

## BC CAPC PROGRAM WORKPLAN

**Agency Name:** Family Resource Society (1 of 4 Workplans)

**Program Name:**

**Parent and Tot Drop-in**

**General Objective:** Strengthening parental and family capacity, skills and social supports.

Objectives	Activities	Person(s) Responsible	Timelines	Outcomes	Indicators
<p>CAPC Objective 1: To enhance parents' parenting skills and develop their social support systems in their community to support their overall health and well-being.</p> <p>CAPC Objective 2: To enhance the healthy social, cognitive, language, emotional and physical development of young children living in conditions of risk.</p>	<p>Parents, caregivers and children (birth to 6 years) attend a drop-in play group that includes the following activities:</p> <ul style="list-style-type: none"> <li>• parents develop friendships with and learn about parenting from other parents and staff.</li> <li>• conversations/ supportive advice about child development and health with staff</li> <li>• unstructured play time in an environment with other children and stimulating toys.</li> <li>• arts and crafts activities</li> <li>• snack time</li> <li>• circle time with songs and stories.</li> </ul>	<p>1 CAPC Program Coordinator</p> <p>1 Program Children's Program Assistant</p>	<p>April 2019 – ongoing</p> <p>Mondays– 2 hours each morning for 46 wks a year.</p> <p>80 individual adults and 100 individual children attend per year.</p> <p>Adult attendance = 485/yr</p> <p>Child attendance = 650/yr</p>	<ul style="list-style-type: none"> <li>• 80% of parents gain knowledge and skills related to parenting</li> <li>• 65% of parents learn about or use community resources appropriate to their family needs.</li> <li>• 80% pf parents have increased social support through making friends with other program participants.</li> <li>• 70% of parents feel more connected with their community</li> <li>• 75% of children access programming that supports their healthy development in: social competence; language and cognitive skills; and large and small motor skills.</li> </ul>	<p>Indicators used to measure the extent to which these outcomes are achieved include:</p> <ul style="list-style-type: none"> <li>• the number of adult and child participants attending the program; the number of program sessions per year; and the number of hours of service.</li> <li>• a survey that includes questions developed to measure the outcomes is administered annually in a month long snapshot.</li> </ul>

## BC CAPC PROGRAM WORKPLAN

**Agency Name:** Family Resource Society (2 of 4 Workplans)

**Program Name:**

**Parent Discussion Drop-in**

**General Objective:** Strengthening parental and family capacity, skills and social supports.

Objectives	Activities	Person(s) Responsible	Timelines	Outcomes	Indicators
<p>CAPC Objective 1: To enhance parents' parenting skills and develop their social support systems in their community to support their overall health and well-being.</p> <p>CAPC Objective 2: To enhance the healthy social, cognitive, language, emotional and physical development of young children living in conditions of risk.</p>	<p>Parents, caregivers and children (birth to 6 years) attend a drop-in play group that includes the following activities:</p> <ul style="list-style-type: none"> <li>• parents develop friendships with and learn about parenting from other parents and staff.</li> <li>• presentations about child development and health</li> <li>• unstructured play time in an environment with other children and stimulating toys.</li> <li>• arts and crafts activities</li> <li>• snack time</li> <li>• circle time with songs and stories.</li> </ul>	<p>1 CAPC Program Coordinator</p> <p>3 Program Children's Program Assistant</p> <p>1 Volunteer Children's Program Assistant</p>	<p>April 2019 – ongoing</p> <p>Wednesdays– 2 hours each morning for 46 wks a year.</p> <p>90 individual adults and 115 individual children attend per year.</p> <p>Adult attendance = 660/yr</p> <p>Child attendance = 920/yr</p>	<ul style="list-style-type: none"> <li>• 80% of parents gain knowledge and skills related to parenting</li> <li>• 65% of parents learn about or use community resources appropriate to their family needs.</li> <li>• 80% pf parents have increased social support through making friends with other program participants.</li> <li>• 70% of parents feel more connected with their community</li> <li>• 75% of children access programming that supports their healthy development in: social competence; language and cognitive skills; and large and small motor skills.</li> </ul>	<p>Indicators used to measure the extent to which these outcomes are achieved include:</p> <ul style="list-style-type: none"> <li>• the number of adult and child participants attending the program; the number of program sessions per year; and the number of hours of service.</li> <li>• a survey that includes questions developed to measure the outcomes is administered annually in a month long snapshot.</li> </ul>

### BC CAPC PROGRAM WORKPLAN –

**Agency Name:** Family Resource Society (3 of 4 Workplans)

**Program Name:** Family Support Discussion Group

**General Objective:** Strengthening parental and family capacity, skills and social supports.

Objectives	Activities	Person(s) Responsible	Timelines	Outcomes	Indicators
<p>CAPC Objective 1: To enhance parents' parenting skills and develop their social support systems in their community to support their overall health and well-being.</p> <p>CAPC Objective 2: To enhance the healthy social, cognitive, language, emotional and physical development of young children living in conditions of risk.</p>	<p>Parents, caregivers and children (birth to 6 years) attend a drop-in play group that includes the following activities:</p> <ul style="list-style-type: none"> <li>• parents develop friendships with and learn about parenting from other parents and staff.</li> <li>• presentations about child development and health</li> <li>• unstructured play time in an environment with other children and stimulating toys.</li> <li>• arts and crafts activities</li> <li>• snack time</li> <li>• circle time with songs and stories.</li> </ul>	<p>1 CAPC Program Coordinator</p> <p>1 Family Support Worker</p> <p>2 Program Children's Program Assistant</p> <p>1 Volunteer Children's Program Assistant</p>	<p>April 2019 – ongoing</p> <p>Thursdays (everyother) 3 hours for 20 wks a year.</p> <p>16 individual adults and 20 individual children attend per year.</p> <p>Adult attendance = 85/yr</p> <p>Child attendance = 120/yr</p>	<ul style="list-style-type: none"> <li>• 80% of parents gain knowledge and skills related to parenting</li> <li>• 65% of parents learn about or use community resources appropriate to their family needs.</li> <li>• 80% pf parents have increased social support through making friends with other program participants.</li> <li>• 70% of parents feel more connected with their community</li> <li>• 75% of children access programming that supports their healthy development in: social competence; language and cognitive skills; and large and small motor skills.</li> </ul>	<p>Indicators used to measure the extent to which these outcomes are achieved include:</p> <ul style="list-style-type: none"> <li>• the number of adult and child participants attending the program; the number of program sessions per year; and the number of hours of service.</li> <li>• a survey that includes questions developed to measure the outcomes is administered annually in a month long snapshot.</li> </ul>

## BC CAPC PROGRAM WORKPLAN

**Agency Name:** Family Resource Society (4 of 4 Workplans)

**Program Name:**

**Family Support Group**

**General Objective:** Strengthening parental and family capacity, skills and social supports.

Objectives	Activities	Person(s) Responsible	Timelines	Outcomes	Indicators
<p>CAPC Objective 1: To enhance parents' parenting skills and develop their social support systems in their community to support their overall health and well-being.</p> <p>CAPC Objective 2: To enhance the healthy social, cognitive, language, emotional and physical development of young children living in conditions of risk.</p>	<p>Parents, caregivers and children (birth to 6 years) attend a drop-in play group that includes the following activities:</p> <ul style="list-style-type: none"> <li>• parents develop friendships with and learn about parenting from other parents and staff.</li> <li>• conversations/supportive advice about child development and health</li> <li>• unstructured play time in an environment with other children and stimulating toys.</li> <li>• arts and crafts activities</li> <li>• snack time</li> <li>• circle time with songs and stories.</li> </ul>	<p>1 CAPC Program Coordinator</p> <p>1 Family Support Worker</p>	<p>April 2017 – ongoing</p> <p>Thursdays 1.5 hours for 46 wks a year.</p> <p>40 individual adults and 50 individual children attend per year.</p> <p>Adult attendance = 300/yr</p> <p>Child attendance = 400/yr</p>	<ul style="list-style-type: none"> <li>• 80% of parents gain knowledge and skills related to parenting</li> <li>• 65% of parents learn about or use community resources appropriate to their family needs.</li> <li>• 80% pf parents have increased social support through making friends with other program participants.</li> <li>• 70% of parents feel more connected with their community</li> <li>• 75% of children access programming that supports their healthy development in: social competence; language and cognitive skills; and large and small motor skills.</li> </ul>	<p>Indicators used to measure the extent to which these outcomes are achieved include:</p> <ul style="list-style-type: none"> <li>• the number of adult and child participants attending the program; the number of program sessions per year; and the number of hours of service.</li> <li>• a survey that includes questions developed to measure the outcomes is administered annually in a month long snapshot.</li> </ul>