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*What PWI  
Participants  
have said . . .*

*"I liked the fact that PWI had solutions."*

*"When I needed information about school and childcare, I got a lot of it."*

*"I really like PWI. My worker treated me like a person. She wasn't just there to do a job."*

*"I feel a sense of hope and can look ahead to reaching my goals for the future."*



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This initiative is a component of the Government of  
Manitoba's Rewarding Work Strategy.

# *Help Me Grow*

## Parental Solutions



# Parent Wellness Initiative





Parenting on your own can be challenging. It is easy to get overwhelmed and it can be difficult to get a vision for the future.

## Parent Wellness Initiative

Is a service of the Canadian Mental Health Association, Winnipeg Region. This service works together with single parents (mom or dad) who

- are age 18 and older
- have at least one child under the age of six
- are enrolled in the single parent category of Employment & Income Assistance.

Participants need to live in the Point Douglas/Downtown or Seven Oaks/Inkster areas of Winnipeg.

**This service uses a step by step process to assist a parent to identify their strengths, make changes in their life, and achieve success in their goals.**

The process we use is flexible, and based on the participant's perspective, traditions and culture.



## Success

The working partnership we build with individuals focuses on achieving goals related to:

- Finding a place to live and making a home
- Acquiring meaningful employment or education
- Building positive relationships with others
- Identifying meaningful activities
- Being an effective parent

**Learning needed skills and accessing resources and supports play a large role in a person being able to achieve success in their goals.**

We offer skills teaching, resources and support to participants, using a one on one approach.



**Skills Coaches are available to work with individuals to build success in areas chosen by the person.**

Parent Wellness Initiative also offers workshops on how to regain your life and plan for the future you want.



## Working Together

The partnership we build between the parent and the worker is based on mutual respect. Both sides have knowledge and ideas to contribute to the process.

The worker will assist people to meet their goals, whatever those may be.

***“Individuals are involved in creating the kinds of lives they want.”***

