

Contact Us

To connect with a member of our leadership team or for more information about Strongest Families, please contact:

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Leadership Team

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**Strongest
Families**
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Families**
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Removing the barriers to care.

A guide for
Families



Who We Are

Strongest Families Institute is a not-for-profit corporation founded to help families and children receive high quality, timely mental health care and other issues impacting health and well-being. We're here to offer support and counseling when you need us. We are your support network. Our goal is to provide care early before problems become worse and harder to treat. Our dedicated team led by Dr. Patrick J. McGrath and Dr. Patricia Lingley-Pottie help families just like yours across Canada.

Our Programs

Parents and children learn skills to help overcome their problems through our unique distance coaching approach. Trained Strongest Families coaches provide weekly telephone and Internet support on your schedule to help you work through our program.

Our programs are proven to be effective for children with:

- Behaviour disorders or significant issues at home and/or school
- Anxiety disorders or excessive worry
- Nighttime bedwetting.



“I learned so many techniques of dealing with problems and it gave me a new outlook on being a parent.”

– Parent of 5 year old
(behaviour program)

How We Can Help

When children are affected by mental health challenges, your whole family is affected too. Getting help can be hard. Clinics have long wait times for appointments and treatment can be expensive and difficult to access.

If children are not treated in childhood, they may struggle with schoolwork, making friends, interacting with family members and other aspects of their development.

We offer several benefits over more traditional forms of care:

- **No travel** - our programs are delivered in your own home eliminating the need to travel to get help
- **No interruption** - we work with your schedule to ensure you don't have to take time off from work or school
- **No cost** - our programs are delivered to you and your family at no cost
- **No stigma** - you receive help in the comfort and privacy of your own home.

Receiving effective treatment early can lead to a healthier and happier future.

“It's great! We stayed at a hotel recently... and we weren't even worried about her bedwetting!”

– Parent of 9 year old
(nighttime bedwetting)

“We've been down so many different roads and this has been the most helpful of anything we have tried.”

– Parent of 9 year old
(anxiety program)