



Counselling

Program

The Counselling Program provides mental health services for children, youth and their families who are experiencing mental health difficulties which would benefit from office/community based therapy. The therapeutic interventions are evidence based (EBI) and are tailored to meet the needs of each child/youth and his/her family. Interventions are time-limited.

Therapists begin with the assumption that families have many strengths and resources and those strengths/resources are used to help the child/youth and family to create positive outcomes by making changes and engaging in work both within and outside of the therapeutic sessions.

Eligibility

The Counselling Program is a mental health intervention option for children/youth up to age 18 and their families who reside in the Districts of Parry Sound and Nipissing whose difficulties will benefit from office/community based therapy.



Who Can Benefit

The most successful interventions are with children/youth and families who recognize the difficulty, want things to be different and are also motivated and committed to work towards making changes. It is important that the child/youth and family work in partnership with the therapist to identify goals and work toward addressing the goals both during and outside of therapy sessions. Those youth/families that are willing to test new ways of thinking and behaving will get the most benefit from Counselling Program services.



Program Features

The program is strength-based throughout the process of assessment and treatment planning and may involve other services (e.g. psychology, psychiatry). Service is primarily provided through office based appointments with Child and Family Therapists. Interventions are based on the EBI that fits best with client needs and they are tailored to the individual client/family. Interventions may include talk-therapy, individual/family therapy, play-based therapy, group therapy and/or coordination of resources. The emphasis is on partnership with the child/youth/family.



Reach Us

Call the office closest to your home and schedule a clinical intake. This intake is usually completed over the phone and takes about one hour. For more information on this program or others provided by Hands TheFamilyHelpNetwork.ca, please call 1-800-668-8555.