

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?

- This program offers sessions for up to 6 months. There is no fixed number of sessions, and session frequency may vary throughout the 6-month period. The number of appointments and the duration of sessions depends on the child's needs and will be determined by the counsellor. Activities may include painting, drawing, sculpting, games, talking, 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 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 safety concerns. 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.

How much do you charge per session?

- All programming at FGWRC is free of charge.

When are sessions held?

- Availability is dependent on the counsellors schedule – daytime, evening, and weekend options may be available.

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.