

## Who We Are

Strongest Families Institute is an award-winning charity providing skill-based educational programs to children, youth, adults and families seeking help to improve mental health and well-being. We provide timely care to families by equipping them with skills through our unique distance coaching approach – over the phone, the internet or via app in the privacy and comfort of their homes. Our goal is to be here when you need us, free of barriers.



**Dr. Patricia Lingley-Pottie**

Co-Founder, President and CEO

*“Our goal is to provide help early before problems become worse. Our dedicated team helps families just like yours!”*

## Contact Us

Toll-Free 1-866-470-7111

[info@strongestfamilies.com](mailto:info@strongestfamilies.com)

[www.strongestfamilies.com](http://www.strongestfamilies.com)



 [facebook.com/strongestfamilies](https://facebook.com/strongestfamilies)

 [twitter.com/strongestfam](https://twitter.com/strongestfam)

 [instagram.com/strongestfamilies](https://instagram.com/strongestfamilies)

“I like that there are many options to use when doing the program such as booklet, online and lots of examples of to give you ideas of how to achieve your goals.”

ICAN 48-year-old



Strongest  
Families  
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Programs and services to improve mental health and well-being for children, youth, adults and families—**when** and **where** they need it.



# How Can We Help

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Mental Health issues can affect school, work performance, friend and family relationships, as well as other aspects of daily life. **Strongest Families can help.** We equip children, youth, adults and families with the skills needed to improve mental health and well being.

“Amazing! It’s really easy to do and it’s not complicated. It had helped me have a better connection with my daughter.”

Parents Empowering Kids 4-year-old

We know that reaching out for help is not always easy, that is why we are here to support you each step of the way. Our compassionate team will help guide you as we work to customize programming based on your needs.

# Our Programs

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Our free, bilingual, telephone-based programs are designed to support clients from ages 3 and into adulthood. Programs help children, youth, and caregivers with anxiety and behaviour difficulties while our adult program focuses on anxiety and depression. Choose your delivery method (group-based or one-one coaching) and how you would like your materials (handbook, online or app). Our Coaches are competency trained to understand personal and cultural sensitivities such as Military, LGBTQ2S+, Indigenous, and people living with physical impairments or neurodevelopmental issues.

Our effective and clinically proven programs include support for:

- Children/Youth:
  - **Behaviour (ages 3-12)**  
Parents Empowering Kids/Parents Empowering Kids - The Early Years
  - **Anxiety or excessive worry (ages 6-17)**  
Chase Worries Away, and Defeat Anxiety
  - **Nighttime bedwetting (ages 5-12)**  
Dry Nights Ahead
- Adults:
  - **Anxiety & Depression (ages 18+)**  
ICAN ( I Can Conquer Anxiety & Nervousness)

# Removing Barriers to Care

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Our distance telephone coaching approach is effective and offers several benefits to our clients:

- **No Travel** - timely access to high-quality services are delivered to you at home at a time that is convenient to you and your family.
- **No Stigma** - receive help in the comfort and privacy of your home
- **No Cost** - our programs are delivered to you and your family at no cost
- **Strong Relationships** - Children and adults alike, report having strong relationships with their Coaches

“The weekly group sessions helped me the most. It really made me feel as though I’m not alone and that I am able to not just see my own success but the success of others, which motivated me even more.”  
ICAN 19-year-old