

SNAP BENEFITS

What if we told you that SNAP can actually “reset” a child’s brain in just 13 weeks?

Some of the benefits include:

- ✓ Decreased antisocial behavior, rule breaking, depression, anxiety and police contact
- ✓ Improved success at school, including a decrease in disciplinary issues

WHO SHOULD ATTEND?

- ▶ Children who are physically aggressive
- ▶ Lack self-control & problem-solving skills
- ▶ Bullying others
- ▶ Withdrawn
- ▶ Inattention
- ▶ Sad or depressed
- ▶ Irritability
- ▶ Stealing

TESTOMONIALS

SNAP boy: “Now I can use my SNAP skills to make friends!”

SNAP parent: “The information was great and I feel more confident in my ability to advocate for my child at school”



This program
is funded by:
Ontario

SNAP PARENTING GROUP

The parent group meets concurrently with the SNAP Boys/Girls groups. Through role-plays, home practice assignments and joint family sessions, both children and parents learn how to deal with difficult situations.



SNAP IS FREE!

Individual Child Counselling

We provide children with individual support to enhance the skills learned in the SNAP groups and continue work on goal attainment.

School Advocacy /Teacher Support

Clinical staff help families ensure that their children receive the help and support needed at school.

SNAP Parenting / Family Counselling

Ongoing, outcome-oriented counselling related to implementing SNAP strategies and individual issues are offered to parents and families.

SNAP Crisis Intervention

Available to assist families involved with SNAP and deal with challenging situations as they arise, and /or refer them to appropriate services

Long Term Connections

Families may continue to be involved in program components as long as there is a need and interest. Youth leadership programs and extended parent counselling are available for youth.

SOMALI CENTRE
for Family Services



LE CENTRE SOMALIEN
pour les services à la famille

SOMALI CENTRE FOR FAMILY SERVICES

SNAP is an evidence based cognitive Behavioural model that provides a framework for teaching children struggling with behaviour issues, and their parents, effective emotional regulation, self-control and problem solving skills.



SNAP® is culturally informed and is provided by professionals from the same community.

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WHAT'S SNAP?

SNAP is an award-winning, evidence-based gender sensitive program that is developed by **Child Development Institute**, an **accredited** children's mental health organization in Toronto, Ontario. Operating since 1985 as an intervention program for boys under 12 yrs in conflict with the law, the program has grown and evolved into an internationally recognized model for teaching children and their parents effective emotion-regulation, self-control, and problem solving.

SNAP GOALS

To help children and youth make better choices "in the moment"



Keep Children & Youth

In school, out of trouble and making better choices



Teach Through Gender & Culturally

Responsive programming for Black Canadian children of African descent.



Engage with Parents

To improve parent-child relationships and emotional states.

SNAP CONTINUED CARE



Interested families may continue to be involved in program components as long as there is a need and interest. Parents and youth may participate as Peer or parent mentors.



Cognitive :
Control



Less :
Violence



Self :
Confidence

SNAP is a **registered** trademark owned by Child Development Institute, Toronto, and is used under license by Somali Centre for Family Services. This program was funded by:



SOMALI CENTRE FOR FAMILY SERVICES

WHAT WE DO

SCFS has been serving the **Ottawa Community** since **1991**. Staff members assist Refugees and Newcomers in settlement and integration services. Programs and services are delivered to respond to the need of Youth, Seniors, and persons with disabilities. Our services are informative and culturally sensitive.



YOUTH PROGRAMS:

SCFS offers recreational youth programs such as Basketball for Boys and Girls, SCFS House League, March Break, Overnight, and Summer Day Camps.



SETTLEMENT PROGRAMS:

SCFS offers Settlement and Adaption programs that assist newcomers to improve their quality of life through development of positive attitudes and social skills.



SENIOR PROGRAMS:

SCFS offers opportunities for seniors to come out and join programs where they can make friends and have fun with other seniors, while raising awareness about topics that concern them.

