

NEW DIRECTIONS

FOR CHILDREN, YOUTH, ADULTS & FAMILIES

To begin a referral for these services, please contact

Family Therapy Services
3rd Floor Reception

**New Directions for Children,
Youth, Adults & Families**



500-717 Portage Avenue
Winnipeg, Manitoba R3G 0M8

204.786.7051 ext 2560

family.therapy@newdirections.mb.ca

Charitable Registration #
13053 1114 RR0001



Mission

To provide responsive and individualized services that foster the hopes and dreams of people and their communities.



Vision

A community where all people have well-being, are honoured and can dream.



Values

Integrity in all that we do

Honour the strengths of people and community

Holism emotional, spiritual, physical and intellectual, environmental and cultural

Respect for all people

500-717 Portage Ave.
Winnipeg Manitoba, Canada,
R3G 0M8

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www.newdirections.mb.ca

Family Therapy Services



NEW DIRECTIONS
FOR CHILDREN, YOUTH, ADULTS & FAMILIES



FAMILY THERAPY SERVICES provides supports to families with children under the age of 18 through therapy, drop-in phone counselling, groups, and training. We address issues such as: couple conflict, trauma, parenting difficulties, as well as children's school and/or social problems. We work relationally to foster the well-being of families and the communities they live in. **Please note that access to drop-in counselling are for families on the waitlist.**

OUR SERVICES also include our FASA (Families affected by Sexual Assault) and SBP (Sexual Behaviour Program) supports. See our separate brochure for more details on these programs.

OUR PARENT GROUPS include programs such as Circle of Security, Triple P (Positive Parenting Program), Making sense of Pre-Teens, Making sense of Trauma, and How to Have a Good Visit. See our Parent Program Brochure for more information.

Parent support services are free of charge.

REFERRAL PROCESS

REFERRAL Call the reception line provided, and request registration for either Family Therapy, FASA or Parent Programs/Groups. You will be forwarded to our Intake Administrator, who will help with filling out the referral and answering any general questions about our services. **A referral can be completed over the phone, by email, or in person.**

INTAKE Our Intake Coordinator will then reach out via phone or email to schedule an intake session. **Once attended, you will be placed on the waitlist, and be able to access the drop-in phone counselling to ease the wait time.** Contact the Intake Admin or Coordinator for more information on current waitlist times.

SESSIONS Once a clinician becomes available, the next parent/caregiver from the waitlist will be contacted for services. **Consent forms and service agreements will be signed, and treatment may begin.**

SERVICE DURATION Our services are geared towards meeting your needs with flexibility. **Service can range from a one-time drop-in phone session to up to 50 sessions or 2 years of service.**

Family Therapy Services (FTS)

Accessible

-

Attachment

-

Family Systems

-

Relational

-

Therapy

-

Adults

-

Youth

-

Children