

NEW DIRECTIONS FAMILY THERAPY SERVICES

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

OVERVIEW OF THERAPY 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
- Issues related to separation, divorce & blended families
- Couple/co-parenting conflict
- Loss and grief
- Ongoing impacts of trauma
- Complex parent/child relationships
- General parenting concerns

Our long-term clinical services (up to 50 sessions or two years of service) include:

- **FAMILY THERAPY:** Therapy is available for individuals (parents/caregivers), couples and families to address issues that may be creating challenges in a family. Brief and drop-in therapy may be available for families while on the waitlist longer-term services.
- **THERAPLAY:** Hands on, attachment-based therapy that uses play to engage both parents and children to strengthen the relationship and address behaviour concerns.
- **FAMILIES AFFECTED BY SEXUAL ASSAULT (FASA):** 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.
- **GROUP THERAPY:** Short-term, group-based support that allows parents/caregivers to come together to learn and share about common topics. *More information about group descriptions, dates and registration can be found on the back of this handout.*

ADDITIONAL SERVICES

CONSULTATION FOR PROBLEMATIC SEXUALIZED BEHAVIOURS (PSB):

Sexualized behaviour is any developmentally inappropriate behaviour exhibited by a child towards another person and/or themselves. Consultation and therapy is available for families with concerns about their child's (age 12 & under) 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.

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. In-person MSOT trainings are available for a cost. *To register for the webinar or to find out more info on our in-person trainings, please visit www.makingsenseoftrauma.ca*

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

All services, workshops and groups are free!

2025 - 2026 PARENT GROUP DESCRIPTIONS & DATES



PARENT & CAREGIVER GROUP INFO

Groups are run 3 times a year in the Fall, Winter & Spring. All groups are held on the 3rd Floor of 717 Portage Avenue unless otherwise stated. Light snacks are provided and childminding may be available if needed. All group participants are required to attend a 'Meet & Greet' session to ensure the group is the best fit for them.

Interested participants should register for desired group(s) during the **registration period** (see below). Registration can be done by:

1. **Email**
family.therapy@newdirections.mb.ca
2. **Phone**
(431) 317 - 5600 (Ext 1)
3. **Website Registration Form**
newdirections.mb.ca > Family Therapy Services



TRIPLE P PARENTING 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 already taken Triple P and could benefit from continued support managing their child's behaviour and their own responses to those behaviours.

This group is for families with children under the age of 12 years.



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

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.

This 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 8-week follow-up group for parents/caregivers who have attended a Circle of Security Group and could benefit from continued opportunities to strengthen the parent-child relationship.

Theraplay engages both the adult and child in hands-on, playful activities that increase safety & structure within the relationship while also working to increase social engagement and a child's ability to regulate their emotions.

This group is for families with children ages 4 - 10 years.

**FALL REGISTRATION:
SEPTEMBER 15 - 26, 2025**

TRIPLE P:
Tues, Oct. 21 - Nov. 25, 2025
1:00 - 3:00 p.m.

Tues, Oct. 14 - Dec. 9, 2025
5:30 - 7:30 p.m.

Wed, Oct. 22 - Nov. 19, 2025
6:00 - 8:00 p.m.

n/a

**WINTER REGISTRATION:
JANUARY 5 - 16, 2026**

TRIPLE P: Tues, Feb. 3 - Mar. 3/26
9:00 a.m. - 11:00 a.m.
PATHWAYS: Wed, Feb. 4 - Mar. 11/26
1:00 - 3:00 p.m.

Wed, Feb. 11 - April 1, 2026
1:00 - 3:00 p.m.
(VIRTUAL)

Tues, Feb. 3 - Mar. 17, 2026
6:00 - 8:00 p.m.

n/a

**SPRING REGISTRATION:
MARCH 23 - APRIL 3, 2026**

TRIPLE P PATHWAYS:
Wed, Apr. 22 - May 27, 2026
9:00 - 11:00 a.m.

Wed, April 22 - June 10, 2026
5:00 - 7:00 p.m.

Tues, April 28 - June 2, 2026
5:30 - 7:30 p.m.

Thurs, April 23 - June 4, 2026
5:30 - 7:00 p.m.