



Counselling Programs

Woodview's Counselling Program is available to children and youth (18 and under) experiencing school, emotional, and/or behavioural challenges, and to their families. Priority is given to children and youth with significant mental health concerns such as depression, anxiety and/or self-harming behaviours. The program offers individual and family counselling; parent education and support; therapeutic groups for children and youth; case management; court-ordered assessments and treatment for youth involved with the justice system; and The Arson Prevention Program for Children (TAPP-C), a fire-related risk assessment and education program offered in partnership with the local Fire Departments.

There are many possible benefits and some things to consider before becoming involved with services at Woodview. They are included on the Client Orientation brochure that you have received.

Benefits specific to counselling:

- Children may be able to communicate their thoughts and feelings more easily through play, games, activities and story-telling or reading stories.
- You may find Woodview to be a safe place to talk about painful events that have affected your family.
- You may receive recommendations for further assessments to help achieve individual and family goals.

Considerations specific to counselling:

- You may feel that others will see you and your family differently because you have attended a children's mental health centre.
- Your son or daughter may feel that he or she is the problem and this may have a negative effect on the family.
- Children and youth may distort the picture of the family or situations that arise.
- Counselling can be emotionally challenging and sometimes promote anxiety and added stress in the family.
- Your son or daughter may require extra support at home or school due to feelings brought out in counselling.
- Things may get worse, especially during periods of crisis, before they get better.

It is very important to Woodview that parents understand our services and that we work together towards achieving success of your son or daughter. Please feel free to discuss any issues or concerns you may have with your counsellor. We hope that Woodview provides a positive experience for you and your family.