



**MOI, MES SOULIERS
(ME, MY SHOES)**



Interventions tailored to meet the needs of families

The *Moi, mes souliers* program offers tailored support to mothers and children living with a disability, an adjustment disorder, or who are exhibiting signs suggesting special needs. Whether intellectual, physical, language-related, or mental health-related, these challenges can significantly impact families' daily lives.

Through personalized support tailored to each family's needs and provided via regular meetings, the specialized educator helps develop and monitor the individualized intervention plans for participants and their children. She also offers practical tools designed to boost parental confidence and support mothers in developing practices that foster their children's well-being and development. The intervention team also adapts its individual follow-ups to the specific circumstances and needs of each participant.

In collaboration with various community partners and the CPE du Carrefour, she helps foster the optimal development of children while supporting mothers in establishing lasting points of reference for themselves and their families.

Through this program, *Mères avec pouvoir* addresses a variety of needs, notably by purchasing adapted equipment, providing referrals to specialized resources, and offering respite opportunities to mothers who feel the need for them.

This program was made possible thanks to the invaluable support of: [La Fondation Mirella & Lino Saputo](#) 

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