



Family Advocacy
Support Centre

CFS
System Navigation Toolkit
Helpful Tips For Case
Worker Interactions

www.familyadvocacysupportcentre.ca

It's important to have a strong network of people that can support you and your child(ren) while dealing with CFS.

Your supports should be:

- Individuals that have known you and your children for a period of time.
- Individuals that are healthy, stable, safe, and reliable.
- Individuals that are aware and understand the reasons for your CFS involvement.
- Individuals that can consistently participate in network support meetings or be part of your safety plan.

Make sure you:

- Provide your caseworker with a list of the names of your supports, contact information, and the ways they support you.
- Provide the names, contact information of the professionals you are working with, and how their programs are helping you to address CFS worries.

NOTES: Try to prioritize quality over quantity. It's better to have 2-3 reliable individuals in your network, than a large inconsistent group.

We know that asking your friends and family to be involved while dealing with CFS, can put a strain on personal relationships and these conversations require a lot of vulnerability.

Your support network may be asked to:

- Be part of your safety plan
- Provide supervision during visits with your child
- Provide feedback and information to your caseworker about your progress.
- Be available to help you if a crisis comes up
- Step in and take care of your child (ren) if you are unable to.

Examples:

- Who can you count on for childcare and parenting advice?
- Who can you lean on for emotional support or venting about challenges you may be going through?
- Who is good at taking notes and reviewing information with?
- Who can hold you accountable about attending meetings and programs, and your safety plan?
- Who can help out financially if you have an emergency?

**In case no one has
told you lately, we
are here to remind
you that you are an
amazing parent and
you are doing the
best you can. Never
forget that YOU
MATTER!**

