

Families Moving Forward »

A Multi-Day Intervention for Separated Families
When Children Resist Contact with a Parent

What You Need to Bring	✓
<p>Food:</p> <p>The suite comes equipped with a full kitchen, pots, pans, dishes, glasses, etc. There is a dishwasher with dishwasher detergent provided. You may wish to bring a small dish sponge, liquid dish soap, paper towel, napkins, and plastic wrap, tin foil and/or plastic bags for storage of foods.</p> <p>Meals are usually eaten in the suite though sometimes we do take-out or a meal may be eaten in the resort village. We suggest you visit the Westin Trillium House, Blue Mountain website –westinbluemountain.com to see the available eateries (and many activities) available on the resort.</p> <p>In-suite meals should be what you and your child(ren) like to eat and be simple to prepare. You may wish to bring frozen food or meals pre-prepared at home. Prepare to bring enough food/groceries for the number of days you will be staying, unless indicated otherwise during intake and planning. There will also be 3 clinicians. More details and shopping lists per each parent will be discussed with the parents during the pre-intervention planning.</p> <p>Please advise if any family members have food allergies or dietary restrictions (as the clinicians will also bring some food).</p>	
<p>Breakfasts (x 3-days): eg., cereal, oatmeal, fruit, yogurt, muffins, eggs, bread, cheese, jam, peanut butter, coffee, tea, juice, etc.</p>	
<p>Lunches (x 3-days): eg., sandwiches (cold cuts, tuna, egg salad), pasta, frozen pizza, veggies, salads, chicken fingers, etc.</p>	
<p>Dinners (x 2-days): eg., cooked rotisserie chicken, salads, pizza, pasta, chicken fingers, etc.</p>	
<p>Snacks & Drinks: eg., tea, coffee, juice, fruit, veggies, cookies, muffins, yogurt, granola bars, and any other snacks/drinks the child(ren) enjoy.</p>	

Families Moving **Forward** »

A Multi-Day Intervention for Separated Families
When Children Resist Contact with a Parent

What You Need to Bring	✓
<p>Family Photos:</p> <p>Each parent is asked to bring 15-25 photos family photos that reflect the lives of your child(ren) spanning their birth to present day. The photos should include all family members but do not need to have all family members in each photo. Other relatives can also be included. The photos may be colour or black/white and one copy per child.</p>	
<p>Games, Books and Toys:</p> <p>Board games, books, arts and crafts, card games, and/or toys you know the child(ren) enjoy (clinicians also bring activities and games). While we understand some children enjoy using electronic devices (e.g. tablets, iPads, iPods, cell phones), we do not permit use of these during the intervention. There will be 'down time' when child(ren) can use the devices, and otherwise they will be put away to ensure active participation and engagement in the program.</p>	
<p>Medications:</p> <p>Do your child(ren) take any medication? If so, please discuss with the intake clinician.</p>	