



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 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 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 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

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. In-Person Groups may be offered virtually depending on safety protocol requirements for COVID-19, resources, and demand.

Upcoming Parent Groups Fall Schedule 2021

Triple P Parenting

8 weeks (In-person) Wednesdays 1pm—3pm, September 15th—November 3rd

Pathways

8 weeks (In-person) Wednesdays, November 17th—December 15th and January 5th—January 19th from 1pm—3pm

Circle Of Security Parenting (COS-P)

8 weeks (In-person) Wednesdays, October 6th—November 24th from 6pm—8pm

8 weeks (Virtual) Wednesdays, October 20th—December 8th from 3pm—5pm

**NEW for Foster Care Providers*

8 weeks (In-person) Thursdays, October 14th—December 2nd from 10 am— 12 pm

Making Sense of Teens

6 weeks (In-person) Tuesdays, October 19th—November 23rd from 6pm—8pm

**NEW for Foster Care Providers*

6 weeks (In-person) Thursdays October 14th—November 18th from 6pm—8pm

How to Have a Good Visit

3 hours (In-person) Dates TBA



We now offer a Drop-In Phone/Virtual Counselling service where parents and caregivers are able to call on Thursdays between 8:30AM-4:30PM and be connected with one of our counselors/clinicians who will be staffing these lines for a counselling session. For more information please contact (204) 786 7051 ext. 2560