Brighter Days Family Grief Center is an unparalleled family-focused grief center serving Minnesota families since 2017. We provide free grief support resources, programs and services for youth, young adults and adults who are grieving the death or terminal diagnosis of a beloved family member.

Who are we? We are a team of professionals who believe deeply in comprehensive care for the entire family. We are the lifeline for so many who reach out to us in their time of anguish. We are the trusted partner of hospitals, hospices, schools, community foundations and other non-profits. Many of us are parents raising grieving children, too, and who have experienced the depth of helplessness of not knowing where to turn. Our reputation is built on personal experience, knowledge, dedication, and most of all compassion.

Overall, we hope to lessen the devastating impact that grief can have on a family as well as a community. By providing a compassionate space for people to gather, with access to crucial programs and services, we will work to help children, families and communities move forward together rather than apart.

Brighter Days Family Grief Center
15764 Venture Lane, Eden Prairie, MN 55344
www.brighterdaysgriefcenter.org
952-303-3873

canvas HEALTH

All Are Welcome Here!

Canvas Health Crisis, Mental Health, and Substance Use Services

Who are we?

For more than 50 years, Canvas Health has offered hope, healing, and recovery to people of all ages who are struggling with substance use and mental health issues. We are proud to serve our community's most vulnerable clients, including those with complex diagnoses.

How we serve the community.

Canvas Health's clinicians provide therapy and substance use treatment to people of **all ages**.
Call (651) 777-5222 to make a referral or appointment.

Canvas Health's mobile crisis response teams respond to mental health crises or emergencies with assessment, intervention and stabilization services provided primarily via telehealth, and in-person if necessary.

Through our school-based mental health program, our school-based mental health therapists work with students during the school day or after school. They help students manage their depression, anxiety, trauma, relationship issues, behavioral issues, and more. Through this program, our therapists become a part of the school community, working work collaboratively with others in the school, offering consultation services to school administrators, teachers, and other treatment providers.

Make a referral or appointment.

Call our intake coordinators at (651) 777-5222.
Email us at intake@canvashealth.org.
Visit CanvasHealth.org to request an appointment.
Most private insurance, Medicare, Medicaid, and Medical Assistance accepted. Sliding scale fees available.

Come work with us!

Canvas Health has multiple positions open for outpatient, crisis, and substance use clinicians, as well as the opportunity to be a part of amazing school communities through our school-based mental health programs. Check out all of our open positions at CanvasHealth.org/careers.

CanvasHealth.org

New: CPS Program Track

RESIDENTIAL SUBSTANCE USE DISORDER PROGRAM FOR MOTHERS INVOLVED WITH THE CHILD PROTECTION SYSTEM

what we offer

Faith-based residential treatment and recovery program that provides licensed treatment and co-occurring mental health services along with parenting skills development training for mothers who have active CPS cases.

SUPPORTIVE & STRUCTURED ENVIRONMENT

Our goal is to provide a supportive and structured environment for healing, self-discovery, and where moms can develop parenting and other life skills in support of developing a foundation for ongoing success.

- Person-centered approach - each mom has an individualized care plan specific to her distinctive circumstances and needs.
- Integrated care team includes a dedicated family manager, licensed alcohol and drug counselors, mental health practitioners, recovery coaches, peer recovery support specialists, chaplains, and a legal liaison.
- Length of stay and visitation for each mom aligned with the CPS plan.

PARENT-CHILD WORKSHOPS

While in our CPS program track, clients participate in 20 hours of skills training workshops each week and have additional time to reflect on and practice new skills.

- Parent-Child workshops are based on Attachment Theory, which stresses the importance of bonding, attunement, and attachment as the bases of creating safe, secure, and reliable parent-child relationships.
- Workshops cover a range of topics related to Addiction, Self-Awareness, Life Skills, Motherhood, Active Parenting, Monitoring Progress, and Creating a Community of support.
- Workshops are offered in a rotating curriculum format, so all clients are able to participate right away, regardless of their prior parenting experience, skills, or training.

how it works

1 ADMISSION SCREENING & INTAKE

- For pilot: Moms with 1-2 children, aged 0-6 years
- Chemical Health Assessment
- Mental Health Assessment
- Family Dynamics Assessment
- CPS Plan Review
- Non-smoking program

2 LICENSED TREATMENT & STABILIZATION

- 2-4 weeks based on need
- 30 hours of services each week
- Psychiatric medication services
- Individual and group counseling
- Co-occurring mental health
- With CPS:
  - Establish goals, timeline, individual case plan

3 RECOVERY & CPS TRACK

- 4-9 months, based on CPS plan
- 20 hours of services each week
- Faith-based recovery program
- Parent-child skills workshops
- Practical application of skills
- Visitation and passes, per CPS plan
- Transition planning
- Aftercare services

Adult & Teen Challenge Minnesota

To make a Referral to the CPS Program Track:

Please contact Lora Clem at Lora.Clem@mntc.org or 612-238-6553

Workshop Curriculum Overview

Clients in our CPS Program Track will participate in a series of workshops designed to build parenting skills toward reunification and long-term success.

Focus	Content & Skills Development	
GAIN INSIGHT INTO ADDICTION AND IDENTITY	• Identity • Addiction in the Family Unit (transgenerational view)	• Relationships • Guilt/Shame • Asking for Help
UNDERSTANDING YOURSELF: SELF-AWARENESS	• Strengths | Weaknesses • Personality Inventory • Asking for Help	• Identify Self-Talk • Create a Vision for Your Life
PARENT: LIFE SKILLS	• Identify Causes of Stress • Learn Positive Coping Skills • Communication • Boundaries • Healthy Habits • Healthy Relationships • Creating a Routine	• Practicing Hygiene (personal, bathing, laundry) • Organization • Budgeting • Cooking (Healthy Meals, Nutrition, On a Budget)
PARENT-CHILD: MOTHERHOOD	• Family of Origin • Philosophy of a Parent • Role as Mom	• Being a Parent • Qualities or Spirit of Parent
PARENT-CHILD: ACTIVE PARENTING	• Child Development • Age/Stage Development • Setting Limits • Structure • Building Resilience	• What is Attachment/ Attunement • Cultivating a Relationship • Temperament • Love • Communication
PRACTICING: APPLYING SKILLS AND MONITORING PROGRESS	• Tuning in (nurture, attachment, attunement) • Language (sounds, gestures, words, tone) • Schedules and Routines • Health & Wellness	• Positive Discipline • Play and Bond • Daily Family Time • Family Responsibilities • Supportive Network • Managing Stress
AFTERCARE PLANNING: VILLAGE - CREATING COMMUNITY	• Kinship Care • Mentors • Role Models • Church Support	• Fellowship • Asking for Help • Parenting Community Resources • Aftercare Resources

Adult & Teen Challenge Minnesota

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Please contact Lora Clem at Lora.Clem@mntc.org or 612-238-6553

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Mike Beltowsky
mike@gatewaydetoxmn.com
651-587-7549

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(IOP)

Kara Frahm
kara@eliterecoverymn.com
612-500-6117

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John Sykes
john@recoveryacademymn.com
651-587-8029

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Revised 3-2021

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canvas HEALTH

SUICIDE PREVENTION OUTREACH

Funded by the Minnesota Department of Human Services

Supporting Safety-Creating Hope

Serving 57 counties and the four Dakota Communities, the Canvas Health Suicide Prevention Program supports empowerment of communities to respond effectively to their members who may be at risk for suicide and to those experiencing a loss due to suicide.

To find the Regional Coordinator or Tribal Liaison in your area, or for more information:

Contact Stephanie Hamlin, MPH, program supervisor; shamlin@canvashealth.org; or visit CanvasHealth.org/suicideprevention

CRISIS TEXT LINE

Text MN to 741741.
Free support at your fingertips, 24/7

SERVICES OFFERED BY REGIONAL COORDINATORS & TRIBAL LIAISON:

- **Question, Persuade, Refer (QPR Training)** for civic/community organizations, school employees and volunteers, and other interested groups (18+).
- Research- and evidence-based culturally responsive presentations.
- Collaboration with community-based suicide prevention efforts.
- Education on how to access the Crisis Text Line by texting MN to 741741.
- Virtual or in-person suicide prevention school presentations for students in grades 7-12.