

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

Who is the program for?

- Children between the ages of 4-12 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.