



# HEALTH AND WELLNESS PLANNING: PREGNANCY & FAMILY SUPPORT

## WE WORKED DIFFERENTLY FOR CHANGE

The Child-Centred Model – a way of working for positive change developed by the community of Point Douglas – helps us find the best ways to support families in creating a health and wellness plan.


**We listen and respond to the help that families ask for**, rather than assuming that professionals know better.


**We work to support the whole extended family**, rather than focusing only on the needs of children or parents.


**We work to give families the time and space to plan and dream**, rather than providing help only during crises.


**When we work within the Child-Centred Model, we are able to support positive change for children, par-ents, families, and the community.**

To learn more about the Child-Centred Model, read the full report at [winnipegboldness.ca/childcentredmodel](http://winnipegboldness.ca/childcentredmodel)

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## BUT WE NEED YOU TO SUPPORT FAMILIES

Through this work we found that there are large barriers that affect families and community members. We need everyone including governments, non-profits, businesses, and communities to:

- 1 | DEMONSTRATE THAT THEY VALUE FAMILIES – A CHILD’S NATURAL SUPPORTS – BY PRIORITIZING KEEPING FAMILIES TOGETHER.**
- 2 | ENSURE THAT FUNDING STRUCTURES ALLOW FOR WHOLISTIC AND FLEXIBLE APPROACHES FOR FAMILIES.**
- 3 | BUILD HONEST AND TRUSTING RELATIONSHIPS BETWEEN FAMILIES AND AGENCIES BY PUTTING FAMILIES’ NEEDS FIRST.**

To learn more, read the full Health and Wellness Planning POP report [\[reference\]](#), read our report on helpful ways to work with Point Douglas [\[reference\]](#), and explore our other POP reports [\[reference\]](#)

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The Winnipeg Boldness Project is working towards a bold goal:

**Children and families in Point Douglas will experience dramatically improved wellbeing in all aspects of self: physical, emotional, mental, and spiritual.**

We are working with residents and groups in this neighbourhood to test new ideas to support the wellbeing of children and families. These prototypes which we are calling Proofs of Possibilities (POPs), support a vision for change in our community. We are exploring possibilities in the following areas:

## COMMUNITY VISION:

Families will be able to plan and choose the help they need to give their child the best start possible.

We partnered with a local, established non-profit organization to work with expectant parents and their families over several months and facilitate their creation of a whole-family health and wellness plan, while connecting them with the supports that they felt they needed most. In partnership with the Andrews Street Family Centre (ASFC) we provided help and guidance through a whole-family health and wellness planning process, including:

- Information and referrals to existing community programs and supports (e.g., addictions programs, counseling)
- Help in navigating family and community care systems (e.g., Manitoba Housing, Child and Family Services)
- Resources that helped ASFC to respond in a flexible way to each family's unique needs
- Time, space, and activities to build trust and relationships with support staff