

# Fast Track to Learning and Interaction for Parents (FLIP)

FLIP is a 12-week play-based program for refugee families who have recently arrived in Canada and have children between 3 to 10 years of age. FLIP supports refugee families staying in hotels or other temporary accommodations as they await more permanent accommodation. FLIP is a dynamic, light-touch program focused on rebuilding trust and familial bonds while supporting mental health and well-being at the family level during extremely uncertain times. FLIP is available in English, French, Pashto, Dari, and Ukrainian.



## Peer-Based Delivery

FLIP uses a peer-based delivery mechanism. An animator/facilitator drops off program materials weekly through a short doorstep visit. The animator/facilitator can also provide clients with information and referrals to essential services.



## Deepening Bonds

The program focuses on deepening parent-child bonds, supporting healthy early childhood development, and restoring a sense of parental agency. Restoring parental agency is crucial in building parents' self-confidence and self-esteem, as it supports the integration and settlement process.

FLIP engages parents and children with easy-to-follow activities to stimulate children's creativity and reading habits, and encourages physical activity through quality playtime between parents and their children. After participation in FLIP, parents can move into SMART, HIPPIY, or other settlement/early-year programs.



## Program Outcomes

- Stronger families through deepened parent-child and family bonds
- Reduced vulnerability and isolation of FLIP families through interaction with the animator/facilitator, and increased awareness, access and uptake of essential services
- Increased probability of clients' continued engagement with settlement/early-year programs



## Participants Receive

- 12 weeks of free programming for integration and community building, and early childhood education
- 12 door-step visits (1/week)
- 48 activity cards (4/week)
- 4 books
- 4 toys



## FLIP Licensing Fee

- All partner sites will pay \$1250 annually for 2025-27, and \$1500 annually for 2028-29.
- All sites also pay for access to ETO, our Performance Management System for each FLIP staff member, at the rate of \$100/year/user for 2025-27, and of \$120/year/user for 2028-29.

**Note:** Sites can run multiple cohorts of 12 weeks over the year. The number of cohorts is not capped. Partners do not need to pay ETO user fees for the staff they may be paying for through another MMC program.



## Contact

For more information about FLIP, please contact [info@mothersmatter.ca](mailto:info@mothersmatter.ca)