



CARRIER SEKANI  
FAMILY SERVICES

Creating wellness together.



[www.csfs.org](http://www.csfs.org)

## CSFS Parenting Groups

### Strengthening Families

The Strengthening Families Program is an evidence-based parenting skills, children's social skills, and family life skills training program specifically designed for high-risk families. It helps parents and kids develop happier family relationships, improve mental health outcomes, and decrease youth alcohol and drug use, violence, and delinquent behavior. The program aims to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect.

For more information, contact Kim at 778-349-4308 or [klanglois@csfs.org](mailto:klanglois@csfs.org), or Dave at 672-983-3035 or [dbukkos@csfs.org](mailto:dbukkos@csfs.org)

### Caring Dads

The Caring Dads program emphasizes men's accountability for their behaviors and helps fathers become more aware of and responsible for their use of abusive and also their healthy parenting strategies. A child-centred approach to fathering is advanced, where fathers are encouraged to try to recognize and prioritize their children's needs. Regardless of the stress and challenges that men are facing, facilitators assert that men must avoid using intimidating, shaming, and otherwise abusive parenting strategies. Men are also encouraged to make choices that are responsive to their children's developmental needs. Caring Dads also encourages fathers to begin to appreciate the impact of child maltreatment and abuse of children's mothers. Caring Dads teaches men concrete skills for improving their relationships both with their children and with their children's mothers.

To be eligible for the Caring Dads program, **men must have some regular supervised or unsupervised contact with at least one of their children (0-16 year-old)**. Registration is ongoing.

For more information please contact Dave Bukkos; 672-983-3035 or [dbukkos@csfs.org](mailto:dbukkos@csfs.org).

[Caring Dads Referral Form](#) - Completed forms can be emailed to Dave Bukkos

### Rainbows

This group assists children of various ages to understand that they did not cause a divorce or death. It helps them to discover their own inner strengths, learn to accept and manage their circumstances, and progress from hurt through healing to hope.

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### **Bringing Tradition Home**

Bringing tradition home is a program that creates pathways between family life and connections to culture. It is based on the wisdom of Elders and Knowledge Holders who share insights, traditions, ceremonies, and stories passed down through generations. The program aims to preserve traditional values and cultural practices while navigating modern urban society.

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### **Parenting**

In this group parents will learn children's development, parenting skills, and coping tools/techniques to deal with the complex task of parenting. The group will consist of information on child development throughout the various stages of child and youth – considering interpersonal and intrapersonal factors. The Parenting program will also focus on parenting coping skills and techniques to use when handling difficult situations. Additionally, some tools and techniques will be given to parents to use while navigating parenthood.

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### **Food Skills for Families**

Food Skills for families will utilize a step-by-step approach to help teach the skills required for healthy nutrition for families. This program will discuss how to shop properly for healthy ingredients at grocery stores, and how to prepare various foods for cooking (cutting meat properly, storing food properly as per FoodSafe guidelines). Participants will also learn how to cook step-by-step meals and enjoy them with their peers. Each participant will be given cookbooks for their use after the program, as well as knowledge on how to feed their family in a healthy way.

For more information please contact Dave Bukkos; 672-983-3035 or [dbukkos@csfs.org](mailto:dbukkos@csfs.org).

### **PRISM**

PRISM is a peer support group program for single-parents, stepparents, and parents whose children are in the Rainbows program. The purpose of PRISM is for parents to understand and process their grief, become more attuned to their children's grief and be able to recreate the "family" again. PRISM meets consecutively for 12 weeks; each session runs for 1 hour. At the end of the 12 weeks, all participants take part in a closing session

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### **Fathers' Group – Monthly**

The Father's group is a men's peer support group that will be ongoing. It is a chance for fathers to connect and build relationships within the community as well as to learn the traditional ways of Indigenous healing and way of life.

Activities are led by group interests. It is up to you to decide what you would like to do!

For more information, contact Dave 672-983-3035 or email [dbukkos@csfs.org](mailto:dbukkos@csfs.org)

### **Mothers' Group – Monthly**

The Mother's group is a women's peer support group that will be ongoing. It is a chance for mothers to connect and build relationships within the community as well as to learn the traditional ways of Indigenous healing and way of life.

Activities will include berry-picking, learning to preserve food, traditional medicine-making, arts and crafts, and so much more. It is up to you as the group to decide what you want to learn and take away from this support group!

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