

Strongest Families

INSTITUTE

Removing the Barriers to Care



Who We Are

Strongest Families Institute is a not-for-profit corporation founded to help families receive high quality timely services. We offer support when you need us. Our goal is to provide help early before problems become worse. Our dedicated team helps families just like yours.

Our Programs

Families learn skills to overcome their problems through our unique distance coaching approach. Our trained coaches provide telephone support at convenient times.

Our programs are proven to be effective with:

- ⇒ Behaviour problems (home and school)—Ages 3-12
- ⇒ Anxiety or excessive worry—Ages 6-17
- ⇒ Nighttime bedwetting—Ages 5-12

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

-Parent of a 9 year old, Anxiety Program

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

-Parent of a 5 year old, Behaviour Program

"The program was amazing and changed my life for the better"

-14 year old youth, Anxiety Program

How We Can Help

When children are affected by these challenges, your whole family is affected too.



If children do not receive effective help early, they may struggle with schoolwork, making friends, interacting with family members and other aspects of their development.

Strongest Families staff work closely with other service providers to remove barriers to care so that you receive help where and when you need it.

We offer several benefits:

- **No Travel**—timely access to high quality services are delivered to you at home.
- **No missed time from work or school**— coaching services are provided at convenient times.
- **No Stigma**—You receive help in the comfort and privacy of your own home.
- **No Cost**—our programs are delivered to you and your family at no cost.

Receiving effective help early can lead to a healthier and happier future for your whole family.

Leadership Team

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