What we offer

One-to-one services

- Client-centered outreach support to help families and individual family members identify needs, set goals, and build practical skills
- Personal growth and skill-building guidance, including but not limited to self-management, emotional regulation, anger management, and coping strategies
- Solution-focused skill building, using psycho-educational approaches, communication tools, conflict-resolution strategies, and problem-solving techniques
- Support for parents and caregivers to strengthen relationships, enhance confidence, and navigate challenging behaviours

Group services

*Including but not limited to the following.

- Connect Parenting Program
- Living Life to the Full
- Mental health and wellness workshops



How to contact us

250-398-8220

admin.ccb@cmhacariboo.org

Stay Connected

Canadian Mental Health Association
Cariboo Chilcotin Branch

cmha.cariboochilcotin

https://cariboo.cmha.bc.ca

Canadian Mental Health Association
Cariboo Chilcotin
Mental health for all

FAMILY SOLUTIONS PROGRAM

201-35 Second Avenue South
Williams Lake, B.C.
V2G 3W3

https://cariboo.cmha.bc.ca



What is Family Solutions?

The Family Solutions program has been designed to support families, including parents, caregivers, and youth aged 5-24, to enhance relationships and mitigate conflict.

Our outreach support utilizes recognized approaches to facilitate personal growth and overcome mental health challenges.

We are a trauma-informed practice that utilizes an attachment-based parenting approach when supporting the families that we work with.

We recognize that every family is unique, and our services are tailored specifically to meet the individual needs of each family member.

Appointments are available at CMHA-CC or in the community.

250-398-8220

What is Connect?

Connect is an evidence-based 10-week program designed to support parents and caregivers of preteens and teens. Parents meet in small groups (10-16) with two trained group facilitators for 1.5 hours each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development.

We understand that each child and each parent is different, and change is a part of development. Thus, we work collaboratively with caregivers in ways that support healthy relationships, family wellbeing, and opportunities for growth.

What is Living Life to the Full?

In eight enjoyable 90-minute sessions, one per week, this program helps people make a difference to their lives. Participants are taught how to deal with their feelings when fed up, worried or hopeless, and learn skills to help them tackle life's problems.

Want to learn more or join our group waitlist? Reach out today!

250-398-8220



Contact us today for support or to learn more!

250-398-8220