



# 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.

### The CARE 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 5212.**

## Parent Groups

### Triple P Parenting

A 5-week positive parenting program that provides parents with a toolbox of ideas and strategies to help make family life much more enjoyable.

### Pathways

A 6-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 Pre-Teens/Teens

Two 6-week programs 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 and enhancing the connection between parents and children. This workshop is 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 5212.**

**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 Groups Fall/Winter/Spring Schedule 2023-2024

### Triple P Parenting

**Dates offered: Wednesday Afternoons 1PM-3PM (5 weeks) In Person**

*October 4th 2023 - November 1st 2023*

### Pathways

**Dates offered: Wednesday Afternoons 1PM-3PM (6 weeks) In Person**

*January 10th 2024 - February 14th 2024*

**COS-R** - If there is sufficient interest, participants who have completed both Triple P and Pathways may be considered to attend our Circle of Security - Reunification group.

-

### Circle Of Security Parenting

**Dates offered: Wednesday Evenings 6PM-8PM (8 Weeks) In Person**

*October 4th 2023 - November 22nd 2023*

*January 31st 2024 - March 20th 2024*

*April 17th 2024 - June 5th 2024*

**COS-FCP** - If interested in a specialized Circle of Security group for Foster Care Providers please call ext. 5212. A group may be scheduled if there is sufficient interest.

-

### Making Sense of Pre-Teens

**Dates offered: Tuesday Evenings 6PM-8PM (6 weeks) In Person**

*October 24th 2023 - November 28th 2023*

*February 6th 2024 - March 12th 2024*

### Making Sense of Teens

**Dates offered: Tuesday Evenings 6PM-8PM (6 weeks) In Person**

*April 16th 2024 - May 21st 2024*

-

### How to Have a Good Visit

**Dates offered: 1/2 Day Workshops 1PM-3PM In Person**

*November 9th 2023 / February 22nd 2024 / May 16th 2024*



We now offer a **Drop-In** counselling service where parents, foster parents, and caregivers are able to connect with a professional counsellor candidate for a 1-hour session. Participants must be enrolled on our waitlist to access these drop-in sessions. For more information please contact [family.therapy@newdirections.mb.ca](mailto:family.therapy@newdirections.mb.ca) or call **204 786-7051 ext. 5212**