

# Fort Garry Women's Resource Centre's Child Counselling Program - FAQ

## Who is the program for?

- Children between the ages of 2-12 who have witnessed and/or experienced any form of family violence (eg: physical, verbal, emotional, sexual, etc).

## What kind of counselling is provided through the FGWRC Children's Counselling Program?

- We currently offer short term counselling – up to 16 sessions that can be offered weekly or bi-weekly. Activities may include painting, drawing, sculpting, games and imaginative play to help in the expression of feelings that may otherwise be difficult for children to articulate.

## What kinds of things do the children learn or talk about in counselling?

- This program gives children a safe space to talk about whatever topics or issues are important to them. A few common examples of topics that are often discussed include: what a healthy/unhealthy relationship is, how to express emotions in healthy ways, understanding and coping with change, building healthy family relationships, learning tools for self-soothing, etc.

## Since you're a women's only resource centre, can fathers enroll their children or bring them to appointments?

- Yes. Fathers or male legal guardians are welcome to enroll their children in the Child Counselling Program and/or bring them to appointments. Parents/guardians are welcome to bring the child together unless there has been an indication of conflict in that relationship. Alternatively, each parent/guardian can bring children to alternating appointments following the completion of an in-person intake.

## Can I receive joint sessions with my child?

- No. Through this program we offer one on one sessions for children only. Please contact us at (204) 477-1123 if you are interested in referrals for family counselling programs.

## Can you provide session information to my lawyer or social worker?

- No. Our goal is to provide a neutral safe space for children that prevents them from feeling 'caught in the middle'. Session information will not be provided for legal, assessment, or diagnostic purposes.

## Do you provide updates or session information to either of the parents?

- No. All counselling sessions are confidential between the child and counsellor. Confidentiality will only be broken under these circumstances:
  - o Sexual, physical, or emotional abuse is disclosed.
  - o The life of the client or any other person may be at risk.
  - o We're required to by legislation, court order, or medical crisis.

## How much do you charge per session?

- All programming at FGWRC is free of charge.

## When are sessions held?

- We run sessions late afternoon/evenings during the week and morning/afternoons during the weekend.

## Is there a wait list?

- Yes. However, the length of the wait often changes. Please call (204) 477-1123 for current wait times.

## How do I place a child on the waitlist?

- Parents/guardians can call (204) 477-1123 to complete a brief phone intake to determine eligibility for the program and place a child on the waitlist.