

## Comprehensive Counselling Services



OPEN ENDED GROUP COUNSELLING  
FOR MEN, WOMEN AND COUPLES WHO  
HAVE A HISTORY OF **DOMESTIC  
ABUSE.**

## EXPLORING SOLUTIONS COUNSELLING SERVICES

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## EXPLORINGSOLUTIONS COUNSELLING SERVICES

**DOMESTIC VIOLENCE COUNSELLING  
FOR MEN, WOMEN AND COUPLES**



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**“Short-term Counselling;  
Exploring Long-term Solutions”**

## A GROUP COUNSELLING APPROACH TAILORED FOR CLIENTS OF CHILD AND FAMILY SERVICES



### **Comprehensive counselling for couples and family members who have experienced domestic abuse**

This unique approach provides **domestic abuse counselling** for those clients specifically from child protection services and

- **Ongoing Risk Assessment** with recognition that risk is dynamic and changing
- **Screening** for those clients most appropriate for a skill based and supportive group approach to change
- **Pre and post assessments**

**WHO:** Men, women, couples referred by Child and Family Services

**WHERE:** Child and Family Services Hunterhorn Office, 576-64<sup>th</sup> Ave. N.E.

**WHEN:** Couple's Group is held

Wednesday's 6:30pm-8:30pm

Saturday's: **Men's** 9:30am-11:30am

**Women's** 12noon-2pm

### **Key Concepts:**

Home visits; individual counselling and groups to:

- \*Assess needs and progress regularly
- \*Access for both men and women to same skill based concepts
- \*Geographical accessibility
- \*Flexibility to meet the changing needs of clients
- \*Recognition that couples may choose to continue their relationship



### **Group and In-home Sessions**

### **Addressing key areas of change:**

- \*Reducing and/or eliminating domestic abuse
- \*Parenting
- \*Healthy communication and healthy relationships
- \*Anger and Stress Management
- \*Impact on children witnessing abuse
- \*Money management and budgeting
- \*Linking to community resources

### **TO MAKE A REFERRAL:**

FILL OUT THE REFERRAL FORM LOCATED ON THE WEBSITE:

[www.exploringsolutionscounselling.com](http://www.exploringsolutionscounselling.com)

### **PRINT AND FAX TO:**

Janet Wagar 403-270-8789

Or for more information call either

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