

**OUR DESIRED PROGRAM AND
CLIENT OUTCOMES**

INCLUDE:

- Improved parenting capacity and strengthening of the parental and family relationship system
- Reintegration of youth into the family or identified community resource
- Improved stability & lowering of emotional reactivity in the family system

**IMPROVED FUNCTIONING FOR YOUTH IN
THE FOLLOWING AREAS:**

- School/Work Role performance
- Home role performance
- Community Role performance
- Behaviour Towards Others
 - Moods/Emotions
- Self-Harmful Behaviour
- Substance Use Scale
- Improved Thinking

**RESOURCES IN
NANAIMO
EMERGENCY NUMBERS**

Children's Help line.....310-1234
RCMP • Ambulance • Fire.....911
Crisis Line.....1-888-494-3888
Poison Control1-800-567-8911

NON-EMERGENCY NUMBERS

MCFD Child Protection	250-741-5444
Child & Youth Mental Health	250-741-5444
MCFD (Youth Team)	250-741-3600
Aboriginal Child, Family & Community Services (Protection)	250-741-5701
Aboriginal Child & Youth Mental Health	250-741-5734
Discovery Youth & Family Substance Use Services	250-739-5790
Walk In Crisis Counselling Clinic	
Brooks Landing	250-739-5710
Friendship Lelum Youth Safe House	250-753-8266
Haven House	250-756-2452
Harris House Health Clinic	250-753-6759
Kw'umut Lelum Child & Family Services	250-591-0933
NRGH (Hospital)	250-755-7691
Nanaimo Family Life	250-754-3331
Nanaimo Youth Services Assoc.	250-754-1989
Options for Sexual Health	250-753-9511
Parents Together	250-754-9661
Tillicum Lelum	250-753-6578
Youth Services & Probation	250-741-3600



"Helping families achieve their potential"

NARSF Programs Ltd.

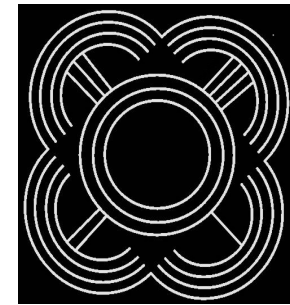
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**This Program is funded by The Ministry of
Children & Family Development**



**NARSF
PROGRAMS
LTD.**

"Learn, Laugh, Live"

**LIVING IN FAMILIES
WITH TEENS
(LIFT)**

#1B-170 Wallace Street
Nanaimo, BC V9R 5B1

Phone: (250) 754-9285 ext 104

Fax: (250) 754-1605

Email: admin@narsf.org

Website: www.narsf.org

Our Hours of Operation

Intake:

Monday to Friday

9:00 am to 5:00 pm

Welcome to LIFT

Living in Families with Teens

LIFT is a program for parents and youth who are experiencing difficulties within the family relationship system.

LIFT is a voluntary service and provides community based services that:

- 1) assists and supports parents in their role as caregivers with the goal of increasing parenting confidence and improving family communication
- 2) assists and supports youth in remaining connected with their family/caregiver system.

OUR SERVICES

- Duration: 3 month program providing counselling services for youth & their families
- Open community referral for youth 12-16 yrs old (for youth 17-18 yrs old, contact our Intake Worker for more information)
- Provides services in Lantzville, Nanaimo, Ladysmith & area
- Daytime and evening appointments available (Monday to Friday)

OUR STAFF INCLUDE:

- An **INTAKE WORKER** who will conduct an initial assessment and referral over the phone or in person.
- Two **YOUTH AND FAMILY COUNSELLORS** who are available to assist clients through a range of therapeutic interventions including individual, couple and family counselling.



OUR PHILOSOPHY

The LIFT Program is guided in its clinical operation by a family systems perspective. This theory allows for an understanding of presenting problems in the context of a multitude of factors that influence and shape family functioning from a multi-generational, multi-systemic perspective. The family is viewed as the primary influence in the development of a solid self. The maintenance of strong, connected family relationships is viewed as a major determinant in positive life outcomes.

OUR VALUES

- We aim for the highest level of integrity in our work with clients, colleagues, and community partners.
- We aim to provide services in an environment of respect that honors differences while promoting capacity, wellness and learning.
- We are a learning organization; feedback helps us learn how to do things better and makes us aware of our strengths.
- We stand by the services and relationships we forge with families, our co-workers and the community.
- Being accountable is key for effective and efficient service delivery.



**Please call our office at:
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For more information or email us at:
admin@narsf.org**