

Family Resource Network

Fact Sheet

About

Family Resource Networks (FRNs) provide prevention and early intervention services and supports for children aged 0 to 18. These supports and services help Alberta families become resilient, strong and healthy, and reduce the need for intervention services in the future. FRNs offer online and digital supports remotely to communities across Alberta, as well as in person.

In the program's first year, FRNs helped almost 40,500 adults and over 50,000 children and youth.

How FRNs help families

FRNs connect Alberta families to the services and supports they need to help children and youth reach their fullest potential. These services focus on the well-being of families and help build healthy, strong communities.

FRNs work to make sure infants, children and youth are safe and resilient, while also supporting parents and caregivers.

Support for children and youth

Available supports for children and youth include improving development, building resiliency and fostering well-being. Specific services can include:

- Early childhood development programs focused on early learning and play
- Activities to build developmental skills
- Social and emotional development support to build positive relationships and self-regulation skills
- Activities to promote positive connections between children, youth, families and communities



Support for parents

Parents can access a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills and access to community supports and resources. Specific services can include:

- Home visitation
- Parenting advice and coaching
- Parent support groups



How to find a FRN

There are 70 FRN hubs across Alberta that help to coordinate services in different communities and geographical areas and 136 service agencies or providers. There are 35 hubs that serve rural communities, as well as 10 Indigenous hubs and one Francophone hub that serve both rural and urban communities.

For more information on FRNs and to find support in your area, visit alberta.ca/family-resource-networks.aspx or contact FamilyResourceNetworks@gov.ab.ca.