Our Mission

"To Empower parents to Build holistically healthy, strong families by Connecting to community resources."





We Rally Around Parents

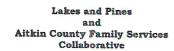
Lakes and Pines CAC, Inc.

1700 Maple Avenue East Mora, MN 55051

Phone: (320) 679-1800 or

1-800-832-6082 Fax: (320) 679-4139

www.lakesandpines.org





School Readiness can be a difficult time of transition for both the parent and the student.

WRAP staff will help support parents with children from ages 0 - 5 as they prepare to go off to school.

Everyone needs support! Let the Family Resource Specialist assist with this transition as your child enters the educational system.

"We rise by lifting others."

LET US HELP YOU WITH:

- Connecting to community resources;
- Coordination of getting your child school ready;
- Transportation to get to school appointments;
- ♣ Collaboration with classroom teachers and/or other staff;
- Providing age-appropriate
 supportive parenting techniques;
- Mindful self-care techniques;
- Fostering positive supports with family and friends;
- Focusing on healthy living habits to promote health and wellness;
- → Tailoring a future plan to encourage the parent to support the child in the educational system;
- Developing a person centered plan to address the stigma experienced by a parent who struggles when living with a mental illness.



"It is literally true
that you can
succeed best and
quickest by
helping others
to succeed."

~Napoleon Hill