



true north

a safe place for those impacted by abuse

EIP

EARLY INTERVENTION PROGRAM

The Early Intervention Program is a preventative service that works within True North's Emergency Shelter Program and Child & Youth program. Early Intervention provides parents and their children who have witnessed or experienced family abuse with supportive counselling, education, safety planning, and other tools to help foster healthy attachment and attunement between caregivers and children.



EIP PROGRAM

The Early Intervention Program is a preventative program that works within the Residential Program in collaboration with the Child & Youth Program at True North. EIP staff in this program support parents, caregivers and their children who have witnessed or experienced family abuse. The EIP program provides families with supportive counselling, educational tools and groups, safety planning, and other resources unique to each family's needs, to help foster healthy attachment and attunement. From modelling appropriate behaviors to providing tools and language to support healthy emotional understanding, the goal of the EIP program is to empower and support caregivers and promote healthy development and connection in children. EIP staff work in collaboration with parents and caregivers in building resiliency within themselves with the hope of ending the cycle of violence.

FAMILY GROUPS

- Mindfulness
- Informed Consent
- Understanding Emotions:
The Color Monster
- Scientist for a Day

PARENTING GROUPS

- Attachment
- Circle of Security
- Emotional Regulation
- Talking with Children about
Boundaries

OUR RESPONSIBILITIES

The information you decide to share with us is safe and protected. However, we may need to invite more people to help support you or any person at risk without your permission if...

- we are worried about you being a danger to yourself and/or others.
- we have concerns about there being any type of harm to a child.
- a judge asks us to see your file or if we are asked to testify in court.

The people we may involve in the above scenarios can include a supervisor, emergency services, or protection services.

WHAT CAN YOU EXPECT?

The Early Intervention Program focuses on supporting healthy relationships and positive parenting practices for children and their caregivers. Our team will work with your family to reduce sources of stress and the effects of trauma by fostering resiliency through strengthening skills, creating safety plans, building on parenting supports and skills, and working on coping strategies.

WHAT DOES THE EIP PROGRAM DO?

Near the beginning of your stay, True North's EIP Workers will introduce themselves to you and your family. They will provide you with information about our program and give you the option to participate.

Our goal is to meet with you and your children on a regular basis to identify the strengths of your family and help foster resiliency skills. We will talk about things like the effects of trauma, parenting and child development during one-on-one meetings with your family. We also offer weekly parenting groups with other parents in the shelter.

EIP workers are here to offer the family support you may need during your stay.

Whether it be supporting you at meal times, identifying the tools needed to create routines, or establishing stress-free bedtimes, please do not hesitate to reach out!



hello

STRIVING FOR SUCCESS

True North's Early Intervention Program offers the support and tools needed to nurture healthy relationships and establish safety for children and their caregivers who have witnessed or experienced family violence or who are in crisis to create long-term success.

WHAT DOES AN EIP WORKER DO?

- EIP Workers can help to make the transition of staying in the shelter as comfortable as possible for you and your children.
- EIP Workers offer support to create or maintain a family routine and will support parents in having conversations with their children about things they may be struggling with.
- EIP Workers provide positive, interactive activities for caregivers and their children to do during their stay.

CONTACT US

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