

## Mission

Bringing stability, strength, hope and wellness to community members through a comprehensive approach to care, advocacy and service.

Creating stronger communities by developing stronger community members.

## Vision

To fund, develop and implement community based projects/programs that facilitate support, advocacy, capacity building and personal development based on the twelve social determinants of health.

### social determinants of health

culture	employment/working conditions
social environments	physical environments
social support network	biology and genetic endowment
personal health practices/coping	gender
income and social status	healthy child development
education and literacy	health services

## Community Partners

Eastman Family Services & Housing  
Community & Youth Corrections  
Sunrise School Division  
North Eastman Health Association  
Togs 'N Treasures  
RM of Brokenhead  
R.C.M.P.  
Service Canada  
Supported Employment Options  
Employment & Income Assistance  
MB Advanced Education & Training  
Bright Beginnings  
Heartland Bridge  
Agassiz Adult Education Centre  
Citizenship, Heritage & Youth  
Brokenhead Recreation Committee  
SunGro Centre  
Addictions Foundation of Manitoba  
Community Residents

Box 1698,  
Beausejour, Manitoba, R0E 0C0  
Phone: (204) 268-2506  
Cell: (204) 268-5922  
Fax: (204) 268-9490  
Web: [www.network4change.ca](http://www.network4change.ca)

*Beausejour & Brokenhead Community  
Based Initiatives*



*Stability,  
Hope,  
Strength & Wellness*

Ph: (204) 268-2506  
[www.network4change.ca](http://www.network4change.ca)

## History

Network 4 Change began in February 2005 as a collaborative community ad hoc steering committee with the purpose being to oversee the program development and implementation of the youth program Road 2 Success.

Incorporated as a non-profit organization in July 2005 and registered as a charity in 2007, Network 4 Change has now broadened their scope of community initiatives with the intent to enhance the social economy.

**Community Resource Centre**  
17-31 First St. S. (Hew Building)  
Beausejour, Manitoba

- Lending library
- Coffee support drop-in
- Counselling supports
- Community network meetings
- Space available for family meetings and parent-child playroom.

## Parenting Programs

### Triple P:

Positive parenting program for every parent. Includes easy to understand information and tips on parenting in general and what to expect at your child's stage of development, and help with specific problems like tantrums, sleeping, bullying and teenage withdrawal.

### Nobody's Perfect:

A parenting education and support program for parents of children from birth to age five, designed to meet the needs of parents who are young, single, socially or geographically isolated or who have low income or limited formal education.

## Community Parent/Child Programs

**Laugh 'n Learn:** Enjoying the and exploring the adventures that books can bring.

**Preschool Play Pals:** Drop in play group where each week has a different themed event with activities, crafts, music and a snack.

**Time to Play:** For Special Needs Children aged 3-11 years and their families. A play group designed for families with children of special needs.

**Bookmates:** Family learning programs to communities to enhance the learning of both children and adults.

**Comfort, Play & Teach:** Six one-hour sessions of parent/child activities based on the Comfort, Play and Teach™ framework developed by Invest in Kids.

## Helping Out Parents Early (HOPE) Outreach

- Staffed by a Family Outreach Worker
- Welcome Baby visits
- Support and advocacy for families with children aged 0-11
- Home visitation and support
- Transportation to appointments

## Breakfast 4 Learning

Partnership with Beausejour Early Years School (BEYS) Provide a universal offering of a nutritious breakfast/ morning snack to elementary students of BEYS

## Strong Active Girls Encouraged (SAGE)

Positive peer mentorship group for twelve junior girls (grades 4 - 6) and twelve senior girls (ages 15 -19). Ten weekly group sessions focusing on the "Whole You"; family and friends, creativity, spirit and body.

## Mothers and Daughters in Touch

Eight weekly group sessions that promote communication, self-awareness, healthy self-esteem and most of all: fun for Mom and Daughter! Two levels of groups: 9 - 11 year olds and 12 - 14 year olds.

## Making Connections

Exclusive to students directly referred by Sunrise School Division. This is an alternative academic/life skills programming using close community-school-home partnership.

## Healthy Independence Program

- Supporting youth in care transitioning to independent living
- Skill development in the areas of housing, finances, daily living, accessing community resources
- Roommate agreement and mediation (when applicable)
- Youth are connected to the people and resourced that make up their community
- Solution-based problem solving
- On-call support to youth

## Alternative Learning Program

- Partnership between Sunrise School Division and N4C
- Off-campus classroom of Edward Shreyer High School with 14 spaces for senior high students
- Academics are provided in an independence-learning format with the format with classroom teacher support
- Outreach supports are provided in the areas of academics, life skills, transportation and job coaching

## N.O.T. on Tobacco

Registration is free and open to youth ages 14-18 years old. This is a total health approach to helping teens stop smoking.

## Road 2 Success

- An individualized client-focused program targeted to those who are 16-29 years old, unemployed and out of school
- Employment, life and social skill enhancement
- Team building and personal growth experiences
- Opportunity to experience success in striving towards, and achieving, personal goals

## Brokenhead Literacy Group /Adult Literacy Tutorial

- Language and literacy workshops/presentations
- Adult literacy tutoring/supports for all levels
- Tutorial supports for academic courses
- Career cruising
- Essential work skills

## Adult Academic Supports

Tutoring support offered in a variety of Agassiz Adult Education and/or Red River Community College courses. Assistance can also be offered in filling out application forms, student loan applications and financial sponsorship forms.