

Services available with qualified, experienced therapists

CRISIS INTERVENTION

Helps people to absorb the shock of the disclosure, to establish safety, to identify the best ways to support your child and to decide on a family action plan

SUPPORTIVE INDIVIDUAL & FAMILY COUNSELLING

Counselling will help you to sort through emotions and to identify each family member's needs. It will also assist you to identify symptoms and concerns to watch for, and provide support as you navigate through the legal and child protection systems and other community supports and services.

“PLAY & ART THERAPY”

Play and art techniques are particularly effective with:

- ✓ Very young children
- ✓ Children who have difficulty with verbal expression
- ✓ Children who are highly anxious in “talk” sessions
- ✓ Children who for a variety of reasons require different kinds of tools to be able to process their experience

INFORMATION SESSIONS (pending)

Information about:

- ✓ Child sexual abuse
- ✓ The effects on children's and adolescent's development when they have been sexually abused
- ✓ How to support children who have made disclosures
- ✓ Community supports and services available for families where a child has been abused

FOLLOW-UP SERVICES

Follow up sessions will provide the security of knowing someone remains available if you have a set back, a new question, or if you just need someone to talk to.

CONTACT INFORMATION

FAMILY COUNSELLING CENTRE
82 Hannover Drive, Box 24028
St. Catharines, ON L2R 7P7

Phone Number: (905) 937-7731
or toll-free at 1-888-937-7731 (extension 3345)
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A United Way Funded program



There is a place to turn when you're navigating the road to recovery from sexual or physical abuse

The Child Advocacy Counselling Program (CAC)



A Family Counselling Centre Program

We are here to help kids, teens and families at various stages of the Disclosure and Healing Process

(Issued April 2009)

More about this service:

This is a confidential, child-friendly, child-focused counselling program for children and youth who have experienced recent sexual and/or physical abuse. It also serves supportive family members/caregivers.

The Child Advocacy program aims to coordinate service with police, court, child protection & medical personnel working for the family.

What We Believe:

Recovery is possible! It takes time and is different for each person.

Children deserve safe places to explore their feelings.

Parents need support and information to be equipped to support their child(ren).

Whenever a child has been abused other family members are affected too.

The unique strengths and resources of each family will help the recovery process.

“A hurt child also means a hurting family”

Parents/Caregivers: What you can expect

- ✓ An experienced therapist, who is knowledgeable about abuse and the emotional recovery process
- ✓ Information about abuse and how it affects kids
- ✓ A confidential space for you to share how this has impacted you
- ✓ A safe place for you and your kids to talk together about what happened
- ✓ Identification of specific issues your child has which may relate to the abuse
- ✓ Opportunity to learn new skills and strategies to help you overcome the abuse

We will help YOU help YOUR child

Children and Teens: What you can expect

- ✓ You will meet a counsellor who has talked with lots of kids who have concerns and confused feelings because of abuse
- ✓ The counselor is someone who helps you talk about how you feel and how you want to feel and who helps answer some of your questions about abuse
- ✓ Words, activities, art work and play might be used to help the counsellor to understand you better
- ✓ The counselling space is a safe place for you to discover how to start feeling better again

“Every child deserves to be safe”