

ANGER EDUCATION C O U R S E

When is it?

The course consists of six weekly group sessions, each two hours in length, for a total of twelve classroom hours.

Three start-dates are offered per year: January, May, and September.

Who is it for?

This course is for anyone who has been affected by anger, whether they feel their own anger is out of control, they are affected by somebody else's anger, or even those who struggle to express anger. It is designed to provide a foundational understanding about anger, including:

- key definitions
- physiological origins
- cultural and historical perspectives
- basic tools, strategies, and interventions to help mitigate impact

Importantly, while not an anger management course, it serves as the basis for individual anger management counselling.

What happens?

We make use of PowerPoint presentations combined with short videos, group discussions, group exercises, and take-home materials.

The course is run in a group setting and participants are free to contribute as little or as much as they would like—you are never forced to speak or share.

Completion certificates are awarded to participants who meet course requirements.

Non-alcoholic beverages and snacks are provided.

ALL COUNSELLING SERVICES ARE:

- **Free of charge**
- **Confidential**
- **With qualified professionals**

Referrals may be done in person at CFEC or by phone; you will be contacted within ten business days to arrange an intake appointment. Community professionals and mental health workers are able to make direct referrals. CFEC offers a fillable PDF referral form at www.cariboofamily.org under "Access a Service."

All services are subject to staff availability. Please note that CFEC is closed for all stat holidays.

If you are thinking about hurting yourself, please call 911 or go to the Emergency Room at the 100 Mile General Hospital (555 Cedar Avenue)



CFEC is located in the traditional territory of the Tsq'escenmc, who are part of the Northern Secwepemc te Qelmuvc



**CARIBOO FAMILY
ENRICHMENT CENTRE**

COUNSELLING SERVICES



CFEC IS LOCATED AT:

1-486 Birch Avenue, 100 Mile House, B.C.

CFEC CAN BE CONTACTED AT:

(250) 395-5155 • cfec@cariboofamily.org

COUNSELLING BY APPOINTMENT

When is it?

Monday to Friday
9:00 AM—4:00 PM

Who is it for?

We offer individual counselling for a wide range of issues including: anger, goals, trauma, depression, and stress.

We also provide mediation for couples, families, and groups looking to improve their relationships through healthier communication, improved boundaries, and conflict resolution.

What happens?

You will be contacted to set-up an intake appointment within ten business days of completing a request for service.

Appointments are generally 50-minutes in length, and services typically last between three to six months, though they can last longer or shorter as appropriate.

We draw upon a variety of approaches, including cognitive behavioural therapy (CBT) and narrative therapy, dependent on the specific situation.

PLAY THERAPY FOR CHILDREN

When is it?

Monday to Wednesday
9:00 am—4:00 pm

Who is it for?

Play therapy is available to children between the ages of 3 and 12. It is an effective treatment for children experiencing a wide range of social, emotional, and behavioural problems. It can also help children recover and heal from stressful or traumatic experiences.

What happens?

You will be contacted to set-up an intake appointment within 7 business days of completing a request for services. The initial intake generally does not require the presence of the child.

Sessions are typically 45 minutes in length and are ideally scheduled weekly at the same time on the same day. The length of therapy varies from child to child as play therapy is a process.

The primary approach used is child-centred play therapy. Depending on the situation and the child, other approaches may also be utilized, such as cognitive behavioural therapy, art therapy, and sand-tray therapy.

DROP-IN COUNSELLING

When is it?

Every Monday and Friday
1:00 pm—3:00 pm
First come, first served!

Who is it for?

Drop-in counselling is open to the public and designed for individuals or couples seeking immediate support about a specific problem through brief skill-building, assistance in problem-solving, and the provision of basic tools. Sessions may also lead to referrals to other community services for clients who need help connecting to the appropriate community resource.

What happens?

Service is first come first served. Check in at the front desk during the drop-in hours (last appointment cut-off at 2:30pm). You will be asked to complete an intake form at reception before meeting the counsellor. Please remember to bring ID with you.

Sessions are generally 50 minutes in length. We follow the single session, and brief solution-focused therapy models.

Drop-in sessions may be accessed multiple times or lead to counselling services by appointment.

