



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 Behaviour 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 Behaviour Problem [SBP] Program provides therapy to families with children under 12 who are showing signs of inappropriate sexual behaviour 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 misbehaviour 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 behaviours & needs, and their own responses to those behaviours.

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 (204) 786-7051 EXT 2560.

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



Family Therapy Services

We now offer a Drop-In Phone Counselling service where parents, foster parents and caregivers are able to call M-F 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 (204) 786 7051 ext. 2560 or 1-866 242 0252.

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

Upcoming Parent Groups Winter Schedule 2021

Circle Of Security Parenting

No groups are being offered but individual COS will be provided to parents and caregivers who are interested.

Barriers and Pathways to Connecting with Adolescents

Barriers and Pathways to Connecting with Adolescents is a 2-hour workshop that provides parents and caregivers of youth with information on the common factors that undermine adult's efforts to connect with adolescents, and explores ways to restore and maintain healthy relationships with them.

Presenters: Kristine Pau and Jose Diaz

Dates offered: Monday January 11th from 6 to 8 pm

Understanding Adolescents: Using Attachment to Support Adolescent Development

Understanding Adolescents: Using Attachment to Support Adolescent Development is a 2-hour workshop that provides information on how teens experience their development and the importance of relationships in supporting their journey to healthy adulthood.

Presenters: Kristine Pau and Jose Diaz

Dates offered: Monday, February 1st from 6 to 8 pm
Monday, March 15th from 6 to 8 pm

Be Kind: Manage Stress Courageously and Creatively

This group is for parents who are experiencing the impact of current changes and uncertainty in their family and work life. Together we will practice:

Using the power of intention to create focus

Accessing heart intelligence to ignite the seeds of compassion

Harnessing the power of the natural world to settle our mind

Presenter: Tereza Gomes

Dates offered: Monday, January 25th from 7 to 8.30 pm
Monday, March 1st from 7 to 8.30 pm



For more information or to register for a group contact (204) 786-7051 EXT 2560.

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