

ANNUAL REPORT



Healthy Families
Healthy Futures

Stepping Stones to Success

20 ²⁴₂₅



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Our Vision

Resilient Individuals.
Resourceful Families.
Responsive Communities

Our Mission

Together with individuals, families and communities, we build trusting, caring relationships to empower positive change.

Our 2024-2025 Team

Board Members

Chair	Sandy Worobec	Directors	Donna Kerr
Vice Chair	Linda West		Kristen Shewchuk
Treasurer	Jackie Da Cunha		Leslie Penny

Management

Executive Director	Brandy Berry
Program Manager	Pam Pearce
Program Manager	Velvet Buhler
Office & Finance Manager	Lori Todd

Front Line

Erin Chapotelle	FCC Educator/Facilitator
Hope Charlesworth	Home Visitor
Valerie Chisholm-Head	FASD/PCAP Mentor
Dawn Desjardins-Borle	Home Visitor
Deonne Dranchuk	FASD/PCAP Mentor
Jamie Dreger	Home Visitor
Allison Galliot	FASD/PCAP Mentor
Erika Grove	Home Visitor
Debbie Kensington	FASD/PCAP Mentor
Memory Kodzai	FRN Hub Navigator
Shayden Lasher	FRN Hub Navigator
Sabrina Lepine	Home Visitor
Gaye McCloy	FASD/PCAP Mentor
Michelle Melnyk	Athabasca Thrive Mentor/ Elder Abuse Navigator
Jennifer Price	Home Visitor
Erin Ricardson	Home Visitor
Samantha Senk	Home Visitor
Susan White	Home Visitor

Message from the Executive Director

Once again, I find myself reflecting on another year and catch myself thinking about how many challenges we have faced and how we still carry on and move forward in so many amazing ways.

“All the adversity I’ve had in my life, all my troubles and obstacles, have strengthened me.... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.”

– Walt Disney

I am always humbled by how resilient our staff, program participants, and our communities are. Even though some of them face great challenges in their and/or their families lives they persevere, grow, and overcome. I am reminded that even though things are difficult, these difficulties are the foundations for future successes. A stepping stone of learning and growth, that no matter how small, they still contribute to larger successes and aspirations. That the experiences we encounter, and the lessons we learn support the building of our capacity and have a profound impact on how we move forward in the world forever.

I am grateful for the Healthy Families Healthy Futures managers and staff that show me how determination and compassion are the key to not only supporting our program participants, but each other. Your dedication does not go unnoticed. You are appreciated beyond words.

To all our program participants, I can only say that we exist because of you. We continue to learn and grow because of you, and we are proud of each and everyone of you. Thank you for the privilege of sharing you and your family’s journey. Each step is important and meaningful, rejoice every step forward.



Thank you to the Healthy Families Healthy Futures Board of Directors past, present, and future. Your commitment continues to provide guidance and support that is respected and valued. I would like to acknowledge the immense contribution you have all made in our success.

“If everyone is moving forward together, then success takes care of itself”

– Henry Ford

To our funders, communities, and stakeholders, your confidence and continued support enables us to move forward with our important work. Thank you for trusting and supporting us the way you do. Our collaboration is essential in all the work we do.

–Brandy Berry

Executive Director

“The journey is never-ending. There’s always gonna be growth, improvement, adversity; you just gotta take it all in and do what’s right, continue to grow, continue to live in the moment.”

– Antonio Brown

Message from the Board Chair



None of us envisioned that Healthy Families Healthy Futures would look as it does today when we started. But by taking steps and maybe risks we have accomplished even more. We are proud of our success.

I have been involved from the beginning, over 20 years! As such, I have a unique perspective on the growth of this organization. I attended the gathering of all communities and organizations that together identified the need for services. Even then, I knew through my professional experiences that by starting early, we can effect meaningful long-term change. We can prevent the more serious outcomes for children and families. The Home Visitation program was the first step in building HFHF.

Our organization continued to grow and evolve. There were times that I worried we were reaching too far too fast. We saw so many needs and ways we could contribute to the well-being of families and communities. We took advantage of opportunities to enhance and expand our programming i.e. supports to young families like PCAP, FASD mentorship, relationship building programs like THRIVE and CAHR, and providing support for our elders. Each one of these programs were stepping stones into creating the organization as it exists today. Our funders have been significant in building these stepping stones. We could not do it without them. Thank-you!

"You don't have to see the whole staircase, just take the first step."

– Martin Luther King Jr.

We have had quality leadership in Linda West (former Executive Director) and in Brandy Berry our current Executive Director and all of the Managers. Their vision, hard work and commitment have ensured we persevered through the hard times (i.e. funding fears, COVID).

Through training, support, and no doubt challenges, our staff are taking steps every day to learn and grow. They continue to do effective work and provide support to the program participants. It is always a pleasure to hear their success stories and to know they are making a difference.

Success is measured in many ways. We have success in our longevity. Longevity is a reflection of good work and commitment to excellence. We have taken advantage of funding opportunities as they became available. We see success in the growth of our staff. We see success in the positive outcomes of our participants. We see success in our relationships with community. We may have stumbled a few times, but we were able to persevere and do well.

On behalf of the Healthy Families Healthy Futures Board, I thank all of you for your stepping stones and contributions to our success,

-Sandy Worobec
Board Chair

Stepping Stones - A Path to Success and How We Make an Impact

The impact of support is profound and multifaceted, affecting individuals and communities on emotional, psychological, and practical levels. Emotional support provides comfort and reassurance, fostering resilience and reducing stress in challenging times. Psychologically, a strong support system can boost self-esteem and improve mental health, as individuals feel valued and understood. Practically, support networks can offer tangible assistance, such as financial aid, advice, or physical help, enabling individuals to overcome obstacles they might not be able to tackle alone. Communities that emphasize support tend to be more cohesive and resilient, with members working collaboratively toward common goals. In essence, support acts as a foundation upon which individuals and communities can build strength, confidence, and a sense of belonging.



We would like to extend our heartfelt gratitude to the incredible volunteers who generously contribute their time and energy each year to ensure our programs and events run seamlessly. Your dedication and hard work are the backbone of our success, and we truly could not do it without you. Your commitment not only enriches our community but also inspires others to give back. Thank you for your invaluable support and for making a meaningful difference in so many lives.

Family Resource Networks (FRN)

In April 2020, the Provincial Government's Children's Services Ministry announced the successful grant funding applicants for its new Family Resource Networks (FRN). The FRNs are designed to deliver prevention, and early intervention services and supports across Alberta to families with children from infancy to 18 years old.

Healthy Families Healthy Futures was the recipient of two-Family Resource Network Hub locations – one in Westlock and one in Whitecourt. These Hubs act as central referral points for Rural Connections and SPARK Family Resource Networks.

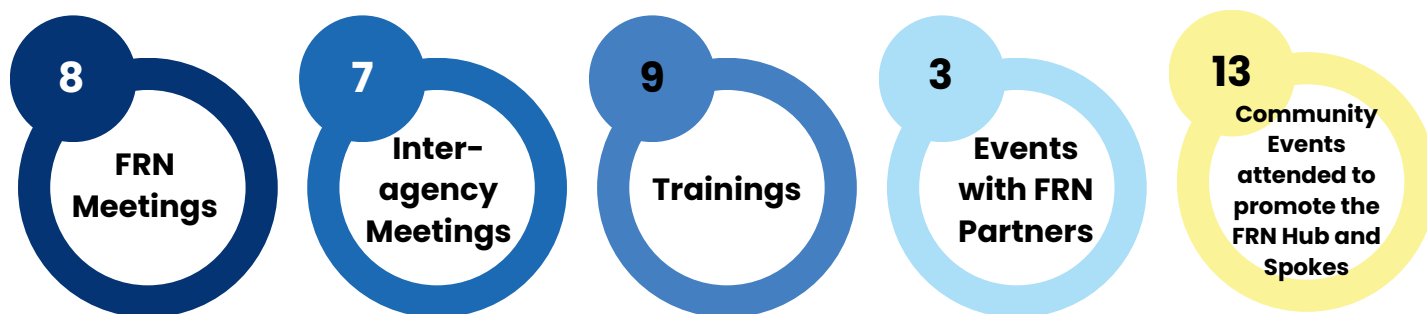
Family Resource Networks aim to support caregivers and families to build on their strengths and develop stronger familial units. Community agencies, health authorities, or individuals looking for supports and resources may make referrals.



Alberta
GOVERNMENT

The Rural Connections Family Resource Network

The Rural Connections Family Resource Network consists of different community agencies partnered to provide Spoke services in Smoky Lake, Waskatenau, Vilna, Thorhild, Thorhild County, Westlock, Westlock County, Barrhead, Barrhead County, and surrounding areas. The Rural Connections FRN Hub is located in Westlock and housed by Healthy Families Healthy Futures.



HUB & Spoke Model



Home Visitation Spoke

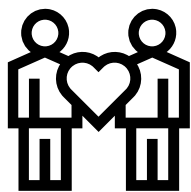
Provided by Healthy Families Healthy Futures

One-on-one parenting strategies for parents-to-be and caregivers with children aged 0 – 6. Long-term support to strengthen caregiver-child relationships, promote healthy childhood growth and development, and encourage safe home environments.



Family Resilience Program

Provided by Taproot

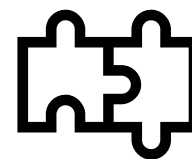


Provides support for families with children and youth aged 7-18. Family support workers use a strength-based approach to engage with families in their homes and communities. Areas of focus may include healthy relationships, attachment, positive discipline, mentoring, life skills, and child development. Work collaboratively with families to help them make sense of their children and youth, and to feel more confident in their ability to meet their children's needs.

Family Capacity & Connection Spoke

Provided by the Town of Smoky Lake, Thorhild County, Healthy Families Healthy Futures (Westlock and area), and Barrhead FCSS

Caregiver Education and programs focusing on child development, asset building, parenting, and strengthening family bonds. Programming can be universal, targeted, and/or intensive.



"Children do learn what they live. Then they grow up to live what they've learned."

- Dorothy Nolte

The Rural Connections Family Resource Network



“Resilience is all about being able to overcome the unexpected and to thrive”

– Jamais Cascio

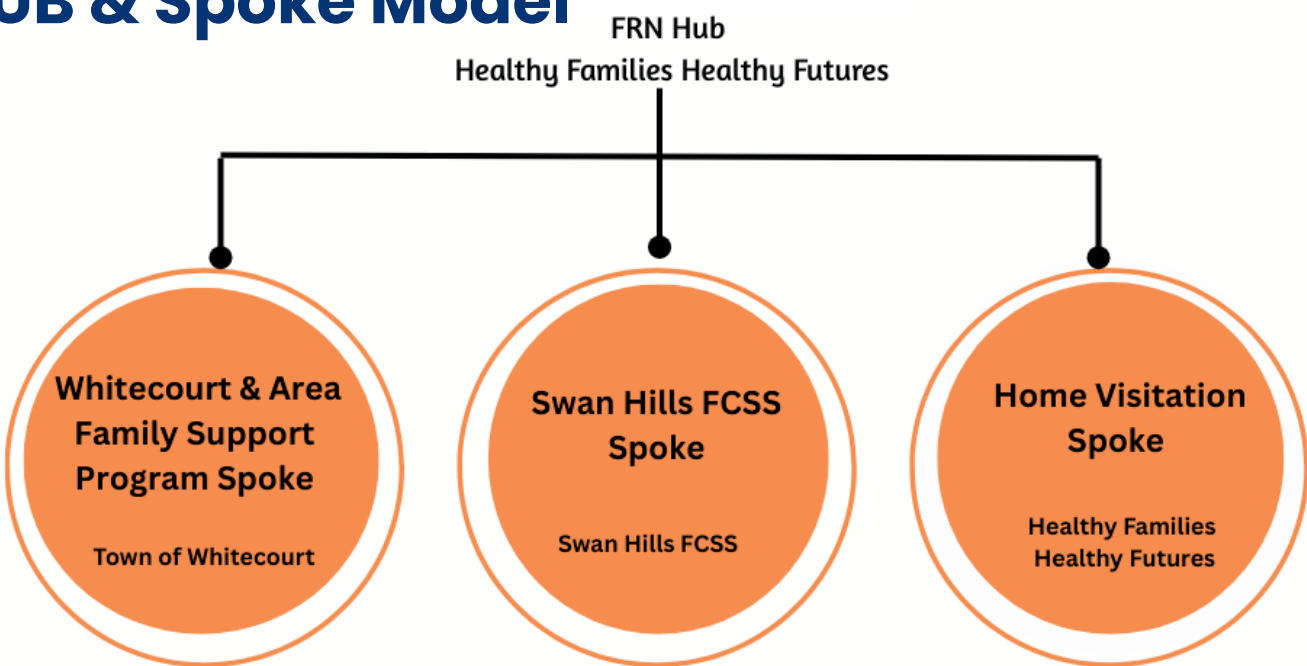


Supporting Parents and Alberta's Rural Kids (SPARK) Family Resource Network

The SPARK FRN Hub is located in Whitecourt and is housed by HFHF. The region covered by the SPARK FRN includes the communities of Whitecourt, Mayerthorpe, Woodlands County, Swan Hills, Fox Creek, Valleyview, Lac Ste. Anne County, Lac Ste. Anne Summer Villages, Onoway, Alexis Nakota Sioux First Nation, and surrounding areas.



HUB & Spoke Model



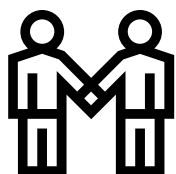
Home Visitation Spoke

Provided by Healthy Families Healthy Futures

The SPARK FRN Hub is located in Whitecourt and is housed by HFHF. The region covered by the SPARK FRN includes the communities of Whitecourt, Mayerthorpe, Woodlands County, Swan Hills, Fox Creek, Valleyview, Lac Ste. Anne County, Lac Ste. Anne Summer Villages, Onoway, Alexis Nakota Sioux First Nation, and surrounding areas.



Family Support/Diversion Services Spoke



Provided by Town of Whitecourt

The Whitecourt & Area Family Support Program (FSP) provides support and counselling to families with youth 7-18 years of age. The services may be provided in-home and/or in the community and will build upon informal supports and resources.

Family Capacity & Connection Spokes

Provided by the Town of Whitecourt and Swan Hills FCSS

Caregiver Education and programs focusing on child development, asset building, parenting, and strengthening family bonds.



"Other things may change us, but we start and end with the family"

- Anthony Brandt

Northern Lakes Family Resource Network

Healthy Families Healthy Futures also has the privilege of providing the Home Visitation Spoke for the Northern Lakes Family Resource Network. The Northern Lakes FRN serves the families of Athabasca, Lac La Biche, Plamondon, Boyle, Calling Lake, Grassland, Caslan and surrounding areas.

Healthy Families Healthy Futures is a proud member of this FRN and appreciatively partners with Athabasca FCSS – The Northern Lakes FRN Hub, Family Centre, and Family Wellness Programs, Lac La Biche FCSS – It Takes a Village program in Lac La Biche, and the Lac La Biche Native Friendship Centre providing the Indigenous Parenting Support Program.



"We make an impact with every step we take, and every word we say."

-Kevin Hall



Home Visitation Program

Home Visitation services offer in-home mentorship, from a dedicated Home Visitor, starting as early as pregnancy and extending into the first six years of a child's life. Caregivers of children 0-6 years work with their Home Visitor to navigate the challenges and celebrate the successes of parenting. Caregivers explore new ways to enhance their capacity to stimulate and nurture their child(ren's) development.



The goals of Home Visitation are to:

- Promote positive caregiver-child relationships and attachment
- Grow caregiver knowledge and skills
- Foster healthy pregnancies and child development
- Help families identify and access formal and informal supports and networks
- Assist in the identification and pursuit of family goals

Healthy Families Healthy Futures provides our Home Visitation program to the following communities:

Lac La Biche, Athabasca, Calling Lake, Smoky Lake, Vilna, Waskateneau, Thorhild, Westlock, Barrhead, Swan Hills, Fort Assiniboine, Woodlands County, Lac Ste. Anne County, Whitecourt, Alexis Nakota Sioux First Nation, Fox Creek, Valleyview and all surrounding areas.

Stats

321

Families Served

234

Children Assisted

6882.5

Hrs of Home Visitations (# Home Visits)

334

of Looksee Developmental Screens Completed

317

ASQ's Completed

3115

Referrals made to Community Agencies and Services

Success Stories from the Home Visitation Program

"I feel so good after I talk to you. I really like to be reassured that I am doing the right things as a parent" ~
Member Quote to Home Visitor



Our Home Visitor and a Family explored strategies to assist their baby in learning to crawl and enhancing gross motor skills. After discussing how the baby spent excessive time in a playpen, and with the Home Visitor recommending its use solely for sleep, the participant decided to remove the playpen. Remarkably, the baby began crawling within two weeks!



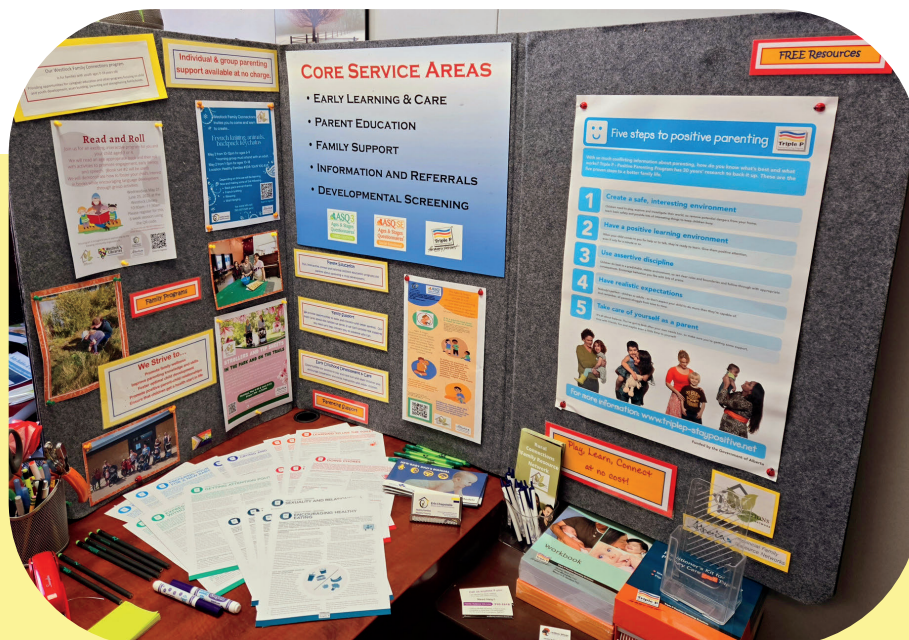
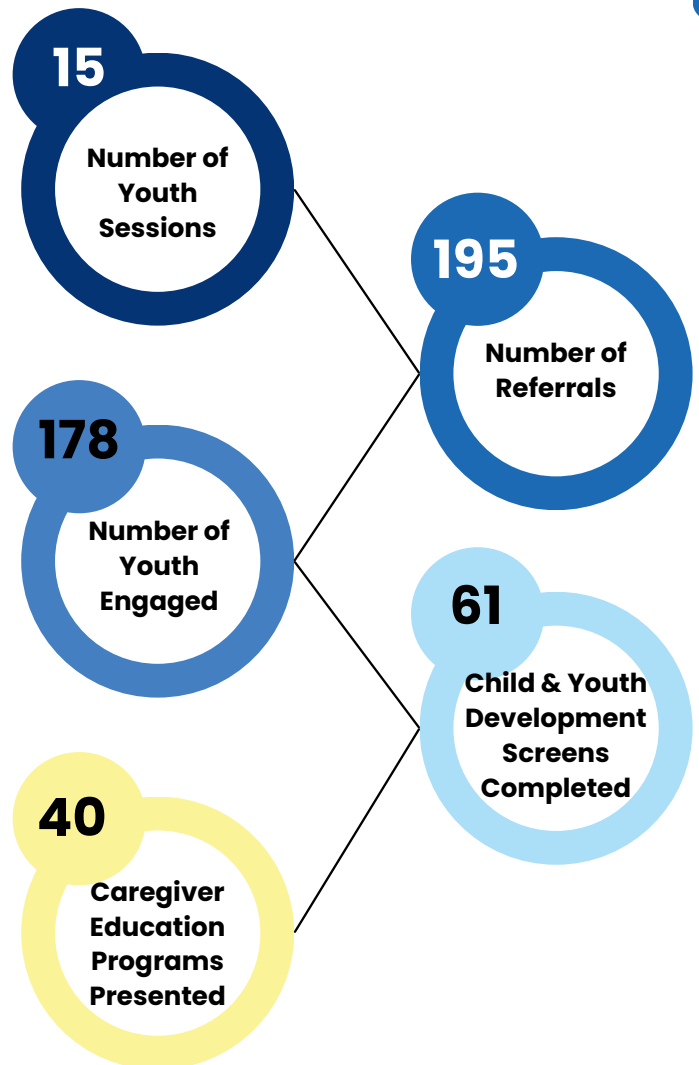


Westlock Family Connections

Westlock & Westlock County

Westlock Family Connections offers quality and meaningful child development, capacity and skill building programs for caregivers with children aged 0- 18. Opportunities are offered for caregivers to make meaningful social connections, participate in caregiver education, access child and youth developmental screening, and referrals to other local supports and resources. Our programs help caregivers understand and enhance their skills to support children and youth in their social, emotional, physical, and intellectual growth and development.

Westlock Family Connections also offers opportunities for skill and capacity building for youth up to the age of 18. Age and developmentally appropriate programming is designed to engage youth in exploring ways to build life skills and increase confidence, while having fun.



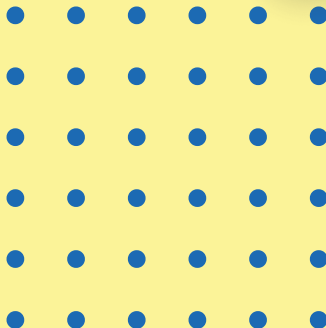
Westlock Family Connections

(Pics, Stories, Quotes)



**"Some call it the middle of nowhere.
We call it the centre of everything."**

- K.D. Lang



FASD Mentorship Program



FASD Mentors support individuals who have Fetal Alcohol Spectrum Disorder (FASD) by developing a relationship, providing advocacy, and helping with goal setting. Mentors assist individuals to build on existing life skills and support healthy decision making.

Each individual, supported by our program, is unique and have areas of strengths and challenges. Our program participants show great resilience, even though sometimes they are faced with complex difficulties. The FASD Mentors role is to support program participants to build and maintain healthy lifestyles, including enhancement of life and social skills, while strengthening community involvement and identification and maintenance of formal and informal supports and networks.

FASD Mentors provide community presentations and conversations utilizing **Prevention Conversation** and **FASD 101** programing to reduce stigma and increase FASD awareness in our rural communities.

FASD Mentors also provide school presentations to youth grades 7-12 utilizing the 'Let's Get Real' program. This program raises awareness for the prevention of unplanned pregnancy and FASD while providing information and education regarding birth control and healthy relationships.

Congratulations to the Northwest Central FASD Network on their rebranding to Willow Winds Support Network. For more information on FASD assessment/diagnosis or training contact Willow Winds Support Network www.wwfn.ca or call 780-305-8757



**Willow
Winds**
SUPPORT
NETWORK



Stats

266

Number of
Individuals
served

4127.75

Hrs of FASD sessions completed
with individuals (includes FASD
Assessments in Edmonton)

2326

Number of Referrals
made to Community
Agencies and Services

**Healthy Families Healthy
Futures provides our FASD
Mentorship program in the
following communities:**

Athabasca, Calling Lake, Thorhild, Westlock,
Barrhead, Swan Hills, Fort Assiniboine, Woodlands
County, Lac Ste. Anne County, Whitecourt, Alexis
Nakota Sioux Nation, and surrounding area.

Success Stories from the FASD Program

**"You get to learn how each other helps
one another, how to build meaningful
relationships, and how to see the world
through different perspectives. It's not just
about the skills you develop—it's about
the connection you create."**

~ Member Quote re FASD Program



**"When you change the way you
look at things, the things you look
at change"**

– Wayne Dyer

A participant welcomed her baby at the start of September. She has worked diligently to achieve sobriety on her own and subsequently moved into a Maternity Home after her Mentor informed her about it during their first meeting following an extended absence (the participant had previously missed several meetings with her Mentor).

Today, the Mentor spoke with her over the phone, and the participant expressed her heartfelt gratitude for introducing her to the Maternity Home and for never losing faith in her. She has maintained her sobriety since late winter or early spring, and Children and Family Services has closed her file. Additionally, her mother is considering restoring guardianship of her son to her. The Mentor conveyed her pride in the participant and all her accomplishments!

Parent-Child Assistance Program (PCAP)

Healthy Families Healthy Futures has been supporting women, through harm reduction, to reduce or stop alcohol and/or drug use during pregnancy since 2009. PCAP Mentors support healthy pregnancies and encourage healthy life choices for program participants and their children. The PCAP Mentors' role focuses on improving program participant; social and emotional wellbeing, connection to community resources and networks, positive community experiences, increased independence, increased parental capacity (if they have children), and a reduction in isolation and stress levels.

PCAP Mentors utilize **Prevention Conversation** to increase awareness of FASD and encourage healthy pregnancies and babies. As communities become increasingly informed, about the work of PCAP, and the impacts of drinking during pregnancy, stigma decreases, and program participants experience better outcomes.



Stats

35

Number of Individuals Served

97.25

Hrs of PCAP sessions completed with individuals

195

Number of Referrals made to Community Agencies and Services



Healthy Families Healthy Futures provides our PCAP Mentorship program to the following communities:

Athabasca, Calling Lake, Thorhild, Westlock, Barrhead, Swan Hills, Fort Assiniboine, Woodlands County, Lac Ste. Anne County, Whitecourt, Alexis Nakota Sioux Nation, and Paul First Nation.

Success Stories from the PCAP Program



After collaborating with the participant for several months and discussing her treatment options, she ultimately decided to go to a treatment Centre and successfully completed her program. In the months leading up to this, she had been diligently working to lower her alcohol consumption and expressed to her worker that she intends to stay sober for herself, her family, and her children.



"Thank you so much for being here, I don't know what I would have done with this if I was alone. You helped me so much." ~ Member Quote



Thrive Outreach Program

Athabasca & Westlock

The Thrive Outreach Mentor utilizes a trauma-informed, relationship-based approach to support individuals impacted by family violence, domestic violence, and intimate partner violence. The Thrive Mentor meets one-on-one with program participants to evaluate personal safety and support safety planning, provide emotional, court, and referral support, provide opportunities to explore the cycle and types of abuse, and work with participants to identify and attain individualized goals for themselves and their families. The Thrive mentor also supports individuals to understand the impacts of family and domestic violence on children and their development.

The Thrive Outreach Mentor works in the community to increase awareness and decrease the stigma associated with family violence, relationship, and intimate partner violence by actively working to focus on primary prevention, within community, schools, and youth serving organizations, to promote healthy relationships.

"A Mentor empowers a person to see a possible future, and believe it can be obtained"

- Shawn Hitchcock



584.75

**Total
Number of
Session
Hours**

70

**Number
of
Participants**

254

**Number
of referrals
out**



Elder Abuse Program

Athabasca, Westlock & Barrhead

Healthy Families Healthy Futures was fortunate to receive funding for a part-time Elder Abuse Navigator to cover the areas of Athabasca, Westlock, and Barrhead. The current funding for this position spans September 2024- August 2025.

Elder abuse is any action, or inaction, that jeopardizes the health and/or well-being of any older adult. Types of abuse include physical, financial, psychological, emotional, sexual, spiritual, medical, medication and/or neglect. Elder Abuse involves the older adult's experience of betrayal or breach of trust within an intimate, trusted relationship.

Some older adults face abuse or neglect by others and need trained individuals to advocate on their behalf. The Healthy Families Healthy Futures Elder Abuse Navigator position provides confidential, one-to-one support for seniors affected by elder abuse including screening for abuse of older adults and safety planning.

When an older adult is referred for services, the Elder Abuse Navigator will initiate contact with the senior seeking assistance. Her/his participation is voluntary. The Navigator will work with the older adult to:

- Define their pace, priorities, and first steps
- Increase awareness of signs and types of elder abuse
- Increase their feelings of safety and security
- Provide a safe opportunity to share their experiences
- Connect to services and resources
- Explore safety options
- Create self-determined goals
- Promote opportunities for social and/or cultural connections
- Support better health and wellbeing

The Elder Abuse Navigator role also is the anchor point for the Regional Collaborative Coordinated Community Response CCR Model, that supports regional organizations and community members to identify respond appropriately to elder abuse in our communities.

104

Number of Referrals out

22

Number of Participants

322

Total number of session hours



Healthy Families Healthy Futures is proud to be included in supporting the Safe Spaces Initiative for older adults. Our Elder Abuse Navigator provides tailored supports to the impacted older adult to develop a personalized plan, and then works in collaboration with community to provide temporary housing (up to 90 days).

Athabasca Prevention of Relationship Abuse Action Committee (PRAAC)

The Athabasca Prevention of Relationship Abuse Action Committee (PRAAC) is a volunteer community collaboration, strategically addressing relationship abuse issues. PRAAC has worked in partnership with Healthy Families Healthy Futures since 2009. The members of PRAAC have successfully organized and implemented many successful fundraising and awareness events that have helped bring the issues of family violence, intimate partner abuse, and elder abuse to the forefront in the community of Athabasca and its surrounding areas.

thankyou

Healthy Families Healthy Futures would like to extend our gratitude for all the support PRAAC provides to ensure our Thrive program continues to provide meaningful services in Athabasca, Calling Lake, and area. We continue to recognize and appreciate your dedication and partnership. Thank You!

**PRAAC**

Community Action for Healthy Relationships (CAHR) Network

In 2011, a regional collaborative comprised of community members from Athabasca, Barrhead and Westlock came together to form the Community Action for Healthy Relationships (CAHR) Network to address the issue of family violence.

The Network's vision is "Our Rural Communities Free of Relationship Abuse". CAHR staff, partners, contractors, and volunteers have worked diligently to address gaps in services in our communities to help people deal with family violence.

A Social Return on Investment was completed (2019) clearly indicating the positive influence our programs have in the lives of those impacted by relationship abuse. Knowing that each \$1 has a social value of \$12 demonstrates that the work is relevant and a good investment in the individuals, families, and communities we serve. Our hope is to continue to break down barriers, increase individual, family, and community safety, and provide opportunities to generate awareness and prevention in our rural communities.

"People working together in a strong community with a shared goal and a common purpose can make the impossible possible"

- Tom Vilsack



Healthy Families Healthy Futures is proud to be involved in Impact by Sagesse. This initiative brings together a network of service providers to address shared issues, enhance services and supports across Alberta and identify opportunities for large scale change. This work will build the capacity of service providers across the province and enable Albertans affected by domestic and sexual violence to have access to high quality supports in their communities.



Financial Summary

(April 1, 2024– March 31, 2025)

INCOME

	2024-2025	2023-2024
Alberta Children's Services	\$ 988,570	\$ 899,484
NWC FASD Network	\$ 471,048	\$ 392,249
Public Health Agency of Canada	\$ 96,556	\$ 92,530
Alberta Health Services	\$ 37,037	\$ 37,223
Elder Abuse Awareness Council	\$ 48,059	\$ 47,604
Donations & Fundraising	\$ 6,565	\$ 4,674
Interest, Memberships & Other Grants	\$ 75,884	\$ 89,894
Subtotal	\$ 1,723,719	\$ 1,563,658

Expenditures

Staffing	1,267,538	1,161,537
Client Services	286,346	256,733
Administration	51,586	51,615
Facility Costs	63,785	51,897
Fundraising Costs	-	-
Subtotal	\$ 1,669,255	\$ 1,521,782

Surplus

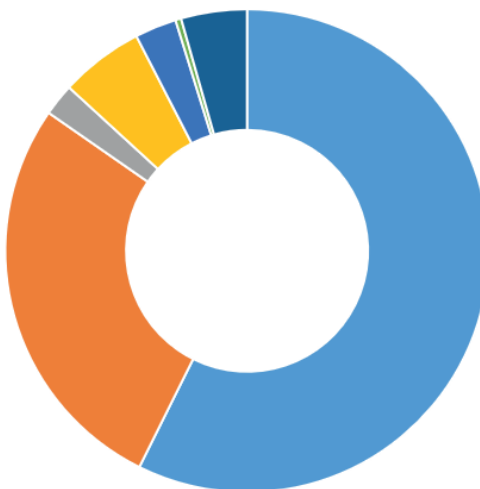
\$ 54,464

\$ 41,876

**A copy of the audited financial report is available on our website at
www.hfalberta.com**

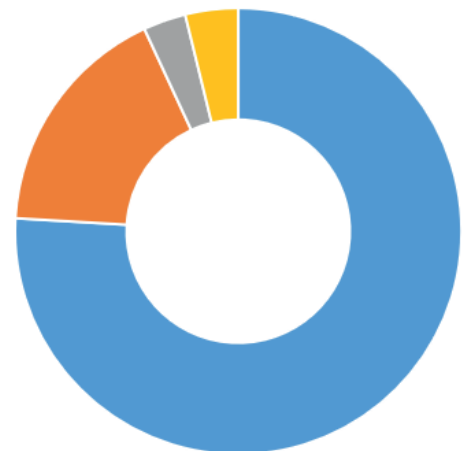
INCOME

- Alberta Children's Services - 61%
- NWC FASD Network - 25%
- Alberta Health Services - 2%
- Public Health Agency of Canada - 6%
- Elder Abuse Awareness Grant - 2%
- Fundraising - <1%
- Other - 4%



EXPENDITURES

- Staffing - 77%
- Client Services - 17%
- Administration - 3%
- Facility - 3%



Funders and Donors

We are immensely grateful to all our funders and donors: every individual, business, foundation, and government agency that supports us in any way. We would like to extend our heartfelt appreciation to the following donors for their generosity and commitment to strengthening Healthy Families Healthy Futures' capacity to serve the rural communities we connect with. Your contributions significantly enhance the effectiveness of our diverse programs and allow us to continue investing in the future of those we serve. Thank you for sharing our vision of a connected community.

Funders

Alberta Human Services
AHS, Mental Health & Addictions – Recovery Alberta
Athabasca PRAAC
(Prevention of Relationship Abuse Action Committee)
Alberta Elder Abuse Awareness Council
Government Of Alberta
Public Health Agency of Canada
Westlock County
Willow Winds Support Network

In-Kind Partners

Associate Medical Clinic
Athabasca County
Westlock CONEX
Jackie DaCunha
Mead Johnson Nutrition
Nancy Zilinsky
Pembina Medical Clinic
Pembina Quilters
Pembina Valley Church of God
Quilting From the Heart
Town of Westlock
Westlock & District FCSS
Westlock Alliance Church
Westlock Community Foundation
Westlock Library
Westlock Tractor Museum
Youth Unlimited

Community Supporters/Donors

\$1,000–\$2,999

Indigo Design Studios



**THANK
YOU!**

"Alone we can do so little; together we can do so much."
– Helen Keller

DONATE NOW: <https://www.canadahelps.org/en/dn/24088>



Healthy Families Healthy Futures

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