



# Family Therapy Services

## Family Counselling

**We provide relational therapy for families and parents or caregivers with children under 18 who are experiencing issues such as: couple conflict, trauma, parenting difficulties, children's school and/or social problems.**

### Reaching Out

A program that provides parenting support for families of children who experience emotional or behavioral difficulties in Child Care settings. Provides consultation and training to Child Care Centre-staff.

### Theraplay

An attachment therapy based on five essential qualities: structure, challenge, engagement, nurture, and playfulness.

### Families Affected by Sexual Assault & The Sexual Behaviour Problem Program

The Families Affected by Sexual Assault Program (FASA) provides therapy to families when a child under age 18 has been sexually assaulted by someone other than a parent/caregiver or sibling.

The Sexual Behaviour Problem [SBP] Program provides therapy to families with children under 12 who are showing signs of inappropriate sexual behaviour towards another person or themselves.

If you have a family who is interested in our services, a referral can be made by having the parent contact FASA directly at: **(204) 786-7051, EXT 5262.**

## Parent Groups

### Triple P Parenting

An 8-week positive parenting program that provides parents with a toolbox of ideas and strategies to help make family life much more enjoyable.

### Pathways

An 8-week parenting program that follows the Triple P Parenting Program. Parents explore how expectations, assumptions and beliefs about the causes of children's misbehaviour influences their parenting.

### Circle of Security

An 8-week program for parents of children of all ages who are interested in understanding their child's behaviours & needs, and their own responses to those behaviours.

### Making Sense of your Pre-Teen

An 8-week attachment-based program for parents and foster parents of pre-teens (ages 8-12), with a focus on developing an understanding of the changing relationship as they grow.

### Making Sense of Teens

A 6-week program offering parents a deeper understanding of their teenager and the changes they are going through. Helps parents "crack the code" on their teen's oftentimes confusing behaviour and guide them into establishing a relationship that cultivates respect, closeness and connection.

### Good Visit Workshop

A half day workshop that focuses on preparing to have a good visit when your child is in care, enhancing the connection between parents and children. Workshop based on Attachment Theory and Theraplay activities.

**For the current group schedule, please see Page 2.**

**For more information or to register for a group contact the Intake Worker at  
(204) 786-7051 EXT 5212.**

**We are located on the 3rd Floor at 717 Portage Ave.**



# Family Therapy Services

*Family Therapy Services offers a variety of groups to support families in various stages of their journey as parents. Child-minding is available for most groups, as needed.*

## Upcoming Parent Groups Spring Schedule 2020

### Circle Of Security Parenting

- ◆ Pre-group meetings will be scheduled on an individual basis.
  - ⇒ 8 weeks, Wednesdays, April 15th to June 10th, from 6.00—8.00 p.m.  
Child Care provided for children 5 and under.

### Triple P Parenting

- ⇒ 8 weeks, Wednesdays, April 8th to May 27th, from 1.00—3.00 p.m.

### Making Sense of Teens

- ◆ Pre-group meetings will be scheduled on an individual basis.
  - ⇒ 6 weeks, Mondays, April 27th to June 1st.  
(except Tuesday May 19th in place of Victoria Day)

### How to Have a Good Visit When Your Children Are in Care (workshop)

- ◆ Date: TBD

*\* Please note - groups are offered according to level of interest, and are therefore subject to change.*



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