

# NEW DIRECTIONS FAMILY THERAPY SERVICES

All families experience stress but when difficulties seem too large to manage on your own, family therapy can help. We offer a variety supports to families throughout the various stages of their parenting journey.

## OVERVIEW OF SERVICES

Our services provide a safe space for parents, caregivers and families with children under the age of 18 years to address challenges such as:

- Difficult family stage transitions
- Separation and divorce
- Couple/co-parenting conflict
- Loss and grief
- Impacts of trauma
- Complex parent/child relationships
- General parenting concerns

We work relationally from a trauma-informed lens to respond to each family's unique social, economic and cultural experiences and needs.

Our clinical services include:

- **FAMILY THERAPY:** Up to 50 sessions available for individuals (parents/caregivers), couples and families to address issues that may be creating challenges in the family.
- **THERAPLAY:** Hands on, attachment-based therapy that uses play to engage both parents and children to strengthen the relationship and address behaviour concerns.
- **GROUP THERAPY:** Short-term, group-based support that allows parents/caregivers to come together to learn and share about a common topic. Group descriptions and dates can be found on the back.
- **DROP-IN THERAPY:** A session is available to parents/caregivers registered on our waitlist who may require emotional support and resources while they wait for longer-term services.

## ADDITIONAL SERVICES

### **FAMILIES AFFECTED BY SEXUAL ASSAULT (FASA) PROGRAM:**

When a child is sexually assaulted, the whole family may be impacted. Children who are believed and supported can and do recover. The FASA Program provides developmentally appropriate and trauma-informed therapy for families with a child under the age of 18 years who has been sexually assaulted by someone other than a parent, caregiver or sibling.

### **SEXUALIZED BEHAVIOUR PROGRAM (SBP):**

Sexualized behaviour is any developmentally inappropriate behaviour exhibited by a child towards another person and/or themselves. SBP provides consultation and therapy to families with a child under 12 years of age to help address concerns regarding sexualized behaviour.

### **CARE Program:**

A program that supports licensed child care centres by training Early Childhood Educators (ECEs) and Child Care Assistants (CCAs) to better understand and respond to the behaviour and needs of the children they care for. Through the CARE Program, parents/caregivers can access short-term support, in collaboration with their child care centre, to address behaviour concerns. Interested parents/caregivers can speak with their child care centre for more information.

## WORKSHOPS & WEBINARS

**GOOD VISIT WORKSHOP:** A half-day workshop that focuses on preparing parents to have a good visit with their child when in care. This workshop is based on Attachment Theory and includes Theraplay activities.

- Thursday, September 19, 2024, 1:00-4:00 p.m.
- Thursday, January 8, 2025, 1:00-4:00 p.m.
- Thursday, April 10, 2025, 1:00-4:00 p.m.

### **SMART START: TALKING TO YOUR KIDS ABOUT SEX:**

A 3-evening workshop series designed to help parents/caregivers navigate conversations about puberty and sex in a knowledgeable, confident and age-appropriate manner. Parents/caregivers will have the opportunity to explore their own family and cultural values about sex and learn how to foster a safe and open atmosphere for ongoing conversations.

- Thursday, February 6, 13 & 20, 2025

**MAKING SENSE OF TRAUMA (MSOT): PRACTICAL TOOLS FOR RESPONDING TO CHILDREN & YOUTH:** A free webinar based on the full-day MSOT workshop that provides relevant, current and trauma-informed perspectives to help better understand the relational, neurobiological and developmental impact of trauma on children and youth. To register for the webinar, please visit [www.makingsenseoftrauma.ca](http://www.makingsenseoftrauma.ca)

**NEW!**

**All services, workshops and groups are free!**

**FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT OUR INTAKE ADMIN AT (431) 317-5600 (EXT 1) OR EMAIL [FAMILY.THERAPY@NEWDIRECTIONS.MB.CA](mailto:FAMILY.THERAPY@NEWDIRECTIONS.MB.CA)**

# 2024 - 25 PARENT GROUP DESCRIPTIONS & DATES



## POSITIVE PARENTING PROGRAM GROUPS

The **Triple P Parenting Group** is a 5-week program that provides parents with a 'toolbox' of simple and practical ideas to help them build strong, healthy relationships with their children.

The **Pathways Parenting Group** is a 6-week follow-up program for parents who have taken the Triple P Parenting Group and could benefit from continued support managing their child's behaviour and their own responses to those behaviours.

## CIRCLE OF SECURITY GROUP

The **Circle of Security (COS) Parenting Group** is an 8-week program designed for parents with children under 12 years of age.

COS groups provide parents with opportunities to learn about and better understand their child's needs and behaviours through an attachment lens.

Parents will also have the opportunity to reflect on their own responses to their child's behaviour to help strengthen the parent-child relationship.

## MAKING SENSE OF TEENS GROUP

The **Making Sense of Teens (MSOT) Group** is a 6-week program that offers parents/caregivers a deeper understanding of their teenager and the many changes they are going through.

MSOT groups help parents 'crack the code' on their teen's (often unpredictable) behaviour and guides them into establishing a relationship that cultivates mutual respect, closeness and connection. MSOT Groups are appropriate for parents with children ages 12 - 17 years.

## THERAPLAY GROUP

The **Theraplay Group** is a 6-week follow-up group for parents who have attended a Circle of Security Group and could benefit from continued opportunities to strengthen the parent-child relationship.

Theraplay engages both the parent and child in hands-on, playful activities that increase safety and structure within the relationship in addition to increasing a child's social engagement and ability to regulate their emotions.

## PEACEFUL PARENTING GROUP

The **Peaceful Parenting Group** is a 6-week program that helps parents/caregivers learn how to manage day-to-day stress and maintain a sense of calm during difficult parenting moments.

The group will provide opportunities for participants to explore and reflect on how they take care of themselves and cope with the natural and expected challenges associated with parenting.

Parents will learn a variety of new mindfulness-based strategies designed to help them stay present, engaged and settled when their children have 'big feelings'.

FALL

Wednesdays, 1:00 - 3:00 p.m.  
October 2 - 30, 2024 (Triple P)  
Nov. 13 - Dec. 11, 2024 (Pathways)

Wednesdays, 6:00 - 8:00 p.m.  
Oct. 2 - Nov. 20, 2024

Tuesdays, 6:00 - 8:00 p.m.  
Oct. 22 - Nov. 19, 2024

N/A

N/A

WINTER

N/A

Wednesdays, 6:00 - 8:00 p.m.  
Jan. 29 - March 19, 2025

Tuesdays, 2:00 - 4:00 p.m.  
Feb. 4 - March 6, 2025

N/A

Thursdays, 6:00 - 8:00 p.m.  
Feb. 6 - March 27, 2025

SPRING

N/A

Wednesdays, 1:00 - 3:00 p.m.  
April 23 - June 11, 2025

Tuesdays, 6:00 - 8:00 p.m.  
April 22 - May 27, 2025

Thursdays, 5:30 - 7:30 p.m.  
April 24 - May 29, 2025

N/A

FOR MORE INFORMATION ON PARENT GROUPS OR TO REGISTER FOR A GROUP, PLEASE CALL OUR INTAKE AT (431) 317-5600 (EXT 1)

\*ADDITIONAL GROUPS AND/OR GROUPS IN FRENCH MAY BE AVAILABLE UPON REQUEST \*