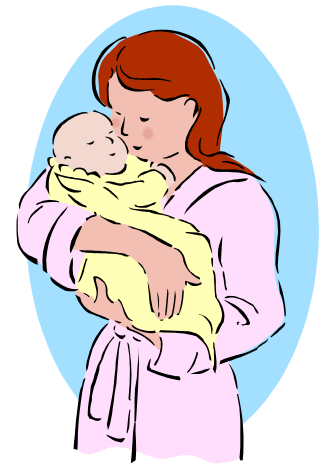


## Building Family Bonds

This early intervention program provides perinatal and postpartum depression counselling and outreach support services at ***I hope family centre*** and at flexible community-based settings (such as home visits) to help foster parent capacity and family resilience for the infant's optimal development. Working with community partners, including Community Health Nurses, the program provides early recognition of postpartum depression, mental illness, and/or other anxiety disorders. This program also supports women in building secure attachment and fostering a healthy relationship with their infants. The specific needs and issues of pregnant women and new mothers, particularly those at high-risk for postpartum depression, are addressed through individualized counselling and outreach support on a barrier-free "drop-in" basis.

New mothers gain knowledge about the stages of child development, so that they have appropriate expectations regarding their infant's behaviour, and can provide sufficient support to enable their children to avoid behavioural challenges and reach their developmental milestones. Building Family Bonds is a clinical counselling program. It is strengths-based, family centred, culturally relevant, respectful, collaborative, responsive, holistic, fair, and accountable.



This program primarily serves parents who show symptoms of post partum depression, anxiety, and overwhelming stress, but is open to both men and women and to parents of children born to them or adopted by them. Pregnant women who are not yet parents are also welcome to this program as are women who have experienced pregnancy loss and youth under the age of 19 who are pregnant or parenting.

The Building Family Bonds program offers three services primarily for postpartum women:

- Drop-in Counselling on Monday mornings at the Maplewood location of the ***I hope family centre***
- Counselling at both locations of the ***I hope family centre*** or outreach in the community and home visits
- Two educational groups, **Parenting When You Don't Feel Up To It** and **Shift Your Thoughts: Shift Your Moods**.

There is no cost to participants of the Building Family Bonds program. Child minding is provided for those who choose not to keep their babies or toddlers with them during the group meetings.

We are grateful for funding from:

City of Vancouver-Lower Lonsdale Legacy Fund  
Directors Guild of Canada  
Family Resource Programs of BC  
F.K. Morrow Foundation  
Health Canada CAPC  
The Leon and Thea Koerner Foundation



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