

# Family Journey Map



## Intake Assessment

- Meet our team (physician, dietitian, mental health professional)
- Learn more about your child and family to help you build healthy living behaviours and support mental well-being



## Program Options

- 10-Week Group Program**
  - Attend engaging, educational weekly group sessions with mental health professional, dietitian, and exercise specialist
- Other Support Options**
  - Short-term individual support with our program team
  - Connection to other resources in the community

START



## Referral

- Referral from Doctor or Nurse Practitioner



## Family Feedback Meeting

- Identify family strengths
- Set goals for positive change in nutrition, physical activity, parenting, mental health, screen time, or sleep
- Work together to create a care plan that best supports your family



## Extra Support

### After program support could include:

- Family recreation membership
- Additional sessions with dietitian, mental health professional, and/or exercise specialist
- Cooking classes
- Referral to community resources

FINISH