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## Web Resources

The **Aboriginal Parenting After Separation (APAS) Toolkit** has been developed to provide information for aboriginal community and justice workers to use while assisting their clients. Visit the website and click on APAS Toolkit to download the electronic version of the tools and the Guide to the APAS Toolkit.

<http://apasbc.ca/>

**First Nations Child & Family Caring Society of Canada** [www.fncfcs.com/](http://www.fncfcs.com/)

**First Peoples Child & Family Review**

A Journal on Innovation and Best Practices in Aboriginal Child Welfare Administration, Research, Policy and Practice  
<http://www.fncfcs.com/pubs/vol3num3toc.html>

**Indigenous Child Welfare Research Network** <http://web.uvic.ca/icwr>

**Child and Family Canada** [www.cfc-efc.ca](http://www.cfc-efc.ca)

Designed to help people in their relationships, in critical times and in day-to-day living. There are informational themes on Family Life and Parenting.

Some topics on the section on parenting include the following:

- Aboriginal Child Rearing Practises and Family Break-up
- Children and Self-esteem
- Children and the Stress of Parenting
- Children and Family Break-up
- Hints for Separated Parents
- Helpful Hints for Healthy Parenting
- Supportive Ideas for Raising Your Child in Separate Homes

**Justice Canada** [canada.justice.gc.ca](http://canada.justice.gc.ca)

This site has a number of information documents that may be useful  
The section on Child Support Guidelines has a wealth of information on the topic including a workbook for parents and 10 questions and answers.  
Information about child support guidelines can be found at [www.justice.gc.ca/en/ps/sup/](http://www.justice.gc.ca/en/ps/sup/). Information about spousal support can be found at [www.ag.gov.bc.ca/family-justice/law/spouse/index.htm](http://www.ag.gov.bc.ca/family-justice/law/spouse/index.htm).

**Families Change** [www.familieschange.ca](http://www.familieschange.ca)

**Legal Aid Website** [www.lss.bc.ca](http://www.lss.bc.ca).

Find the Legal Aid website for your province. This may include information about separation and divorce. Self-help booklets may be available online.

**Ministry of Attorney General**

**In BC:** [www.ag.gov.bc.ca/family\\_justice/index.htm](http://www.ag.gov.bc.ca/family_justice/index.htm)

You may be able to find information about family law and the alternatives to going to court in your province.

**Law Courts Education Society of B.C.** [www.lawcourtsed.ca](http://www.lawcourtsed.ca)

Online learning program regarding relationship violence and the options available when dealing with dating or family violence.

**Canadian Mental Health Association** [www.cmha.ca](http://www.cmha.ca)

Information pamphlets on a variety of topics including the following:

- Separation and Divorce
- Children and Family Break-up
- Children and Their Fears
- Children and Self-esteem
- Children and the Stress of Parenting

**Health Canada** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Health Canada has information and publications on healthy living and family violence.

**Kids Help Phone Website** [www.kidshelpphone.ca](http://www.kidshelpphone.ca)