

Theory of Change for Multi-service Programs Reaching Pregnant and/or Parenting Women at Risk

By employing these approaches...

Relational

Women
centred

Trauma-
informed

Culturally-
grounded

Harm
reduction

Kindness;
compassion

Interdisciplinary;
developmental
lens

And by undertaking these activities...



Food/
nutrition



Basic needs



Housing
support



Child welfare
support



Substance
use services



Trauma and
violence support



Women's
health services



Prenatal/postnatal



Children's
health services



Parenting



Cultural
programming



Peer
connection

...These outcomes will occur

- **Mother-child connection**
- **Women keep/regain child(ren)**
- **Reduced substance use**
- **Safe housing;** reduced partner violence
- **Improved wellness,** self-esteem, self-confidence
- **Healthy pregnancy & baby/child**
- **Reduced isolation;** increased support
- **Connection to culture**
- **Improved nutrition**
- **Basic needs support**
- **Connection** to health & community resources
- **Knowledge re: parenting & child development**