

# Counselling Program

This is a therapy based program. Individuals who receive services from this program will be assigned a counsellor throughout the duration of their involvement in this program.

Individuals will be provided with opportunities to attend cultural ceremonies to enhance their therapy experience.

Individuals will have access to Elders to enhance their therapy experience.

Individuals with addictions issues will be provided with opportunity to engage with an Addictions Specialist to guide them through addictions treatment prior to entering the Counselling program.

Clinical supervision is provided for the Counsellor to ensure the best quality of services for individuals in counselling program.

*“Our vision is to empower individuals, families and communities to sustain an environment of safety and well-being.”*

*Executive Director*

*“We support First Nations cultural traditions, practices and ceremonies to build strong children, youth and families.”*

*Kanaweyimik Elder*

## **Kanaweyimik Child & Family Services Inc.**

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91-23rd Street West  
Battleford, SK S0M 0E0

Phone: (306) 445-3500  
Toll Free: 1-888-445-5262  
Fax: 306-445-2533

Website: [www.kanaweyimik.com](http://www.kanaweyimik.com)

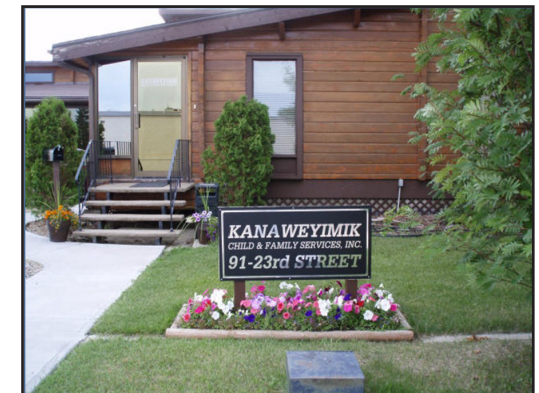
Office Hours:  
Monday — Friday  
8:30am — 5:00pm



# COUNSELLING PROGRAM

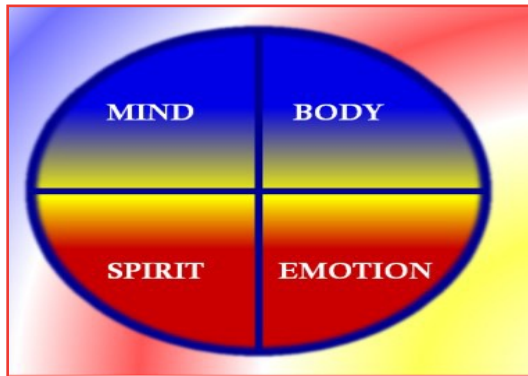
*“Wellness comes through a balance of the mind, body, emotions and spirit. An imbalance in one or more of these human aspects can cause the body to experience distress.”*

*Robert Lee*



## ***Counselling Process***

The model used in this program is holistically based, focusing on the mind, body, emotions and spirit. It is a combination of both western therapeutic methods and cultural healing practices.



The process of therapy begins with an initial interview and follows with an assessment of needs. From here we gather detailed personal history information and move to the development of a treatment plan. The treatment plan forms the basis or acts as a guide to help us work through the identified problems. The frequency and length of time in therapy varies from person to person.

## ***Matters and Experiences addressed in Counselling***

This program is designed to work effectively with a wide range of problems and experiences. These include (but not limited to) the following:

- ⇒ sexual abuse
- ⇒ emotional abuse
- ⇒ physical abuse
- ⇒ spiritual abuse
- ⇒ stress
- ⇒ suicidal ideation
- ⇒ trauma and PTSD
- ⇒ self injury
- ⇒ depression
- ⇒ grief and loss
- ⇒ eating disorders
- ⇒ OCD-obsessive compulsive disorders
- ⇒ bipolar disorders
- ⇒ panic disorders
- ⇒ social anxiety disorders
- ⇒ phobias
- ⇒ self esteem / self image problems
- ⇒ intergenerational trauma
- ⇒ domestic violence
- ⇒ conflict resolution
- ⇒ teen / parent conflict

## ***What you need to know:***

All information discussed is strictly confidential.

To attend this program you must be a Band member of Moosomin, Red Pheasant, Saulteaux, Sweetgrass, or Mosquito First Nations.

Any disclosures of child abuse will be reported to appropriate authorities.

## ***Referral Process***

1. Contact Kanawayimik Child & Family Services and meet with a Family Service Worker.
2. Complete the referral form with the Family Service Worker.
3. You will then meet the counsellor and move forward with the initial interview.