

Who We Are

F&ST (Families and Schools Together) is an internationally acclaimed program that:

- Provides evidence-based activities to support families
- Builds positive connections between families and schools
- Creates a supportive community to foster children's well-being and education.

**HEALTHY FAMILIES
STRONG COMMUNITIES**

How to Apply?

For more information,
please contact:

Amber McBurney
204-947-1401 ext 248
amcburney@familydynamics.ca

Corinne Paulishyn
204-947-1401 ext 227
cpaulishyn@familydynamics.ca

Funded by:



Contact Us

204-947-1401
401-393 Portage Avenue
(Portage Place, 4th Floor)
Winnipeg, MB R3B 3H6
Mon - Fri: 8:30am - 4:30pm



**FAMILIES AND SCHOOLS
TOGETHER (F&ST) PROGRAM**

www.familydynamics.ca
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Family Dynamics

Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.



Advantages of the F&ST Program

The cumulative effects of F&ST can change the course of children's lives. After a single 8-week F&ST Cycle, children show improvement with their emotions at home and at school. Parent-child bonding strengthens, academic performance improves, and children get along better with their parents and with their peers.

In short, F&ST applies research and evidence-based family therapy practices to promote the full potential of every child.

What We Do

The F&ST Program brings multiple families together once a week in dynamic after-school gatherings. In each session, a trained F&ST Team guides families through a structured agenda of activities that enhance parenting skills and reduce family stress while encouraging family bonding.

"we have witnessed the empowerment and sense of relief associated with the formation of meaningful, lasting partnerships."

- J. Hutchison, Principal of Rockwood Elementary School

"(F&ST) contributions are going to be long lasting for the school community for years to come."

- Lyette Carrière, Principal of Ecole Provencher