



**Child & Family Services  
(CFS)  
System Navigation  
Toolkit**

**The Importance Of  
A Fully Informed  
Support Network.**

[www.familyadvocacysupportcentre.ca](http://www.familyadvocacysupportcentre.ca)

**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!****

**NOTE:**

Our toolkits have been reviewed by volunteer lawyers and co-developed with input from parents who have lived experience with the child welfare system. The contents of this toolkit are meant to be informational only and do not contain any legal advice. If you have a legal problem, please consult a lawyer.

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.

**REMEMBER: PRIORITIZE QUALITY OVER QUANTITY. IT'S BETTER TO HAVE 2-3 RELIABLE INDIVIDUALS IN YOUR NETWORK, THAN A LARGE INCONSISTENT GROUP.**

We would like to thank **Alberta Law Foundation** for providing the funding to make this publication possible.

We know that asking your friends and family for help requires a lot of vulnerability, and can put a strain on those relationships.

### **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?

If you require legal advice or advocacy support, please email [info@familyadvocacysupportcentre.ca](mailto:info@familyadvocacysupportcentre.ca) and we would be happy to assist with a referral.