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.

**Parent Groups**

**Triple P Parenting**
An 8-week program for parents of children of all ages who are interested in understanding their child’s behaviours & needs, and their own responses to those behaviours.

**Circle of Security Group**
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.

**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.

**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 behaviour and guide them into establishing a relationship that cultivates respect, closeness and connection.

**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 the Intake Worker at (204) 786-7051 EXT 5212.

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

newdirections.mb.ca
Family Therapy Services

Family Therapy Services 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.

Upcoming Parent Groups Fall Schedule 2019

**Triple P Parenting**
- 8 weeks, Wednesdays, September 18th to November 6th from 1:00—3:00 p.m.
- Child Care provided for children 5 and under.

**Making Sense of Teens**
- 6 weeks, Mondays, October 21st to November 25th, from 6:00—8:00 p.m.

**Circle Of Security Parenting**
- Pre-group meetings will be scheduled on an individual basis.
  - 8 weeks, Tuesdays, September 10th to October 29th, from 6:00—8:00 p.m.
    Child Care provided for children 5 and under.
  - 10 weeks, Circle Of Security wrap around group for parents with theraplay flavoured child care provided.
- Wednesdays, October 2nd to December 4th, 6:00—8:00 p.m.

**How to Have a Good Visit When Your Children Are in Care (workshop)**
- Tuesday, September 10th, from 1:00-3:00 p.m.

*Please note - groups are offered according to level of interest, and are therefore subject to change.*

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