

Referrals to Parenting Information and Support Resources

Separation or divorce can be hard on both parents and children. This information sheet lists programs that can help. These services offer counselling and advice on parenting and communicating after separation, provide emotional support for parents and children, and teach parents how to solve their parenting disagreements.

Some of the organizations listed are not run by the Government of Alberta. The Maintenance Enforcement Program (MEP) therefore cannot promise that these groups will provide good service or accurate information, or that the descriptions of the services below are up-to-date. Phone numbers marked with an asterisk (*) can be reached toll-free by following the directions in the box at the end of this information sheet.

In Edmonton and area call 211

211 is a 24-hour information and referral line that helps people connect to social, health and government services.

Parent Link Centres

Call 780-422-3004*

www.parentlinkalberta.ca

Parent Link Centres are located throughout Alberta and aim to provide effective and accessible parent resources. Parent Link Centres provide support to parents to help their children develop and arrive at school ready to learn. At a Parent Link Centre in their community, parents can access information about community services, obtain referrals, meet other parents and families, and take part in quality learning activities with their children.

Rainbows

www.rainbows.org

Rainbows is a non-profit organization that encourages emotional healing among children grieving a loss due to death, divorce, separation or any other painful change in their family. The loss suffered does not have to be a recent loss. Rainbows offers free peer support programs (not counselling or therapy) throughout Alberta for children. The facilitators and children are bound by confidentiality, which develops trust and provides a safe atmosphere.

Parenting After Separation Sessions

In Edmonton call 780-413-9805

In Calgary call 587-999-9242

<http://www.albertacourts.ab.ca/fjs/education.php#pas>

Every party in an action for divorce or any other proceeding in the Court of Queen's Bench involving child custody, access or support must attend a Parenting After Separation Seminar. Family law applicants in the Provincial Court (Family) may be directed to the seminar, but attendance is not mandatory.

Offered jointly by Alberta Justice and the Court of Queen's Bench, the course is six hours long and given in one session or two, three-hour sessions. It is offered at no charge and designed to teach parents about the impact of divorce and their behaviours on their children.

Focus on Communication in Separation

In Edmonton call 780-644-5092

In Calgary call 403-297-6981

For other regions call 403-340-7187*

<http://www.albertacourts.ab.ca/fjs/education.php#focis>

This is a free, two-part group workshop offered by Alberta Family Law Information Centres to help parents going through separation or divorce talk to each other. The workshop teaches participants how to express themselves more clearly, reduce anger and misunderstanding, and prevent conversations from turning into arguments. It also provides tools to discuss and resolve issues participants are facing.

Brief Conflict Intervention

In Edmonton call 780-427-8329*

In Calgary call 403-297-6981*

For other regions call 403-340-7187*

<http://www.albertacourts.ab.ca/fjs/high-conflict.php#brief-conflict>

Brief Conflict Intervention is run by Family Law Information Centres. It offers help to separated parents of young children who are unable to resolve their parenting disputes. The program provides appropriate cases with a maximum of 10 hours of solution-focused intervention in a six- to seven-week period.

Kids Kottage Foundation

For 24-hour crisis line in Edmonton call 780-944-2888

www.kidskottage.org

Kids Kottage Foundation promotes the health and well-being of children by supporting families in crisis and preventing child abuse and neglect. In addition to its 24-hour crisis line, it provides support for families in crisis, safe shelter for children, child development screening, positive parenting education and in-home follow-up support

Kara Family Resource Centre

In Edmonton call 780-478-5396

www.kara-frc.ca

Kara operates three family support centres in Edmonton. Its mission is to promote the healthy development of children by empowering families. Kara provides a safe environment and programs to enhance self-esteem and independence through education, role modeling and hands-on learning opportunities. Some services provided are programs about Indigenous parenting, positive parenting, healthy cooking, and arts and crafts for kids. It also offers drop-in childcare, a women's support group and a parenting support group.

Calgary Counselling Centre: Children of Divorce Program

In Calgary call 403-691-5991

www.calgarycounselling.com

Calgary Counselling Centre is a non-profit organization that offers sessions to help children and parents adjust to changes as a result of separation and divorce. This course takes the unique approach of including both children and their parents in the therapeutic process. This 10-week program helps develop shared parenting skills, helps children adjust to their new family dynamics and increases parents' understanding of children's reaction to divorce. Fees are based on a sliding fee schedule according to family gross income.

Kid's Help Phone

1-800-668-6868

www.kidshelpphone.ca

Kid's Help Phone is Canada's only toll-free, 24-hour, national, bilingual telephone counselling service for children and youth. It provides free counselling services directly to children and youth between the ages of four and 19. Parents and other concerned adults are welcome to call for information and referral services.

- MEP has other Information Sheets, on a variety of helpful topics. To see them, visit MEP's website at www.albertamep.gov.ab.ca.
- To contact MEP, phone 780-422-5555 or toll-free in Alberta at 310-0000.
- To view information about your MEP file, log in to *MEP Accounts Online* on MEP's website and select "Account login".