



# 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

The Reaching Out Program Supports licensed child care centers by training Early Childhood Educators (ECE's) and Child Care Assistants (CCA's) who are interested in understanding the behaviors and needs of the children in their Centers, and their own responses to those behaviors.

### Theraplay

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

### Families Affected by Sexual Assault & The Sexual Behavior 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 Behavior Problem [SBP] Program provides therapy to families with children under 12 who are showing signs of inappropriate sexual behavior 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 2560.**

## 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 misbehavior 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 behaviors & needs, and their own responses to those behaviors.

### 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 behavior and guide them into establishing a relationship that cultivates respect, closeness and connection.

### Making Sense of Trauma: Practical Tools for Responding to Children and Youth

The 2hr and 20 min. free Webinar is based on the full day workshop Making Sense of Trauma: Practical Tools for Responding to Children and Youth. You will learn how to use a trauma-informed perspective to better understand the relational, neurobiological and developmental impact of trauma on children and youth. To register, visit [www.makingsenseoftrauma.ca](http://www.makingsenseoftrauma.ca)

### 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 (204) 786-7051 EXT 2560.**

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

500-717 Portage Avenue, Winnipeg, MB, Canada R3G 0M8 T: 204.786.7051 F: 204.774.6468 TTY: 204. 774.8541



# Family Therapy Services

*Family Therapy Services offers a variety of groups to support families in various stages of their journey as parents.*

*Please note - groups are offered according to level of interest, and are therefore subject to change. Other groups may be offered depending on resources, demand and the safety protocol requirements for COVID-19.*

## Upcoming Parent Programs Spring Schedule 2022

### Triple P Parenting

Wednesdays 1:00 PM - 3:00 PM (8 weeks) April 13th 2022 – May 2nd 2022; *in-person*

### Circle Of Security Parenting

**COSP** - Wednesdays 6:00 PM - 8:00 PM (8 weeks) April 20th 2022—June 8th 2022 (meet and greets April 6th & April 13th); *in-person*

**COS-FCP (for Foster Care Providers)** - Thursdays 10:00 AM - 12:00 PM (8 weeks) April 7th 2022—May 26th 2022 (meet and greets March 24th); *virtual*

### Making Sense of Teens

Tuesdays 6:00 PM - 8:00 PM (8 weeks) May 3rd 2022—June 7th 2022 (*meet and greets April 19th & April 26th*); *in-person or virtual depending on the needs of the group*

### Pathways

*Not provided at this time*

### How to Have a Good Visit

*Not provided at this time*

We now offer a Drop-In Phone/Virtual Counselling service where parents, foster parents and caregivers are able to call on Thursdays between 8:30AM-4:30PM and be connected with one of our counsellors/clinicians who will be staffing these lines for a counselling session. For more information please contact [Family.Therapy@newdirections.mb.ca](mailto:Family.Therapy@newdirections.mb.ca).

