

About

Youth and Family Workers support families, parents and caregivers of children ages 0-12, from a strengths-based perspective, to improve relationships, access information and resources and meet their goals.

For youth ages 13-21, 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

Services to Strengthen Families
is located at

**Alexandra
Neighbourhood House
Youth and Family Centre**

**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



alexandra
NEIGHBOURHOOD HOUSE

Youth and Family
Centre

Services

One-to-One Family Support

For families with children ages 0-12

One-to-one support is available for families with children ages 0-12 who would like to add to their parenting toolkit.

This service supports parents and caregivers to strengthen the parent-child relationship, develop skills, problem solve and increase knowledge and community connections.

Goals of service are created with each family to best meet their unique needs.

Support, information and long-term strategies are integral to our 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

**For more information
contact
604-538-5060 ext. 28**

Workshops

Positively Parenting Workshop Series

For parents of children and youth ages 7-18

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?

Families who live in the South Surrey/White Rock area are eligible for one-to-one support

Workshops and groups are open to all.

Programs and services are voluntary.

What does it cost? Services are free.

Who can make a referral?

Families may self-refer or be referred by school staff, physicians, counsellors, social worker and others.

When are the groups offered?

One-to-one services are offered year-round.

Programs are offered throughout the school year. Call or visit our website for current group information.

When are we open?

Monday to Friday, except holidays, with flexible hours.

How do I make a referral?

Contact 604-538-5060 ext.28 to make a referral and for more information.