



The Parenting Centre

Family therapy and parenting groups for families who have children (under 12) around family stress and parenting issues.

Reaching Out

Parenting support for families of children who experience emotional or behavioral difficulties in Child Care settings. Providing consultation and training to Child Care Center staff.

Individual and Family Counselling

We provide relational therapy for families who are experiencing significant difficulties in a variety of issues that might have a negative effect on family life such as: couple conflict, trauma, parenting difficulties, children's school and/or social problems.

Theraplay

Theraplay is an attachment therapy based on five essential qualities: structure, challenge, engagement, nurture, and playfulness. These qualities mirror early parent-child relationships and are adapted to suit a child of any age. The goal of Theraplay is to enhance the child's attachment, self-esteem, trust in others, and joyful engagement.

Good Visit Workshop

The workshop focuses on preparing to have a good visit when your child is in care, enhancing the connection between parents and children, and creating meaningful time together. The workshop is based on Attachment Theory and Theraplay activities.



For more information or to register contact the Parenting Centre Intake Worker, Samantha Suche at 204-786-7051 EXT 5212

***We can be found on the 3rd Floor of 717 Portage Avenue**

Parent Groups:

The Parenting Centre 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.

Circle of Security Group

An 8-week course for parents of children of all ages who are interested in understanding their child's behaviours & needs and in understanding their responses to those behaviours. We meet for 2 hours each week.

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, stepping into our child's shoes, and learning new ways to act and react.

Triple P Parenting

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

Pathways

This program is for parents who have completed a Triple P program and would like further personal support to improve or maintain positive parenting skills.



The Parenting Centre

Schedule for upcoming parent groups.

Winter 2019

8 week **Triple P Parenting**

- ◆ Tuesdays, January 8th to February 26th from 1:00—3:00 p.m.
- ◆ Child Care provided for children 5 and under.

8 week (**Triple P**) Pathways

- ◆ Wednesdays, January 9th to February 27th, from 1:30—3:30 p.m.
- ◆ Child Care provided for children 5 and under.
- ◆ Pre-requisite: Triple P parenting group.

8 week **Circle Of Security Parenting**

- ◆ Wednesdays, January 23rd to March 20th, from 6:00—8:00 p.m.
- ◆ Pre-group meetings will be scheduled on an individual basis.

Please note: Additional Circle of Security groups may be scheduled depending on demand.

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