

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 to you. 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 children 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 intake.</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)</p> <p>Options can include: cereal, oatmeal, fruit, yogurt, muffins, eggs, bread, cheese, jams, peanut butter, coffee, tea, juice, etc.</p> | |
| <p>Lunches (x 3-days)</p> <p>Items can include: cold cut sandwiches, tuna, pasta, frozen pizza, veggies, salads, chicken fingers, etc.</p> | |
| <p>Dinners (x 2-days)</p> <p>Options can include: cooked rotisserie chicken, salads, pizza/pasta, chicken tenders etc.</p> | |
| <p>Snacks & Drinks</p> <p>Items can include: tea, coffee, juice, fruit, veggies, cookies, muffins, yogurt, and any other snacks/drinks the children enjoy.</p> | |

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| <p>Family Photos: Each parent is asked to bring 15-25 photos family photos—2 copies of each photo—that reflect the lives of your children spanning their birth to present day. They can be colour copied. 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.</p> | |
| <p>Games, Books and Toys: Games, books, arts and crafts, and/or toys you know the children enjoy (we also bring activities and games). While we understand some kids enjoy the use of electronic devices (e.g. Tablets, iPads, iPods, cell phones). There will be 'down time' when children can use the devices, and otherwise they will be put away to ensure active participation and engagement in the program.</p> | |
| <p>Medications: Do the children take any medication? If so, please discuss with the intake clinician during your intake meeting.</p> | |