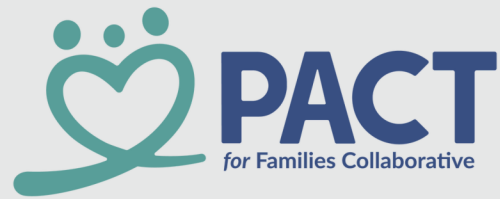


# REFERRAL INFORMATION

Scan the QR Code to make a referral to our Family Support Programs, and to other PACT Programs:



320.231.7030



[www.pactforfamilies.org](http://www.pactforfamilies.org)



[pactoffice@pactforfamilies.org](mailto:pactoffice@pactforfamilies.org)



2200 23rd St NE, Suite 2030  
Willmar, MN 56201

Scan QR Code for more information  
on PACT resources and programs.

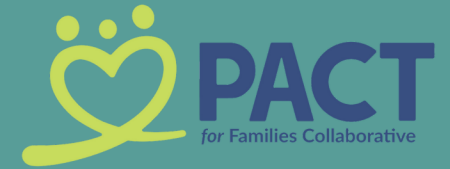


*It is the policy of PACT for Families to maintain an environment that is free from offensive conduct, harassment, and violence based on race, national origin, gender, religion, disability, age, marital status, status with regard to public assistance, sexual orientation or disability*



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# FAMILY SUPPORT SERVICES



# CONNECTING FAMILIES

**Connecting Families** is a Networking Support Group that provides opportunities for parents of children with special developmental, physical or mental health needs to gather for support.

Activities & support opportunities include:

- Sensory Friendly Movies
- Educational Workshops
- Monthly Support Group Meetings

The groups are led by caring facilitators with lived experience and groups are made up of parents and other voluntary members.



## WEIGHTED BLANKET PROGRAM:

Research supports the benefits of weighted blankets for children's well-being including:

- Improved total sleep time, sleep maintenance, and sleep disruption
- Relaxation and better sleep
- Reduced anxiety
- Improvements in symptoms of ADHD
- Calming a restless body
- Increased production of serotonin, helping them calm down naturally

PACT uses weighted blanket guidelines provided by an occupational therapist, and recommends having a doctor or therapist referral for use of a weighted blanket.

Weighted blanket recipients and parents are encouraged to explore additional PACT for Families programs and become part of our collaborative community. Join us in shaping the future of our programs and supporting each other on this journey towards improved well-being.

## FAMILY LIAISON SERVICES:

The **Family Liaison** program is a voluntary service designed to assist parents and caregivers facing various family stressors, including:

- Challenges related to children's mental health
- Parenting Difficulties
- Financial Struggles
- Issues related to chemical usage

Our dedicated family liaisons engage with parents to hear their questions and concerns, collaborating with them to formulate a tailored plan to address the unique needs of their family. The overarching objective is to empower parents and caregivers, enabling them to make informed and positive decisions crucial for the well-being of their child.

## WRAPAROUND SERVICES:

**Wraparound** is a family-driven support process for those facing mental health challenges or complex needs. It's a strength-based, team-oriented approach where formal (paid service providers) and informal supports (friends or family) collaboratively plan, implement, and monitor goals identified by the family.

**OUR FAMILY SUPPORT SERVICES OFFER PERSONALIZED GUIDANCE, WRAPAROUND SUPPORT, & MONTHLY ACTIVITIES FOR FAMILIES TO CONNECT AND SHARE EXPERIENCES.**