

Who We Are

Strongest Families Institute is an award-winning charity providing skill-based educational programs to children, youth, adults and families seeking help to improve mental health and well-being. We provide timely care to families by equipping them with skills through our unique distance coaching approach—over the phone, the internet or via app in the privacy and comfort of their homes. Our goal is to be here when you need us, free of barriers.

President, CEO Co-Founder







Dr. Patricia Lingley-Pottie

Contact Us

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Programs to improve mental health and well-being for children, youth, adults and families—when and where they need it.



How We Can Help

Mental health issues can affect school, work performance, friend and family relationships, as well as other aspects of daily life. **Strongest Families can help.** We equip children, youth, adults and families with the skills needed to improve mental health and well-being.

“Amazing! It’s really easy to do and it’s not complicated. It helped me have a better connection with my daughter.”

Parent of a 4-year-old

We know that reaching out for help is not always easy, that is why we are here to support you each step of the way. Our compassionate team will help guide you as we work to customize programming based on your needs.

Our Programs

Our free, bilingual, telephone-based programs are designed to support clients from three years of age into adulthood. Programs help children, youth, and caregivers with anxiety and behavioural difficulties, while our adult program focuses on anxiety and depression. Choose your delivery method (group-based or one-on-one coaching) and how you would like your materials (handbook, online or app). Our Coaches are competency trained to understand personal and cultural sensitivities such as Military, LGBTQ2S+, Indigenous, and people living with physical impairments or neurodevelopmental disorders.

Our effective and clinically proven programs include support for:

Children/Youth:

- **Behaviour Challenges (ages 3-12)**
- **Behaviour Challenges Neurodiverse (ages 3-14)**
- **Anxiety or excessive worry (ages 6-17)**
- **Nighttime bedwetting (ages 5-12)**

Adults:

- **Anxiety & Depression (ages 18+)**

Removing Barriers to Care

Our distance telephone coaching approach is effective and offers several benefits to our clients:

- **No Travel** - timely access to high-quality services are delivered to you at home and at a time that is convenient to you and your family.
- **No Stigma.**
- **No Judgement.**
- **No Cost.**

“The weekly group sessions helped me the most. It really made me feel as though I’m not alone and that I am able to not just see my own success but the success of others, which motivated me even more.”