



Family Treatment Program

Improving family safety, family functioning, and child well-being so families can remain together



Former family in
the program



Family rights and responsibilities

While in treatment at the Family Treatment Program, you have the **RIGHT to:**

1. Know why you are in the program, how long you'll stay, and what your treatment plan includes,
2. Participate in developing your treatment,
3. Remove yourself from the program at any time,
4. Know that there will be complete confidentiality in any communication with you or from you,
5. Have family and friend visits you while you are in the program,
6. Know that you can arrange the treatment home to be comfortable for your family,
7. Have time to yourself,
8. Practice your religion, culture, or spiritual beliefs.

While participating in the program, you are **RESPONSIBLE to:**

1. Respect the rules and expectations of the program,
2. Talk openly & honestly about any concerns that may arise,
3. Be responsible for the way you act, work on your problems with help from staff,
4. Be respectful of yourself, staff, other program participants, and property.

WELCOME

to the Family Treatment Program

Covered in this book are:

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Parents helping with crafts



Parents at horse therapy

We are here for you.

Welcome!

While all families are unique, we want you to know you are not alone! There are many families currently in various stages of our program – from just beginning, like you, to being back in their homes but still receiving support from us through the after-care services.

We also know that moving into a strange home, and in many cases a strange city, to get the help you need is a huge step and we applaud you for being strong enough to take it. This booklet will help you prepare to begin our program.

Foremost you should know - we will always respect your privacy. Each family in our program has their own home, with their own keys. Staff is available 24/7 for on-call support, but will only come by at scheduled times unless they are asked by you to visit.

We are not funded by the Ministry of Social Services. Our referrals come from many sources.

Everyone's time in the program is unique to their own specific needs and treatment will look a little different for everyone, but there are some basic things everyone has in common. You will participate in both group and individual therapy, but there will be plenty of time for your own activities of choice.

Staff will provide you with transportation for things like groceries once per week, but will also be teaching you how to navigate the city on your own to access other services you may require.

We wish you the best on your treatment journey and want to assure you that we will be with you every step of the way to ensure your success in our unique programming.

A bit of history

Ranch Ehrlo Society is a non-profit organization which operates group living, clinical, community, and educational programs across Saskatchewan. The family program was created to improve family safety, family functioning, and child well-being so families can remain together safely.

Program guidelines

Please note that, as mentioned previously, not everyone's time in the program will look the same. This list is only intended as a general guide - specific guidelines are individualized to treatment goals and may be different from family-to-family.

- Your privacy will be respected.
- No pets are allowed in treatment homes.
- No smoking allowed inside the FTP treatment home.
- Alcohol and drugs are not permitted in the treatment homes.
- Friends or non-immediate family members are permitted to visit but may only spend the night(s) with permission from your treatment therapist. This is mainly to ensure that your focus remains on your own family, but is also for safety reasons.
- While you are here, the program is your job. However, we realize that in some cases, you may wish to work to help financially support your family during your time in the program. One parent must always remain in the home, but in some cases, the second parent may work outside the home.
- Staff is available 24/7 for on-call support - no matter the time of day or night, if you are having an issue you need help resolving, someone will be available to support you.
- We will make every attempt to find the therapist that is the best fit for you.



Housing

The family treatment homes are located in various residential areas in Regina. All houses are fully furnished including TVs. There is no cable, long distance phone service, or Internet access but these services can be hooked up and paid for by you if required. Parents should bring any personal hygiene items they require, as well as clothing and any other personalized items for a comfortable stay.

You will be responsible for the cleanliness and upkeep of your house including things such as taking out the garbage and recycling. If you are unable to maintain the home to the program expectations, staff will help you manage this.

This is your home during treatment so feel free to make it your families' own. Your privacy will be respected.

Houses in the Dewdney East neighbourhood



About the neighbourhood

Dewdney East offers a calm ambience. Parks are easy to reach since there are approximately 20 of them close by for residents to relax in. The noise levels in this area are also very low, as the streets are very tranquil.

Houses in the Al Ritchie neighbourhood



About the neighbourhood

This neighbourhood hub is made up of the Core Ritchie Neighbourhood Centre, Prince of Wales Library, Al Ritchie Wellness Centre, Al Ritchie Community Association, Al Ritchie Arena, tennis courts, a boarded skating rink and the accessible playground and spray park. Nearby schools include Cochrane High School, Arcola Community School and St Dominic Savio Elementary. The closest grocery stores are Dad's Organic Market, India Food Centre and Safeway Victoria Square.

Houses in Eastview



About the neighbourhood

Eastview is in Regina's northeast. It's a little neighbourhood, less than one square kilometre, nestled in a mainly industrial area. This neighbourhood offers mainly three bedroom and two bedroom homes.

Houses in the Glencairn neighbourhood



About the neighbourhood

Glencairn and Glencairn Village are located in the Dewdney East region of Regina and is one of Regina's largest neighbourhoods by area and population. Glencairn Village real estate combine post-war style housing and multi-family dwellings. This family friendly community has seven elementary schools and one high school. It's also home to several neighbourhood-level parks and one zone-level park serving the ball and soccer communities.

Houses in the Coronation Park neighbourhood



About the neighbourhood

Coronation Park is a mature, post war neighbourhood developed during the 1950s and 1960s. Nearby schools include St. Peter Elementary School, Mironuck Elsie Community School and Thom Collegiate. The closest grocery stores are Safeway Regent Park, Crawford's No Frills and Canada Safeway Ltd. Nearby coffee shops include Starbucks and Starbucks. Nearby restaurants include Regent Family Restaurant & Neighbourhood Pub, Tim's Kitchen and Lee's Chop Suey North.

Northeast Regina



About the neighbourhood

The neighbourhood has three elementary schools, as well as a diverse commercial area and a light industrial area.

Dieppe



About the neighbourhood

The Dieppe neighborhood is in the west part of Regina and includes A.E. Wilson park and Wascana Creek meanders through the area. Residents and visitors enjoy multiple walking paths, bridges, play structures, a ball diamond, basketball court and an outdoor rink, which all provide recreational opportunities to the area.

Lakeview



About the neighbourhood

Lakeview is a mixed neighbourhood in the south end of Regina. It is bordered by Wascana Creek to the north, Lewvan Drive to the west, Albert Street to the east and 25th avenue to the south. It is one of Regina's older neighbourhoods, and is known for its attractive mix of parks and mature, tree-lined streets.

Prarie View



About the neighbourhood

Prairie View is a family-oriented area situated in the central northwest sector of the city between Ring Road on the north and the CN railyards to the south. Prairie View is exemplified by its relaxed atmosphere. There are about 10 parks nearby for residents to explore and they are very well-distributed, making it easy to reach them.

Outside of Regina expansion

In 2019, the Family Treatment Program expanded to the neighbouring communities of Moose Jaw and Fort Qu'Appelle and surrounding area. Each community has three homes for families and a separate staffing component.

Moose Jaw is the 4th largest city in Saskatchewan and close to Regina on the #1 Highway. It is known for its underground tunnels, mineral spa, Mae Wilson Performing Arts Theatre, and as the home of Royal Canadian Air Force pilot training and the CF Snowbirds. Colourful murals showing scenes from the city's history adorn buildings downtown.

Fort Qu'Appelle is a town located in the Qu'Appelle Valley 70 km NE of Regina. It was originally established in 1864 as a Hudson's Bay Company trading post and is now home to 2,027 residents. It is a thriving community, which embraces cultural diversity; offering many opportunities to take part in cultural awareness events, music and arts activities, and sport activities such as downhill skiing, cross-country skiing, golf, fishing and other water-related activities.

Staff's home base

Ph: 306-751-9800
Fx: 306-751-2909

The family program has staff that will work with your family throughout your time in the program. We will use input from you to tailor our visits to meet the needs of your family. The FTP office is located at 2221 Cornwall Street on the fifth floor in Regina.

About our staff

Staff in the program are experts in their fields and highly trained. All of our therapists are required to hold a bachelor degree in social work, psychology, or related field. Our therapists maintain registration with their professional bodies to which they are accountable.

All of our employees receive five-day core training from experts on family preservation and reunifications services. They also receive ongoing training in areas of clinical and therapeutic strategies and attend ongoing in-services to remain up-to-date on issues regarding addictions, domestic violence, and mental health.

All staff are required to complete courses in Therapeutic Crisis Intervention for Families (TCIF), CPR/First Aid, Applied Suicide Intervention Skills Training, Risk Assessments, and Motivational Interviewing.

Type of staff you will meet

Our staff is made up of the following: **family preservation therapists** who provide counselling in child development, effective parenting, mood management skills, communication, assertiveness, and problem solving methods to help your family reach its goals; **family treatment leaders and family treatment workers** who teach families basic life skills, such as how to use the transportation system, budgeting, making childcare arrangements, and how to use other agencies for support; **childcare assistants**, and **administrative support**. We also have an **educational liaison** to assist with successful school placements and supporting children and families in the educational domain.

The next few pages will list the different type of staff you will meet in the program and how they will help you and your family.

Administration team



Director
Patti Petrucka

I absolutely love great ethnic food (especially perogies), classic rock music, an early morning walk with my dog, a great movie with buttery popcorn, being at the lake, and what I do every day at the Family Programs.



Office Assistant
Cathy Scott

Hi, I'm Cathy. During the week you'll find me at the Family Programs greeting families and staff while working on administration for the programs. I love my job here at the Ranch. During my off time, I love doing Sudoku, and whenever I have the chance I love to travel with my husband, Bob. I also have three grown children with numerous grandchildren, who I love spending time with.

Family treatment staff **Team A**

We are here for you! Staff is always available - no matter the time of day or night, if you are having an issue, there is an on-call staff member who can come to your home or communicate with you via telephone to give you the support you need.



**Program Manager
Sharon Miller**

I love being a social worker but my biggest passion is my family! When I'm not at work I'm spending time with my daughter, husband and loved ones. We love cheering on our football teams, summer nights around the fire & playing with our giant pup!



**Therapist
Adrienne Martens**

I'm a newbie to Saskatchewan (originally from northern Ontario) and I am loving the open prairies. My husband and my daughter are my favorite people to hang out with. I love running, and love pizza. I can't imagine working in any other career (social work is in my bones), and I am very grateful to work in this program with such incredible families.



**Therapist
Brian Campbell**

Brian lives in Moose Jaw with his wife Holly. We enjoy playing cards, watching movies, going to the gym and watching the Roughriders. I am originally from Nova Scotia but have been living in Saskatchewan for 16 years.



**Therapist
Tori Head**

In my spare time I love to box, swim and run! On the weekends I'm usually working on the farm and enjoying the outdoors. My goal is to connect with people and support them in finding a healthy, balanced life, filled with meaning and joy.



**Family Treatment Leader
Jesse Scobie**

When I am not at work, I enjoy spending time with my better half and daughter. I love music and play as well whenever possible. You'd never know but I enjoy cycling, working out and golf.



**Family Treatment Worker
Shauna Priebe**

I am a crazy cat lady, a farm girl at heart and I love spending time with my family playing board games. My favorite thing to do is to wake up extra early to enjoy a cup of coffee while my house is still quiet.

Team A staff continued



**Family Treatment Worker
Ashley Bradley**

I enjoy being outdoors and getting to explore new places. I also like to sit and work on crochet projects. I also enjoy spending time with my bunny.



**Family Treatment Worker
Garry Yee**

My name is Garry. I speak four language. I like to be outdoors when I can, but don't enjoy when it is really hot or really cold outside. I like to be active, to read, to sleep and to eat. I love learning new things and getting to know people and their stories.



**Family Treatment Worker
Kate Ewasienko**

Hi, my name is Kate, I was born in Regina but still manage to get lost here all the time, I love animals and the outdoors and was a dancer for most of my life.



**Facility worker
Chris Traweger**

Chris has worked at Ranch Ehrlo for almost a year now. Before that he worked for over ten years at a Painting and Drywall Company. In his spare time, Chris spends his time playing soccer and enjoys camping and fishing.



**Facility worker
Jim Lindsay**

Jim has worked for Ranch Ehrlo for several years. He spends his spare time with his family, playing his guitar, and just enjoying being outside sitting on the patio.

Family treatment staff Team B



**Program Manager
Jordan Hubick**

I am married and have two kids. My children have allowed me the opportunity to engage in fun hobbies such as going on play structures, climbing trees, and having snowfall fights without people questioning me. I also enjoy many other activities such as swimming, hiking, canoeing, and paddle boarding.



**Therapist
Donna Balkwill**

I enjoy spending time camping and off roading during the summer months, and cozying up with my cat Mojave and a good book while hibernating during the winter months.



**Therapist
Theerie Hill**

I am the mother of two boys and spend a considerable amount of my free time playing cars, Uno and hungry hippos. I love the outdoors and spending time at the park or on the trails. I am so grateful to be part of the Family Treatment Program and look forward to meeting you and your family.



**Family Treatment Leader
Heidi Norwig**

My name is Heidi I really enjoy cooking and trying new recipes. I have two pit bulls that I am obsessed with. I love dogs.



**Family Treatment Worker
Braden Scram**

I love animals of all kinds, grew up on a ranch with horses and still have a passion for riding. An outdoorsman, whether it be hunting and fishing or hiking and boating down a river I will always be smiling in nature.



**Family Treatment Worker
Mark Discombe**

Hi, my name is Mark. I love sports. I also love animals, I can spend hours talking about my experiences with animals. I'm really friendly and love to meet new people so don't be shy, come say HI!



**Family Treatment Worker
Brandy Luce**

I have two children, a poodle/yorkie, and a rescue cat, all of whom are the apple of my eye. I enjoy new experiences, meeting new people, learning, reading in the outdoors, and fitness.



**Family Treatment Worker
Madeline Bates**

Hi! I was born and raised in Regina . I began working here in Jan. 2018 and have loved getting to know all of the awesome families. When I am not at work I like to spend time with friends and my cat, Dixie.



**Family Treatment Worker
Marissa Burwell**

Hi I am Marissa, I enjoy spending my time with my German Shepherd do named T'co, writing music and playing board games with family and friends.



**Family Treatment Worker
Avery Trudelle**

Hi, my name is Avery. I am French and English bilingual. Subtle would not be a word to describe how I dress.



**Family Treatment Worker
Kara Gates**

Although I can't cook, I am great baker. In my free time I am either reading, writing, or hiking.



**Family Treatment Worker
Zoe Newton**

I'm a 25 year old mom of one awesome dude. I enjoy reading and swimming. I am always looking for new ways to enjoy Canada!

Family treatment staff Team C



**Therapist
Debbie MacKenzie**

I am an east coast girl who moved across the country to be with a prairie boy and is still getting used to the Saskatchewan winters. Outside of work, I enjoy fitness, reading, cooking, and travelling with my husband.



**Therapist
Aly Bell**

I am a mama to a boy named Eli and fur mama to a dog named Phil. I spend most of my free time with them, but you can also find me at the gym, on the football field playing with the Regina Riot, playing and watching every other sport, eating, or hanging out with friends and family.



**Therapist
Deena Hall**

My mom Deena loves walks on a hot day in the summertime with our dog Duncan. She loves playing board games with me. My mom is good at sleeping in and likes my snuggles. She laughs at her own jokes. Lastly, my mom like to golf and read books.



**Therapist
Russ Parr**

I am originally from the United States of America. I moved to Saskatchewan in 2003 and I STILL DON'T like the winters. I got my Canadian citizenship on July 1, 2013. I have three kids and a wife that keeps me in check.



**Therapist
Linda Kayseas-Palowski**

Anin! I spend all my free time with my husband and 4 children. I am a huge Marvel and Star Trek: The Next Generation fan. My children and I dress up as characters when movies are released. If I had a superpower it would be speak and read every language in the world, so I could listen and understand in a good way.



**Family Treatment Leader
Shane Bellegarde**

I am a member of Little Black Bear's First Nation. I am a proud father of two beautiful children. I love being creative through music and art and have recently fallen in love with beading.



**Family Treatment Worker
Matt Yantz**

Hi, my name is Matt and I have been with the FTP for three years. I love what I do and in my spare time I enjoy spending time with my wife and three kids. I am a big sports guy and love the outdoors.



**Family Treatment Worker
Eder Garzona**

I was born in El Salvador. I moved to Canada when I was 7 years old. I enjoy music in all forms, whether its playing with others or horribly singing along to songs in my car.



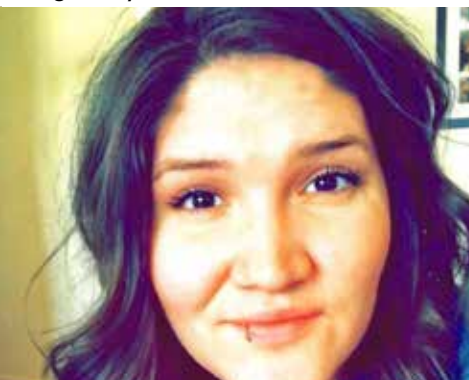
**Family Treatment Worker
Diana Varell**

Hello, my name is Diana. I am a proud dog mom; in my free time I like to spend time in the outdoors playing fetch with my dog "chewy" and the company of my husband.



**Family Treatment Worker
Keetha Malmgren**

Keetha is the mother of two, originally from Ontario. Keetha spends her free time reading and eating chocolate. Keetha is not a strong swimmer.



**Family Treatment Worker
Miranda Rhotayn**

Hi there, my name is Miranda. I was born and raised in Regina I am the youngest of three kids, I enjoy doing jigsaw puzzles, being outdoors, beading and baking sugary treats!



**Family Treatment Worker
RC Equina**

Born and raised in Saskatoon. I got married in 2018 and moved to Regina. My passions include playing basketball and dancing. I also have a cat named Chancellor that I spend my free time with.



**Family Treatment Worker
Montana Chaskey**

Hello, I have worked for Ranch Ehrlo for nearly 5 years. I love spending time outdoors and with my family. I love kitty and puppy cuddles, along with music and painting. I really enjoy the work I do and the growth I have experienced.



**Therapist
Jamie Crossman**

My favorite thing to do is gather with family and friends, especially over a good meal. I enjoy going to concerts, getting outside, and being in the water. I was born a Rider fan on the day they won the 77th Grey Cup game.

Family treatment support staff



**Clinical Supervisor
Melissa Abbott**

I grew up in a small fishing community in Newfoundland. I spent a lot of time living with my nan and pop and learned so much! I love to fish, pick berries, hike, play board games, run, learn, sing karaoke, and listen to really old country music! You can take the girl out of Newfoundland, but you cannot take the Newfoundland out of the girl!



**Family Treatment Worker
Sandra Newis**

I enjoy spending time outside. In the summer I can often be found swimming at the local lakes. Now I have two dogs. Maya is older but is still my “wild thing”. Luke is my young one and takes a lot of my time. When I have time to be at home, I enjoy watching science fiction and fantasy shows and movies. My absolute favorite is Doctor Who.



**Educational Liaison
Brett Miller**

I am a husband and father of two young kids who I love spending time with. I am passionately involved with the sport of running and triathlon where I compete as an athlete and train youth and adults as a certified coach. I have been an employee of Ranch Ehrlo Society since 2009 where I have had so many positive experiences and memories.



**Childcare Staff
Rodelyn Luha**

Hi, I'm Rheyn, mom of two beautiful girls, mom to one puppy and wife to my responsible and caring husband. I'm a very family-oriented person, we ensure that all spare time is to our family specially to our kids and having karaoke as our bonding time together.



**Childcare Staff
Tallis McCaulay**

I enjoy nature and everything in it (yes, even all the creepy crawlies). I am a “mom” to one dog, one snake, one gecko, two salamanders, three hamsters, three budgies, one head hog, two guinea pigs, and a rat.

Family treatment staff Moose Jaw



**Therapist
Ashley Elliot**

Hi, my name is Ashley. I am originally from northern Ontario and enjoy going home to visit my family. I have two nephews who I love to facetime with. In my spare time I enjoy being outside, camping, playing volleyball and watching "Friends".



**Family Treatment Worker
Melissa Newans**

Hi, my name is Melissa Newans I am a mom of two children, a boy and a girl. I enjoy music, documentaries, playing guitar and reading.



**Family Treatment Worker
Ann Quan**

Hi, I am Ann Quan a mom of four boys and two dogs. I love to bake and decorate cakes.



**Family Treatment Worker
Marcia Korbo**

Hi, I'm Marcia, I am a mother to three beautiful daughters and a grandma to two adorable boys. I enjoy spending time with my family, working out and laughing.



**Family Treatment Worker
Bradley Evans**

I with my girlfriend, amazing 8 year old stepdaughter, and 3 wild cats. I am a fan of hockey and baseball. My hobbies include woodworking, playing guitar, video games, and reading books on topic of mental health.

Family treatment staff Fort Qu'Appelle



**Therapist
Alicia Richardson**

When I am not at work, I enjoy the outdoors and I am learning to bowhunt. When it is too cold to be outdoors, I enjoy a competitive game of shuffleboard and shopping with my daughter.



**Family Treatment Worker
Olivia Crowe Buffalo**

I work in Fort Qu'Appelle as a Family Treatment Worker. I live a First Nation, contemporary traditional lifestyle. I like spending my spare time with my nephews, nieces, godson, and sister. I am a family person who practices my culture and often attends ceremonies. I enjoy going to movies and nature walks.



**Family Treatment Worker
Jordon Linder**

I am the proud mother of three beautiful sons. Together with my husband Jake, we live on a farm north of Fort Qu'Appelle. My time outside of work is spent hauling my kids to many activities, coaching, and helping out where I can. I am a part time student as well, working towards my BSW as my schedule allows.



**Family Treatment Worker
Christina Balkwill**

Hello, my name is but most people call me Tina. I have three grown children of my own but raised five. I also have a three-year-old granddaughter and a grandson on the way. I live in the beautiful Qu'Appelle Valley and spend most of my free time out in nature, hiking with my dog.

When you should expect staff in your home

We will always respect your privacy. Staff is available 24/7 for on-call support, but will only come by at scheduled times unless they are asked by you to visit.

Therapists will visit four to six times a week, based on your family's needs. They will help you develop tools and techniques to help your family succeed. This is also a time to discuss parenting skills or any concerns you have, or goals you want to achieve.

Family Treatment Workers will also be in your home a few times a week helping you with day-to-day needs. The day-to-day needs will be discussed in-depth on the next few pages. The remainder of the time you will be in the home alone with your family. You will have your own downtime to schedule activities that you like and to learn about the community.

The remainder of the time you will be in the home alone with your family. You will have your own downtime to schedule activities that you like and to learn about the community.



Cultural programming

We believe the culture of our youth and families needs to be celebrated. And by honouring their culture, families grow closer together. We access community resources to assist families in participating in several different cultural traditions, ceremonies, and services. These may include:



- **Sweats**
- **Elder services - counselling, parenting, storytelling, beading, prayers, blessings, education, smudging**
- **Tipi building and education**
- **Hand games**
- **Church and spiritual groups**
- **Cultural parenting groups**
- **Ranch Ehrlo Powwow Group (Thursdays)**
- **Language classes**
- **Cultural games**
- **Cultural cuisine**
- **On the land experiences**



Treatment format

We work with you on developing your personal treatment plan to ensure that all members in your family are safe, while working toward living together in your own homes and communities. This will guide the treatment for your family. It can be changed if need be to meet the demands of your family.

The treatment format will look similar to this:

- Therapists or staff will be at your home in the morning or afternoon to support routines or complete tasks (e.g. grocery shopping). Some of this support for parents will occur while your children are at school. This is also a time to discuss parenting skills or any concerns you have, or goals you want to achieve.
- Staff will complete visits in the evenings to work on skills with your family (anger management, communication, problem solving). Families will take part in community activities and family fun time activities in the evenings as well, such as participation in Ehrlo Sport Venture league nights (basketball, football, soccer, and hockey) available to families during the year.
- Once per week you will meet with other adults in the program for a parents' group to hear from one another and support one another.
- Once per week there is a parents' education course to attend.
- Once per week there will be a family meeting in the evening for staff and all of your family members to review the week, the treatment, and plan for the upcoming week.
- Your family will attend case conferences with your referring worker and attend individual or family counselling as needed.
- You may be one of the families to attend recovery group, horse therapy, writing group, or dad's support group on a weekly basis as part of the treatment process.
- We offer resources like psychological assessments through Ranch Ehrlo and we will connect you to community resources if your family requires for additional needs, including help for family members on the autism spectrum.

** Rides to meetings available if required.*

**We know that your family – and your children – are your top priority. During sessions, we encourage you to bring your children (non-school age) – they will be able to relax and play in our brightly lit, exciting space supervised by our highly trained and engaged staff while you are focusing on getting the most out of your weekly sessions!*

Our values

These values are our absolute belief regarding how our program functions and how we do our work in the family program. The values are adapted from the Institute for Family Development.

- It is best for children to be raised by their own family whenever possible.
- Safety is our highest priority.
- Reducing barriers to services improves family outcomes.
- Family members are our colleagues and partners.
- Providing information and teaching skills empowers families to become self-sufficient.
- We cannot predict which situations are most amenable to change.
- It is our job to motivate families and instill hope.
- All people have the ability to change.
- A crisis is an opportunity for change.
- We respect families for their diverse culture, ethnicity, and religious beliefs.
- Family members do not usually intend to harm one another.
- People are doing the best they can.
- Inappropriate intervention can do harm.

We are guided by the **CARE** model which is a multi-level program aimed at improving services for children, youth, and families in care. Based on the six guiding principles below, the **CARE** model is designed to significantly influence the way professionals work with children.

developmentally
focused

family involved

relationship based

trauma informed

competence centred

ecologically oriented



Group session descriptions

Parent Support Group

A weekly informal meeting where you can discuss parenting in a safe environment. This time can be used to gain support from other parents who understand what you are experiencing. Here it is safe to discuss hard topics and build friendships.

Recovery Group

This group is a safe space for you to process through the journey of recovery and together find strength through the sharing of experiences. The group will use tools from SMART Recovery to enhance problem solving skills for sobriety, learn to challenge negative beliefs that lead to substance use, and practice behaviours to decrease the risk of relapse

Parent Education Group

This group provides you with information and suggestions on parenting tips and strategies for dealing with children of all ages. Discussions include: parenting styles, discipline strategies, implementation of positive reinforcements, and enhancing relationships between parents and their children. Parents may obtain certificates for some completed components.

Horse Therapy at Regina Equestrian Centre

This is a program where you work with horses to connect to yourself while also working on life skills. Horses reveal where our strengths and weaknesses are. This program helps with parenting skills. Horses need guidance, care, and direction just like our children do. You do not need to have any experience with horses to participate.

Writing Group

A group for parents where you can write about anything that is healing, meaningful, and/or inspiring to you in a safe, relaxed, and supportive space. You can write about your life experiences and stories, your hopes for the present and future, your daily thoughts and feelings, or any topic of your choice. There is a time for sharing your writing if you feel safe and comfortable to do so with the group, or you can keep your writing private.

24/7 Dads, a father focused group

The importance of fathers in their children's lives is the primary focus for this group. This group is a for fathers run by fathers. This weekly informal gathering lends to the fathers sharing their perspectives on parenting and building on their strengths as dads.

Compassionate Parenting: supporting children after trauma group

This is a group focused on strengthening knowledge and skills to support children's healthy brain development and healing after experiences of trauma. The group focuses on the neurobiology of trauma and its impacts on brain and child development. The group focuses on resiliency, healing, and nurturing hope and self-compassion within parents and families.

We recognize that a family's needs are diverse and we may not always have a group specific to what your family requires. In these cases, we will work with you to connect with community supports and services specific to what you need.





Family activities



Working with horses

Summer camp descriptions

Summer family camp

Summer camps provide families an opportunity to work together and stay together during a camping experience. You will work with your family and other families to make meals, plan activities, and have fun together.

Summer horse camp

These camps give you an opportunity to grow the skills you have learned throughout the year and to continue to work on skills that you have learned with regards to personal life goals and parenting. At these camps parents come out to do a session every day for a week with their children and our horses. The families are given tasks to work together as a functioning unit in a fun learning environment around the horses as their teachers.

Therapeutic summer sports camp

This camp is all about having fun, connecting with your family and friends, as well as learning and developing some new skills. Don't worry, even if you don't think that you are athletic there will be coaches there to support and encourage you along the way.

Therapeutic summer art camp

The camp is great way to connect with your family, learn creative ways to express yourself, develop healthy coping strategies for stress, and strengthen your communication through expressive art, dance, and singing.



Echo Lake family camp



Canoeing at camp

Day-to-day needs

Childcare

While you attend groups throughout the week your children are cared for by our experienced childcare staff and family program staff in our childcare room. There is a variety of toys, crafts, and snacks available for children in all stages of development.

The staff prompt the children on their use of manners, social skills like sharing with other children, and appropriate behaviours.

Personal needs

We will also help with job coaching - including help with your resume and interview skills, job placement, community programming, and with medical and dental needs for you and your family. We can help you get drivers licences if needed and help connect to local agencies for additional services (AA, women's counselling, childcare).

We will teach you and your family how to use the bus system in Regina and we will take you to community events and appointments - including school meetings, psychiatric appointments, and case conferences.

Shopping for groceries

If you live in our program homes, staff will take you for groceries once a week on your assigned day. Staff are available for assistance during grocery shopping if you have questions about budgeting or healthy food choices, or to support you in managing children who are shopping with you.

During these weekly shopping trips you will be able to purchase food for the week, any household items you may need (like toilet paper and floor cleaner) and a few hygiene items for your family (hand soap, shampoo). A weekly budget will be provided for you but it is up to you to remain within these limits. If you go over on your budget, you must be prepared that you will have less budget to work with the following week, or you will need to cover the cost.

*** Please note: FTP does not cover the costs of baby items (diapers, wipes, formula), clothing, feminine hygiene products or any personal items for the adults in the home (cigarettes).*

Former family in the program



Former family in the program



Straight talk

What other families had to say about the program

"I have learned a lot in the short period of time that I've attended the program, through the resources they've provided, talking to participants in the program, and listening to participants in the program."

David

"It's the most support I've ever had. I don't even know how to thank these people."

Daryl

"We are learning lots – how to control behaviours, temper tantrums, how to do more family activities and have fun and enjoyment."

Songgirl

"I was tentative at first, but it's good, I enjoy it. It's helping me be a better person. My son pretty much ran the show before we came."

Monti

"I'm learning a lot about my kids. My relationship with them has gotten a lot better. We're closer now."

Carrie

"When I met with Patti (program's director) I was afraid. I asked her, 'What if I fail? What if I can't do for the kids what they deserve or need from their mom?'"

Raylene (now reunited with her kids)

Letter from a parent who went through the program

Hello,
Let me take this time to
Share a bit of my experience Stay
in the Ranch Ehrlo Family Treatment Program.
I'm a mother of 6 children
I have participated in the program
for a whole year.
Within that time frame i have had
Some inner recognition and Parental
teaching.
I was very scared and confused the
first few months i was here with my
family. The more i stayed and also the
more i attended the groups the program
workers provided also helped me.
Don't be afraid and "Never" think you are
alone. Family treatment workers are here
for support.
In no time within your stay you will feel
this program is a part of your family.
Good luck to you and your families.

Felicla.



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