

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.

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Lakes and Pines
and
Aitkin County Family Services
Collaborative



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