

Individual and Family Counselling Program

Philosophy & Objectives

Target Group

Families, partners, parents and individuals residing in Frontenac or Lennox and Addington counties who are experiencing social, emotional and/or relationship difficulties.

Families, partners, parents and individuals residing outside the above geographical boundaries who are experiencing social, emotional and/or relationship difficulties and specifically request to be seen by our agency.

Philosophy

The Family Counselling Program of Resolve Counselling Services Canada believes that the family, in its many and varied forms, is the fundamental unit of our society.

The Family Counselling Program believes that families have the inherent strengths to provide their members, within the family unit, the nurturing and encouragement they require to make a fruitful contribution to the community and the larger society.

The Family Counselling Program believes that the family has the potential for sustaining physical and emotional health; and, is thereby committed to promoting individual, partner, parental and family well-being.

The Family Counselling Program believes that supporting individual, partner and family development and growth leads to healthy relationships and strong communities.

The Family Counselling Program believes that each client has his or her own unique perspective on the problems he or she is bringing to counselling. This uniqueness is informed by a variety of influences including social, cultural, and spiritual factors.

Objectives

- To promote individual, partner, parental and family well-being.
- To stimulate healthy communication and interaction within the family.
- To provide support to individuals, partners and families under stress.

Objectives cont.

- To promote skills in: managing stress; resolving conflict in relationships; parenting; communication; dealing with anger, and managing anxiety, depression and loneliness.
- To develop specific interventions, in collaboration with the client or family, which support each family member's unique needs.
- To tailor interventions which are reflective of each client's capacity to problem solve with regard to their situation.