

What we offer

Supportive counseling for parents, teens, and children

Techniques to improve and grow relationships

Assisting families and individual family members to develop coping skills, manage conflict in a healthy way, and learn more effective ways to communicate

Support for managing anxiety, depression or other mental health challenges

Stress reduction support

Parent teen mediation

Connect Parenting Course

Circle of Security

Contact us

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CANADIAN MENTAL HEALTH ASSOCIATION

FAMILY SOLUTIONS PROGRAM



What is Connect?

Adolescence is a remarkable developmental period, in which children are transformed neurobiologically, cognitively and interpersonally as they prepare for adult roles and relationships. The confluence of these diverse changes make adolescence a sensitive developmental period, where vulnerability increases but opportunities for growth are also heightened.

Connect is an evidence-based 10-week program developed to support parents and caregivers of preteens and teens who are struggling to understand and respond to challenging behaviour.

Connect supports parents to make choices that support healthy relationships with their children while also setting limits and teaching new skills.

What is Family Solutions?


The Family Solutions program has been designed to support parents, caregivers, children, and youth to enhance relationships and mitigate conflict.

Our counselors utilize recognized approaches to facilitate personal growth and overcome mental health challenges.

We are a trauma-informed practice that utilizes an attachment-based parenting approach when supporting the families that we work with.

We recognize that every family is unique and our services are specifically tailored to meet the individual needs of each member.

Telehealth appointments are available



Parenting is a rewarding, and sometimes challenging, journey. Our counselors are available to support your family and meet the needs of all members

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