



PARENT WELLNESS INITIATIVE

Parental Solutions

Parent Wellness Initiative

This initiative is a component of the Government of Manitoba's Rewarding Work Strategy.

What PWI participants have said...

"I liked the fact that PWI had solutions."

"When I needed information about school and childcare, I got a lot of it."

"I really like PWI. My worker treated me like a person. She wasn't just there to do a job."

"I feel a sense of hope and can look ahead to reaching my goals for the future."

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The Canadian Mental Health Association, a nation-wide charitable organization, promotes the **mental health of all** and supports the resilience and recovery of people experiencing mental illness.





Parenting on your own can be challenging. It is easy to get overwhelmed and it can be difficult to get a vision for your future.



FOCUS ON ACHIEVING GOALS

The working partnership we build with individuals focuses on achieving goals related to:

- Finding a place to live and making a home.
- Acquiring meaningful employment or education.
- Building positive relationships with others.
- Identifying meaningful activities.
- Being an effective parent.

WHAT PWI OFFERS

PWI helps people learn needed skills, find resources and access supports. These components play a large role in a person being able to achieve success in their goals. We offer:

- One-on-one guidance and support.
- Skills Coaches to work with the individual to build success in an area chosen by the person.
- Workshops focused on how to regain your life and plan for the future you want.



PARENT WELLNESS INITIATIVE

The Parent Wellness Initiative (PWI) is a service of the Canadian Mental Health Association, Manitoba and Winnipeg. This service works together with single parents (Mom or Dad) who:

- Are 18 years of age or older.
- Have at least one child under the age of six.
- Are enrolled in the single-parent category of Employment & Income Assistance.
- Live in the City of Winnipeg.

HOW IT WORKS

This service uses a step-by-step process to assist a parent to identify their strengths, make changes in their life and achieve success in their goals.

The process is flexible and based on the participant's perspective, traditions and culture.



WORKING TOGETHER

The partnership we build between the parent and the worker is based on mutual respect. Both sides have knowledge and ideas to contribute to the process.

The worker will assist people to meet their goals, whatever those may be.

"Individuals are involved in creating the kind of lives they want."

HOW TO GET STARTED

- Speak to an EIA worker.
- EIA worker completes and submits referral form.
- Meet with a CMHA Manitoba and Winnipeg Rehabilitation Worker to discuss needs and plan for service.

CMHA Manitoba and Winnipeg has chosen the daisy as a symbol of hope for mental wellness.

