

## About

Youth and Family Workers support families, parents and caregivers of children ages 0-13 to strengthen relationships and access information and resources to meet their unique goals.

For youth ages 13 and up, and their parents and caregivers, we also provide support in our *Reconnect Youth Services Program*.

*“Warm, inviting atmosphere, with so many helpful tools and resources to take home and use again and again. Thank you for offering programs such as these!” -Parent Participant*



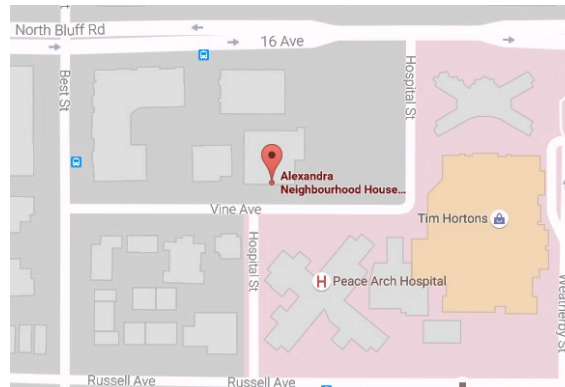
**Services to Strengthen Families** is a program of **Alexandra Neighbourhood House**, whose mission is to build a vibrant, inclusive, caring society by strengthening individual, family and neighbourhood life through opportunities for people to gather, grow and build a spirit of community together.

Alexandra Neighbourhood House has been in the South Surrey/White Rock community since 1894.

## Contact

**Alexandra  
Neighbourhood House  
Youth and Family Centre**

**#1 - 15455 Vine Ave  
White Rock, BC V4B 2T3**  
(Near Peace Arch Hospital  
Emergency Entrance)



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# Services to Strengthen Families

Programs and services  
for families with  
children ages 0-12



# Services

## One-to-One Family Support

*For families with children ages 0-13*

One-to-one support is available for families with children ages 0-12. Goals of service are created with each family to best meet their family's unique needs.

This service supports parents and caregivers to strengthen the parent-child relationship, increase understanding of behaviour and child development, problem-solve, and build community connections.

Support, information and long-term strategies are integral to our strengths-based approach.

*“I appreciated your perspective on how what I did today with my daughter would also affect the dynamics between us when she becomes older.*

*This perspective gave me a new awareness... to think more long-term, I won't have a young child forever.”*  
*-Parent Participant*

# Workshops

## Positively Parenting Workshop Series

*For parents of children and youth ages 6 and up*

Informative and interactive workshops are designed so you can attend the entire series or just one or two. These workshops offer parents the opportunity to practice skills and network with other parents.

### What's Love Got to Do With It?

*Relationship and its connection to parenting*

### Why Are you Acting this Way?

*Taking a look at the meaning of challenging behaviour and our response*

### Listen to Me!

*Listening, understanding and communicating with your child or youth*

### We Have a Problem...

*Problem solving with your children, youth or family*

*“This was a fantastic workshop! I learned a lot and have more confidence going through this parenting journey.”*  
*-Parent Participant*

# FAQs

## Who can get services?

One-to-one support is available to families who live in South Surrey and White Rock.

Workshops and groups are open to parents and caregivers from Surrey/White Rock and beyond.

Programs and services are voluntary.

## What does it cost?

These services are free.

## Who can make a referral?

Families can self-refer for services.

Community referrals from schools, social workers, counsellors, RCMP, other service providers and family members are also welcome.

Priority is given to MCFD referrals.

## When are you open?

Monday to Friday, except holidays, with flexible hours, all year round.

Services available in person and virtually, as applicable.

## How do I make a referral?

**Call:** 604-538-5060 ext. 23

**Email:** reconnect@alexhouse.net