# Strongest Families INSTITUTE | L'INSTITUT DES Familles Solides

An award-winning charity offering evidence-based, bilingual mental health services for children, youth, adults, and their families, when and where they need it.

NO WAIT

NO COST

WHEN IT'S CONVENIENT FOR YOU

Programs

Parents Empowering Kids (PEK): Helps caregivers of children, 3-12 years of age, learn to prevent and deal with common childhood behaviour problems, such as not listening, temper outbursts, and difficulties paying attention, through a variety of proven positive parenting strategies.

Chase Worries Away: Educates parents and children, ages 6-11, about anxiety, and guides them as they learn relaxation skills and how to face worry in real life. The program typically deals with difficulties separating from loved ones, worry about performance, and specific fears.

Defeat Anxiety: Helps youth, ages 12-17, learn skills to overcome, control and gradually face their anxiety surrounding school, social situations, peer acceptance, and many other common challenges they face.

Dry Nights Ahead: Designed to help children, ages 5-12, overcome nighttime bedwetting with the use of a urine alarm, reward system, and weekly telephone support.

ICAN: Anxiety and depression program, for ages 18+, designed to help individuals learn skills to control, face and deal with their emotions, and overcome and manage major life stressors.
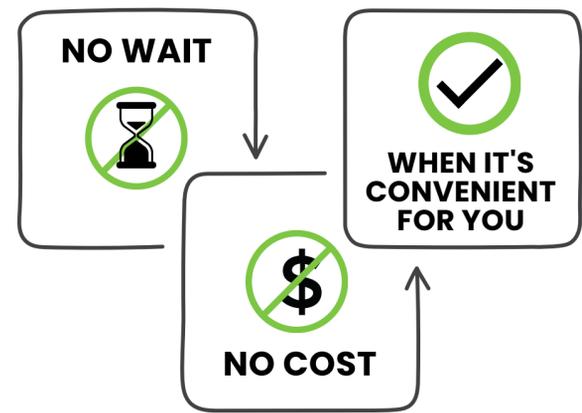
How To Refer

TO ACCESS A PROGRAM

Call 1-866-470-7111 (press option 1 for English, press 1 again for the main line), or complete the electronic referral form at nl.bridgethegapp.ca.

To Learn More

See the Online Programs section of **nl.bridgethegapp.ca**, or scan the code.

How to scan:
1. Open phone camera (some devices may require the download of a scanner app)
2. Point camera at the QR code
3. Wait for code to scan
4. Open QR code content (pop up)

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www.strongestfamilies.com

1-866-470-7111

Referral Processed → **Intake Questionnaire** → **Coach Assigned & Consent Completed** → **Weekly Coaching Calls** → **End of Program Questionnaire**

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