Prevention Services — Community Based

Program Overview

Community Based Prevention offers a broad range of programs and activities open to all families in Peter Ballantyne Cree Nation communities and Prince Albert. Rather than waiting for families to reach a crisis point, this program meets people where they are — through parenting programs, drop-in supports, community events, workshops, and culturally grounded activities. The goal is to build healthy families and strong communities before problems develop or escalate.

Program Philosophy

Prevention is more powerful than intervention. PBCFS believes that communities are healthiest when all families have access to knowledge, support, and connection — not just those who have come to the attention of child welfare. Community Based Prevention is rooted in the strengths of PBCN communities and the wisdom of Cree culture. Elders, knowledge holders, parents, and community members are partners in everything the program does. The door is open to everyone.

Program Goals

- Reduce the risk of family breakdown by offering early and accessible support to all families.
- Build parenting knowledge, confidence, and skills across the community.
- Strengthen community connections and reduce isolation among families.
- Promote Cree cultural identity, language, and traditional practices as foundations of child and family wellbeing.
- Provide safe, welcoming spaces and activities where families can connect with each other and with their culture.
- Reduce the number of children coming into care by supporting families before crisis occurs.

Operational Information

Population Served	Open to all families, children, youth, and community members in Peter Ballantyne Cree Nation communities and Prince Albert. No referral, open file, or eligibility requirement is needed to participate.
Settings	Community halls, schools, PBCFS offices, outdoor and land-based settings, cultural gathering spaces, and other accessible community locations across all PBCN reserves and in Prince Albert.
Hours of Service	Specific programs and activities are scheduled based on community need and participation; some activities (e.g., cultural camps, community events) operate outside standard business hours.
Days of Service	Programs and activities are offered throughout the year, including evenings and weekends as appropriate.
Frequency of Service	Varies by program and activity. Some supports (e.g., drop-in programs) are available on a walk-in basis. Others (e.g., parenting groups, workshops) follow a scheduled series. Families may access services as often as they choose.
Payers / Funding	Indigenous Services Canada (ISC).
Fees	No fees. All programs and activities are free of charge.
Referral Sources	No referral required. Community members may self-refer or be encouraged to participate by family, friends, teachers, health workers, or CFS staff. CFS staff may also recommend participation as part of a case plan.

Services Offered

Parenting Programs

Structured parenting education and support programs are offered in community settings. These cover topics such as child development, positive discipline, building routines, understanding trauma, and responding to children's emotional needs. Programs are adapted to reflect Cree values and family structures.

Provided directly by PBCFS Prevention staff, with Elder involvement where appropriate.

Drop-In and Family Support

Drop-in spaces provide families with a safe, welcoming environment to connect with a support worker, access information, and meet other families. No appointment or referral is needed. Workers offer informal guidance, resource navigation, and community connection.

Provided directly by PBCFS Prevention staff.

Community Events and Activities

PBCFS organizes and participates in community events that bring families together, celebrate Cree culture, and promote wellbeing. This includes seasonal gatherings, cultural celebrations, and community awareness activities.

Provided directly, with community and Elder partnerships.

Workshops and Group Programming

Short-term workshops are offered on topics relevant to family and community wellbeing, including life skills, healthy relationships, financial literacy, mental wellness, and cultural knowledge. Topics are developed in response to community interest and identified need.

Provided directly by PBCFS staff, with referral to specialized facilitators as needed.

Land-Based and Cultural Programming

PBCFS supports access to land-based and cultural activities as a core element of prevention. This includes harvesting, outdoor camps, Elder teachings, language activities, and ceremony. These programs reconnect families with Cree ways of knowing and living, which are recognized as essential to the health and resilience of children and families.

Provided directly in partnership with Elders, knowledge holders, and community members.

Service Modalities and Personnel

Primary Modality	Universal, community-based programming using group and individual formats. Strengths-based and culturally grounded.
Additional Modalities	Group facilitation; community development; land-based and experiential learning; Elder teachings; peer support.
Personnel	Community Prevention Workers and Family Support Workers (relevant human services training or education; community experience valued). Supervised by Prevention Program Supervisor (BSW/MSW or equivalent). Elders and cultural practitioners are engaged as integral contributors, not as supplementary.