



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

The Reaching Out 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 2560.**

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. Other groups may be offered depending on resources, demand and the safety protocol requirements for COVID-19.

Upcoming Parent Groups Winter/Spring Schedule 2023

Triple P Parenting

Dates offered: Wednesdays 1:00pm-3pm (8 weeks); In-person

January 25th 2023 - March 15th 2023

October 2023 (TBA)

Circle Of Security Parenting

Dates offered: Wednesdays 6:00pm-8:00pm (8 weeks); In-person

April 5th 2023 - May 24th 2023 (Meet and Greet March 23rd & 29th)

October 2023 (TBA)

COS-FCP (for Foster Care Providers) - If interested in a specialized Circle of Security group for Foster Care Providers please call ext. 2560 as a group may be scheduled if there is sufficient interest.

Dates Offered: Tuesdays 6:00pm—8:00pm (8 weeks); In-person

April 18th 2023 - June 6th 2023 (Meet and Greet April 4th & April 11th)

Making Sense of Teens

Dates: Tuesdays 6-8pm (6 weeks); In person

May 9th 2023 - June 13th 2023 (Please call for Registration between April 17th-21st)

Pathways

TBA

How to Have a Good Visit

TBA



We now offer a Drop-In Phone/Virtual Counselling service where parents, foster parents and caregivers are able to call and be connected with one of our counsellors/clinicians for a 1-hour session. Participants must be enrolled on our waitlist for services to access these drop-in sessions. For more information please contact Family.Therapy@newdirections.mb.ca.