

What We Do

Prevention & Healing programs support Cowessess children, youth, families, and individuals on their journey to living Miyo Pimatisowin, or the “Good Life.”

Each program offers tools, guidance, and support to strengthen family stability, promote healthy development, and address challenges before problems arise.

Get Started

Ready to start? Families can access prevention programs through their CRBCL service plan. If you do not require personalized support, you can register for workshops and program sessions without intake or assessment.

Contact us to learn more or register today!

1-855-712-2327 (BEAR)

contactus@redbearlodge.ca

www.redbearlodge.ca

Chief Red Bear
CHILDREN'S LODGE

Good Life



Prevention & Healing Programs

Supporting holistic wellness at every stage of life

Chief Red Bear
CHILDREN'S LODGE

Program Highlights

Programs are available both on and off reserve and delivered in person, in groups, through workshops, or one-on-one. If programs are not offered in your area, our staff will help to connect you to services available in your community

Miyomahcihowin (Good Health)

Balance all areas of wellness.

Find balance in spiritual, physical, emotional, and mental wellness with support for personal growth, healing, relationship building, and cultural connection.

Ayâwâwasowin (Pre/Post-Natal)

Create strong family foundations.

Learn about pregnancy, traditional birthing, early child development, and parenting strategies to create safe, strong family bonds.



Early Years (0-6 Years)

Navigate early child development

Access parenting guidance, early learning activities, and family bonding support to promote healthy child development and reduce behavioral challenges.

Children & Youth (12-18 years)

Build social and cultural connections

Engage in workshops and social activities designed to help youth build confidence, develop life skills, gain cultural identity, and make positive life choices.

Home Fire

Maintain a safe + stable home fire

Get support in finding and maintaining affordable housing, including help with searches, rental applications, emergency shelter connections, and workshops on home maintenance.

Support Team

Program facilitators share specialized knowledge and skills to guide participants.

Program Leaders plan and lead group activities, workshops, and one-on-one sessions

Cultural Helpers offer personal, spiritual, and cultural support.

Stay Updated

Discover more at www.redbearlodge.ca and connect with us on social media for the latest updates on CRBCL programs and services.

What We Do

The journey to adulthood can feel overwhelming, especially when you're facing tough situations or an unstable home environment.

You're not alone—we're here to walk alongside you and offer a helping hand in your transition to independence. With dedicated case management and caring mentorship, our youth support and post majority services will empower you to build confidence, learn essential life skills, and make informed choices for your future.

Together, we'll set goals and turn challenges into growth opportunities. Our team will help you access resources, while strengthening your connections to family, culture, and community.



Get Started

Ready to begin your journey? We are here to support Cowessess youth and young adults, whether you are a registered band member, eligible for registration, or currently living on reserve.

Our Growing Up Well team is ready to listen and work with you to create a plan that feels right for you.

Your journey matters! Contact us today to start on a path to something extraordinary!

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Growing Up Well

Young Adulthood Services

Helping young people to transition to healthy and fulfilling adult lives.

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Program Highlights

Post Majority Services provide support, mentorship, and financial assistance to young adults aged 18-26 who have been in care through child and family services.

Services focus on:

- Financial security
- Education
- Physical & mental health
- Cultural connection
- Healthy relationships
- Job readiness & career planning
- Life skills
- Crisis intervention
- Housing

Services are offered on and off reserve and can be delivered individually, in groups, or through workshops.

Under Construction

We're still working on our Young Adulthood program. Right now, we're offering post majority services, but we're working on expanding the program and adding prevention services for youth aged 16-17.

Follow our social media or visit redbearlodge.ca for the latest updates.

The Service Journey

Your voice leads the service journey, beginning with intake to understand your unique needs. We walk alongside you, offering advocacy, guidance, and support. Services continue until you reach the maximum age of the program.

INTAKE

tell us your story and identify your needs

SERVICE PLAN

determine your goals, actions, and supports

ACTION & SUPPORT

access services, workshops, and resources for positive change

FOLLOW UP

review progress regularly and adjust your plan as needed

Your participation is essential for reaching your goals and seeing real results. Remember, you are not alone—we've got your back every step of the way.

Culture & Connection

CRBCL services and events create a vibrant space for young people to unite and strengthen their bonds with family, culture, and community.

We'll connect you to resources that fit your needs—everything from educational opportunities and training to specialized support and cultural experiences. Our staff share valuable information and guide you through applications, ensuring you feel empowered and connected.

Support Team

Family Safety Liaisons coordinate planning, advocacy, and resources.

Youth Mentors offer guidance and personal support.

Program Leaders teach skills through individual sessions and workshops.

Cultural Helpers support to cultural and spiritual needs.

What We Do

We understand families in crisis are facing many challenges. When children are at risk of serious harm, it becomes crucial to step in and provide support.

Our culturally relevant advocacy prioritizes the best interests of the child while honouring the family's perspective. As we work towards gaining full authority over child and family wellbeing under the *Miyo Pimatisowin Act*, it is important to know that provincial agencies will continue to deliver intervention and protection services under provincial laws.

We are here to walk alongside you and your family, forging a path to safety, healing, and reunification, whenever possible. We offer support services, resources and guidance to help you navigate child and family service involvement, ensuring you feel empowered and informed every step of the way.



Contact Us

Do you need support in your journey?
We serve Cowessess children and families both on and off reserve if the child or parent/caregiver is a registered band member, eligible to be registered, or lives on reserve.

If you are involved or at risk of involvement with CFS, we are here to help.

Contact us to begin your healing journey today.

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Growing Up Well

Advocacy Services

Using Indigenous foundations of health and wellness to support families in crisis.

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Services

Advocacy services include:

- Strengths & needs assessment
- Safety & service planning
- Home visits
- Reunification support
- Crisis response
- Alternative care arrangements
- Parent/caregiver support
- Cultural connection & traditional healing
- Kinship/long-term placement support
- Advocacy
- Referrals to additional resources

What is Advocacy?

We collaborate with service providers to enhance support for families, speaking up for their inherent rights, cultural values, and family preferences.

Advocacy ensures services are holistic and may include:

- Collaborative case management prioritizing the child and family voice
- Guidance on legal rights and responsibilities
- Support for child reunification
- Needs-based services reflecting cultural and community needs
- Participation in provincial court cases related to child protection

The Service Journey

Your family's voice leads the service journey, beginning with intake to understand your unique needs and a customized safety plan to ensure safe and trusted alternative care if it becomes necessary. We walk alongside you, offering advocacy, guidance, and support. All support is voluntary, and services continue until reunification or following long-term placement.

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access services, workshops, and resources for positive change

FOLLOW UP

review progress regularly and adjust your plan as needed

Your participation is essential for reaching your goals and achieving the best outcomes for your family. Remember, you are not alone—we're here to support you every step of the way.

Healing & Reunification

The service plan emphasizes the importance of healing, reunification, and strengthening family bonds as part of the healing journey.

Your support team will help you connect to supports and resources that resonate with your path, including prevention programs, cultural support, community initiatives, and social assistance programs.

Support Team

Family Safety Liaisons coordinate planning, advocacy, and resources.

Mentors offer guidance and personal support.

Program Leaders teach skills through individual sessions and workshops.

Cultural Helpers support cultural and spiritual needs.

What We Do

CRBCL offers culturally integrated family preservation services to help Cowessess families strengthen their stability and wellness.

Our Good Life team provides individualized, needs-based support to address family challenges, protect child wellbeing, and build family bonds. Our goal is to empower families to overcome obstacles, maintain family unity, and live Miyo Pimatisowin—the “Good Life.”



Get Started

Ready to begin your journey? Family Preservation Services are available to Cowessess families, including expectant parents, grandparents, and other caregivers, as long as the child or parent/caregiver is a registered band member, eligible to be registered, or lives on reserve.

Contact us to begin your journey toward family wellness today!

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Good Life

Family Preservation Services

Helping families navigate challenges and build a strong foundation for the future.

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Program Highlights

We're here to support you in times of challenge, focusing on family strengths, healing, and connection. Services include:

- **Needs Assessment:** Understanding your family's unique needs.
- **Service Planning:** Set goals and create an action plan.
- **In-Home Support:** Assistance with parenting, budgeting, and life skills.
- **Post-Reunification Support**: Continued support after reunification.
- **Advocacy and Referrals:** Helping you access and connect to additional resources.

Emergency Support

In times of need, families can request emergency support for essentials like food, clothing, and shelter.

We will help ensure children's basic needs are met and offer support in improving your financial stability through budgeting and repayment plans.

Need Emergency Support?
Call: 1-855-712-2327 (BEAR)
Email: contactus@redbearlodge.ca

The Service Journey

Your family's voice leads the service journey, beginning with intake to understand your unique needs. We walk alongside you every step of the way, offering advocacy, guidance, and support. Services continue until support is no longer needed.

INTAKE

tell us your story and identify your needs

SERVICE PLAN

determine your goals, actions, and supports

ACTION & SUPPORT

access services, workshops, and resources for positive change

FOLLOW UP

review progress regularly and adjust your plan as needed

Your participation is essential for reaching your goals and seeing real results. Remember, you are not alone—we are here to support you in your journey.

Culture & Connection

CRBCL services and events are designed to strengthen ties to your kin, culture, and community.

We connect you to resources that will support your needs, including natural supports, cultural customs, traditional practices, community programs, social assistance, and compensation entitlements.

Support Team

Family Support Workers guide you through the service journey, offering ongoing support.

Program Leaders teach and support through workshops, one-on-one sessions, and more.

Cultural Helpers offer personal, spiritual, and cultural support.