary Schools and AHS Health Promotions*

- *Three classrooms ran during the 2015-2016: Rosary grade 1, Manning Elementary ECS & Grade 4.*
- *Three classrooms are currently running in the 2016-2017: Rosary grade 1, Manning Elementary ECS & Grade 4.*



74% of participants reported they get along better with others as a result of Roots of Empathy program

Grade 4 comments:

- I am better at solving problems;
- it was taught we are all different
- It changes how I think of others
- It made me more calm when I'm angry
- Now I don't have to get mad at my sister when she is angry mad at me because I know how to

### Summer Program Deadwood & Manning

Provided opportunities to participate in activities that promote positive child development in a fun and safe environment then they are more likely to be engaged and develop socially.

- *In 2016, 32 participants in Manning/Deadwood program*

**Leaders in Training:** Teen leaders develop work skills, gain work experiences and work with Summer Program Coordinator.

- *In 2016, Summer Program had 3 teen leaders*

## Program Grants

Each year FCSS administers Program Grants that are available for non-profit organizations in the Manning area. The program must enhance the social well-being of individuals, families & community through prevention. 2016 FCSS provided program grants for funding assistance with programming costs

### **Book Worm Buddies (Manning Municipal Library)**

BWB promotes early literacy awareness, social and fine motor skills through weekly activities.

- *In 2016, 10 participants*

### **Kid Picks (Manning Municipal Library)**

Kids Picks program promotes literacy skills – creativity through stories, activities/crafts and social skills

- *In 2016, 12 participants*

### **Out of School Care (Manning Regional Childcare Association)**

OSC provides families with child care before and after school.

- *2016, 29 children attended*



### **Collective Kitchens (Manning Community Resource Center)**

Community Kitchens are a means of getting out of the house and getting involved in your community. Along the way people pick up valuable information about nutrition, recipes, cooking and shopping tips. It also increases menu planning and budgeting skills.

- *In 2016, 5 participants*

### **Parenting Program (Manning Community Resource Center)**

The parenting program helps gain parenting skills through family gatherings.

- *In 2016, 6 participants*

### **Keg River Boys & Girls After School Programing (Keg River)**

Boys and girls club provides a variety of activities through arts, crafts and recreation that enhance positive child development.

- *In 2016, 20 participants*

## Senior Programming

### Seniors Week Celebration

Seniors Week celebrates seniors and their contributions to our community. Seniors make a difference in our communities every day, from supporting family members and friends to assisting charities and volunteering. Partnered Program with AHS Continuing Care & Public Health Promotion & County of Northern Lights & Del Air Lodge.

#### 2016 Events:

- Strawberry Tea at Manning Community Health Centre
- Ice Cream Social & Open House @ Del Air Lodge
- Keg River Coffee time & Chair Yoga
- Learn to Use your iPad (Adult Learning)
- Dixonville Coffee Time (CNL)
- Royal Purple Bingo at Del Air Lodge
- Farmers Market (FCSS – launched Seniors Survey)



### Manning Walking Group (55+)

Manning Walking Group walking boosts overall health, physically and mentally. Manning Walking is Tuesdays & Thursday mornings at the Legion Hall from November – March. Partner program with Adult Learning & AHS Public Health Promotion

- *15 participants walked indoors throughout the winter months*

### Seniors Christmas Supper

Christmas supper event provides an opportunity for seniors to socialize. When seniors socialize, they enrich their lives. The connections to people and activities give seniors a purpose and something to look forward to. It keeps them from feeling isolated and alone.

FCSS coordinates St James Catering Group, St John United Anglican, Senior Star Center and Manning Fiddlers to host a Community Seniors Christmas Supper evening.

- *In 2016, 150 Seniors enjoyed the evening*

### Seniors Information Fair

Information Fair connected seniors to community supports and presentations from AB Seniors Benefits and Federal Programs.

- *In 2016, 32 participants*

## Family Programming

### Love n' Shine Playgroup

FCSS provides funds for program supplies

ParentLink coordinates the Love n' Shine Playgroup.

*Parent and caregivers work together to provide their babies and young children with opportunities to learn through play; parents/caregivers to connect with one another.*

- *In 2016, 25 families participated in the playgroup*

### Rhymes That Bind (Keg River)

Rhymes That Bind is an oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, songs and simple movement games with their infants and toddlers in a supportive peer group.

- *In 2016, 4 parents, 12 children participated in the playgroup*



## Adult Programming

### Aboriginal Health & Wellness

FCSS partnered with AHS with 2 Lunch & Learn sessions

- *In 2016, 6 participants*

## Community Initiatives

### Child Care Needs Assessment

This survey was implemented by FCSS and Manning Regional Child Care Association (MRCCA) to gather information regarding current and future child care needs for families in our community and to share information regarding services and programming in our area.

- *110 families responded to the survey (from Keg River, Manning, North Star, Deadwood & Dixonville)*
- *Check out the report on FCSS website: [www.manningfcss.com](http://www.manningfcss.com)*

### Seniors Survey

This survey was implemented to identify gaps in services and supports, and in identifying strategies to respond to those gaps and to build on community strengths.

- *192 participated in the survey*
- *Check out the report on FCSS website: [www.manningfcss.com](http://www.manningfcss.com)*

**Community Connections**

**Community Resource Directory**

CRD consists of services, community clubs & organizations available in Manning area and is updated annually. CRD is available through the FCSS website [www.manningfcss.com](http://www.manningfcss.com)

- Categories found within the publication are: Catering & Fundraising Groups, Childcare & Early Childhood Services, Churches, Communication & Media, Community Centers & Meeting Places, Community Services, Education Services, Emergency Services, Health & Medical, Independent Distributors, Legal Services, Municipal Services, Pet Services, Real Estate & Rental Units, Self Help & Support, Seniors, Sports Recreation & Leisure Organizations, Transportation & Courier Services



**Community Welcome**

FCSS coordinates Welcome bags with businesses & agencies. CW Bags are available to newcomers registering a box number with Canada Post.

**Information & Referral**

Provide people with relevant information, referral, resources and support. FCSS record stats – track trends and develop programs based on referrals.

- *In 2016, FCSS had 217 requests for information, referral and or support*



**Parade of Programs**

Parade of Program event provides families with an opportunity to sign up with all their favorite activities, sports and clubs in one convenient location. Parade of Programs also promotes clubs and organizations in our community.

- *In 2016, 50 families/community members attended Parade of Programs*
- *In 2016, 21 agencies/organizations participated*



## Community Development

### Community Christmas Hampers Volunteers

FCSS organizes volunteers for the CCH.

- In 2016, FCSS recruited 24 volunteers / 130 volunteer hours

### Early Childhood Development Community Coalition

We have a core group of community agencies (ECD Focus) that meets regularly to keep each other informed about their agencies progress made in addressing the gaps identified in our EDI.

#### 2016 Projects

- *Preschool fair (April)*
- *I Am Growing Up Book (Regional Resource)*
- *Promotion & Education*
- *Parent Kits (February)*
- *Little Book Shelf (Manning, Keg River & Paddle Prairie)*
- *National Child Day- Mary Lambert Concert (November - Manning & Keg River)*
- *Kids Have Stress Too Workshop (October)*

### Manning & District ECD Community Coalition



Manning, Deadwood, Keg River, Paddle Prairie

### Joint Emergency Services: Emergency Social Services

FCSS coordinates, organizes and recruits volunteers for the Reception Center and Volunteer Orientation meeting & training for RC.

### Family Week

FCSS coordinates local organizations & agencies for a family event/activity - to encourage healthy active living among families.

- In 2016, there were 6 Family events/activities
  - ✓ *Super Hero's Bedtime Stories @ MML*
  - ✓ *Manning Elementary sent home family paks*
  - ✓ *Aurora Theatre Family Movie*
  - ✓ *Family Worship Center Brunch*
  - ✓ *Outdoor Sledding & Skating (FCSS)*
  - ✓ *Rosary School hosted a dance for their families!*





**Community Development *continued***

**FCSS sits on Various Organizational Boards in the Community**

- Manning Regional Childcare Association- "MRCCA believes that each child is unique, the dignity and worth of each child and their families must be respected and supported. Families must have access to programs that provide rich and welcoming environments, allowing children to develop to their fullest potential through age and personality appropriate play."
- Manning Youth Center Association- "promotes a healthy lifestyle for youth in our community"  
*In 2016, MYCA provided casino funding to 10 youth organization/projects*  
*Manning Orchestra*  
*Manning Elementary Enhancement Society*  
*Manning & district Early Childhood Coalition – Steam Project, Children’s Fair*  
*Manning Regional Child Care Association – Out of School Care, Day Care & Preschool*
- Toy Lending Library – TLL has a variety of games, puzzles, toys, building materials, outdoor & baby equipment available for lending for children birth to age six. Membership is required.

**Manning Asset Team - Building assets, growing greatness!** Through quality social research the Search Institute has identified 40 positive building blocks critical to the healthy development of young people. These developmental assets consist of positive experiences, opportunities and relationships that enhance the health, well-being and self-esteem of children and youth. MAT provides awareness to community member through local events, programs & organizations.



**National Addiction Awareness Week**

NAAW highlights issues and solutions to help address alcohol- and other drug-related harm. It provides an opportunity to learn more about substance abuse prevention, to talk about treatment and recovery, and to bring forward solutions for change.  
 (AHS Addiction & Public Health Promotions)



**Community Development *continued***

**Manning Interagency**

This is a formal communication network for agencies that provide services to families/community members of the Manning area.

Interagency meets four times a year; 1<sup>st</sup> Monday of February, May, November & 2<sup>nd</sup> Monday of September, 10:00 am at the Manning Community Health Centre Large Board Room

FCSS coordinates the meetings, presentations and distributes information to interagency members as requested

**2016 Manning Interagency Participating Agencies**

Adult Learning & Literacy	HIV North Society
Alberta Culture and Community Spirit	Manning Community Resource Center
Alberta Health Services	Manning Regional Child Care Association
Alberta Human Services/AB Works	Manning Regional Victim Services
County of Northern Lights	Stepping Up
Families First	NW Child & Family Services
FCSS, Manning & District	PR Regional Women's Shelter

**Volunteer Appreciation**

Volunteers are recognized for their time and effort and to show they are appreciated!

*Partnered Program with Alberta Health Services, County of Northern Lights*

- *In 2016, 85 attended evening of entertainment & recognition*



**Thank you to our 2016 Program Facilitators**



- Gerri Southwick, Babysitters Training, At Home Alone Plus First Aid, Healthy Youth Relationships, Roots of Empathy
- Cindy McLeod, Roots of Empathy, Fun Friends
- Mary Ann Matheson, Roots of Empathy
- Janine Gray, Roots of Empathy
- Audrey Ditrack, Summer Program Coordinator
- Sara Gordey, Summer Program Facilitator
- Dee Dee Lightbody, Home Alone Plus First Aid
- Georgina Supernault, Rhymes That Bind (Keg River)